

Patient pack

There are an estimated 1.5 million existing sufferers from endometriosis in the UK with another 55,000 new sufferers emerging each year. Since there are around 35,000 GPs in UK, each GP will however only encounter on average 2 new sufferers a year.

GPs need to have the information that the most effective treatment for this disease is through use of a thermal coagulator instrument, on early stage endometriosis. Those women likely to be suffering the early stages of this disease are the people who can most effectively provide GPs with that current information – which is why a companion GP Note has been added to this document for you to hand to your GP.

Moderate abdominal or period pain occurring frequently, regularly or persistently can be a good indication of endometriosis. So, as a sufferer, your first step should be to keep a diary – recording date, time, duration, location and severity of the pain.

You should take your diary (recording the details of at least a few months of pain) to your GP and ask for a referral to the Gynaecological Department of your local hospital for a laparoscopy – which is a procedure that involves searching for and locating endometrial deposits internally. Those may be able to be treated at that same time or at a later planned date.

Early treatment of endometriosis via laparoscopy is best carried out using the Helica Thermal Coagulator instrument which is in use in many hospitals in the UK. (The companion GP Note gives greater detail about this instrument).

As with most diseases and conditions, early treatment is the most effective. Use for over 20 years of the Helica Thermal Coagulator in treating tens of thousands of cases of early stage endometriosis can testify to its effectiveness.

Additional Information for your GP

Early treatment of endometriosis can be administered using a Helica Thermal Coagulator which delivers laparoscopic helium plasma ablation. That method of treatment is most successful if given to a patient suffering from Stage 1 or Stage 2 endometriosis – which entails early reference of the patient by the GP for diagnosis and treatment. As with most diseases, the earlier treatment is given in the case of endometriosis, the greater the likelihood of treatment success.

When a young woman consults her GP early on or for the first time about abdominal or period pain, she could be referred to the Gynaecological Dept. of her local hospital for investigation for possible diagnosis and treatment of the endometrial deposits, using the Helica Thermal Coagulator. Both diagnosis and treatment can take place at the same time. Very many – but not all – hospitals in the UK and Ireland have such equipment. (A list of user hospitals is available at the Helica.co.uk website.) In a few cases, endometriosis may, despite treatment by helium plasma ablation, recur but in different locations from those previously treated.

The Helica Thermal Coagulator was developed in the UK in 1993. Its primary use is in the laparoscopic treatment of early stage endometriosis. Use of that medical equipment reduces the risk to non-pathological tissue since it effectively differentiates between high (healthy) and low (diseased) tissue resistance. The instrument does not penetrate or cut soft tissue, a fact particularly important when treating endometriosis in lower body areas or the bowel. It can be successfully used in any internal area where soft tissue is to be destroyed in a confined space. It is safe to use on sensitive internal organs and is a more extensive and effective treatment for endometriosis than electro-surgery.

More than 20 years in general medical use, the instrument has been utilised in approximately 60,000 operations. NICE endorsed the Helica Thermal Coagulator as safe for endometriosis treatment in 2006.

GP Information – Continued

Early helium plasma ablation can avoid:

- The UK average of 8 years of drug treatment (solely for pain management) before surgery, those long term drug costs and the regular GP visits related to their supply, and then radical surgical intervention.
- Persistent, long term physical symptoms and consequently a diminished quality of life, as well as – for example - a disruptive history of employment sick leave.
- The distress of infertility created by endometriosis.

Early helium plasma ablation leads to:

- Rapid relief from symptoms and restoration of a better quality of life.
- An increased possibility of conception.
- Lower overall cost to NHS.

Relevant medical research papers dealing with the effectiveness of laparoscopic helium plasma ablation using the Helica Thermal Coagulator can be found on our website.

👉 www.helicaendosupport.co.uk - Patient Support Site

👉 www.helica.co.uk

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