

Factsheet:

Our Clinic

At Curilion, it is our mission to provide excellent care for women, giving them the time and attention they deserve.

Curilion Women's Clinic is an independent, medical specialist treatment center for gynecology, urogynecology, ultrasound and sexology. We offer professional and complete care for women of all ages, by female only professionals in a relaxed atmosphere. We are known for short waiting times and a personal touch of experts with a passion for personalized care.

Our Areas of Expertise

Menopause

Cause

Somewhere between her 45th and 55th birthday, a woman has her last period. The ovaries will no longer produce specific hormones (in particular estrogen), and the body needs to find a new balance. This transition is called menopause. You may experience many different issues during this period in your life, from the infamous 'hot flushes' and night-sweats to extreme mood swings, pelvic floor issues, fatigue through lack of a good night's sleep and joint pain. Some of these issues might even occur while you are still menstruating. A small number of women have no, or few issues going through this change, while others might suffer to the extent that they are unable to perform their daily tasks on a regular basis. Yes, menopause is part of a woman's life, but this does not mean that you should have to accept all the issues that come with this change. Sometimes relatively simple interventions can have excellent results.

Examination

Through an extensive consultation, we assess your symptoms, also in relation to your lifestyle. If necessary, we perform an internal exam and ultrasound, to check for any specific physical issues.

Treatment plan

Our treatment plan is always devised in collaboration with you and will focus on implementing lifestyle changes. If necessary, we can prescribe medication. Depending on your issues this could include hormone replacement therapy (HRT) or non-hormonal therapy.

We are aware that there are questions related to HRT, which is aimed at supplementing the sudden lack of estrogen in your body. Should we consider HRT, we will always give you all the pros and cons, to make sure you are well-informed when making your decision.

Menopause is not only a time of physical transition, but also a time for other life changing events. Your children go off to college or university and leave the family home, you may have to take care of your ageing parents, etc. etc. It may be wise to have a consultation with a work-life coach, who can help you find a new balance in these aspects of your life.

Vulvar Issues

Cause

Many women, both young and older, experience issues with their outer female genitalia, for example the labia, the clitoris or the skin around the vagina. Itching, pain or discharge can be caused by infection, eczema, small warts or other skin conditions.

Examination

To diagnose vulvar issues properly, a physical exam is necessary. It might be necessary to extract tissue or fluid for further testing. Should this be necessary, your Curilion gynecologist will collaborate with a specialized dermatologist.

Treatment

Vulvar skin conditions are usually treated with specific creams. In addition, we will provide you with the necessary advice regarding hygiene and clothing, aimed at preventing recurrence or curing your vulvar issues.

Birth control

Consultation

Birth control is the generic term for all options enabling you to be sexually active without getting pregnant. However, there may be other reasons to start contraception too, for example because of menstrual problems. Certain types of birth control, for example a hormonal IUD (Intra Uterine Device), can lessen menstrual complaints.

During a thorough consultation, if necessary, in collaboration with your General Practitioner, your Curilion gynecologist will discuss the pros and cons of the different types of birth control to determine which solution is best for you.

Ultrasound

GP's can request an ultrasound without a gynecological consultation. The results will then be given to the patient for follow-up by the GP. Should any issues be found during the ultrasound, the gynecologist can discuss with your GP immediately if a full consultation is advisable.

What is an ultrasound?

During an ultrasound, images of the uterus, uterine lining and the ovaries appear on-screen through soundwaves. Ultra-sound makes your doctor 'see through sound'. The sound produced by the transducer cannot be perceived by the human ear. The sound produces vibrations which bounce off the structures and organs in the body. These reflected vibrations are then visible on-screen, enabling your gynecologist to examine the uterus and ovaries.

The size, shape and position of the uterus and the thickness of the uterine lining can be checked. Your gynecologist will check for myoma's and polyps. The ovaries will be measured, and the presence and size of follicles and cysts will be checked.

What are the reasons for a gynecological ultrasound?

- You suffer from abnormal blood loss; you bleed too much or too often, or you bleed after menopause (which is one year after your last regular period).
- During an internal examination your doctor has found irregularities.
- You have an IUD that needs to be checked, removed or replaced.
- The gynecologist needs to determine a(n) (ectopic) pregnancy.

How is the gynecological ultrasound performed?

The ultrasound is usually done internally (vaginally). For the internal ultrasound a thin probe is used, covered with a special condom for protection. An internal ultrasound is usually pain-free, unless you are already suffering from pains.

An ultrasound can be performed when you are menstruating. For an internal ultrasound it is best to have an empty bladder. If you are nervous for this examination, please do discuss this with your gynecologist. We will not start the examination until you are ready.

Sometimes the ultrasound is made externally, through the abdominal wall. In this case your bladder should not be empty. We will inform you should this be the case. An external ultrasound is completely painless.

Does the ultrasound show everything?

Not everything can be seen on the ultrasound. To assess the uterine lining, it may be necessary to repeat the ultrasound immediately after you have had your period. Sometimes additional research is necessary, for example bloodwork, a water-contrast ultrasound, a CT-scan or a MRI-scan.

Post- and Pre-Natal check-up

Prevention is always better than cure! Curilion offers you a unique post- or pre-natal check-up: a joint consultation with one of our gynecologists and our pelvic floor physical therapist.

Approximately 40% of all pregnant women and women who have just given birth suffer from pelvic floor issues. Pelvic floor issues include urine incontinence, problems with defecation, pain during intercourse and/or prolapse issues. This post-or pre-natal check-up is specifically aimed at the early detection of any pelvic floor issues during your pregnancy or after you have given birth. The consultation combines a thorough gynecological check-up in combination with a pelvic floor examination, after which we will devise a personalized plan for you. This way many issues can be solved and prevented.

Pelvic floor issues are a very common problem; please do not feel ashamed to discuss this with your doctor because there is a cure!

The post-or pre-natal check-up is based on scientific research. Pelvic floor issues can be prevented when attention is given to the pelvic floor muscles during and after pregnancy.

For whom?

During the pregnancy or during the first check-up after delivery the midwife, gynecologist or GP discusses with the (new) mom (to be) if there are any pelvic floor related issues. Should this be the case she/he will advise you to schedule a post- or pre-natal consultation. You can

also ask your GP for a referral at any time after your delivery or during your pregnancy if you think you are suffering from pelvic floor issues.

Gynecological check-up

Why a gynecological check-up?

If you do not have any specific gynecological complaints, but if you are worried or unsure about your gynecological health you can make an appointment for a gynecological check-up without medical indication and without a referral from your GP. You will pay for the check-up yourself and cannot claim reimbursement from your health insurance provider.

Examination

A thorough anamnesis will provide your gynecologist with your medical history and specifically your gynecological history. After the anamnesis a physical exam will be conducted.

After the external physical examination your gynecologist will perform the internal examination. Your gynecologist will insert a (warm) speculum (or spreader) to assess the vagina and cervix. Should this be necessary your gynecologist will perform a pap-smear or culture-swab. During the internal examination your gynecologist will insert one or two fingers into the vagina while examining your stomach with the other hand. This is called a vaginal toucher and is almost always painless. The vaginal toucher is performed to check the position of the uterus and the ovaries, and should you have any complaints, to examine the painful area.

After the gynecological exam your gynecologist will make an ultrasound. After you have dressed your gynecologist will discuss her findings with you and will indicate possible next steps, if necessary.

Costs

- Full gynecological consultation €250,-
- HPV testing €130,-
- SOA testing €125,-
- Additional testing (HIV/HEPB/Lues) €75,-