



coastal women's health
GYN • IVF • OBS

CELEBRATING OVER 20 YEARS



coastalwomenshealth.com.au



Our Services

Gynaecology
Laparoscopic & Pelvic Surgery
Infertility / IVFAustralia
Incontinence / Prolapse
Obstetrics (Private & Public)
Wave Chair
MonLisa
PRP

Dr Raouf Farag

"Celebrating Over 20 Years
Practicing, Performing
Advanced Laparoscopic,
Pelvic Surgery & Delivering
Babies on the Central
Coast"





Infertility- IVF Australia

- Fertility check up and assessment.
- Ovulation tracking.
- Induction of Ovulation.
- Advanced laparoscopic surgery for endometriosis /polycystic ovaries/pelvic adhesions.
- Endoscopic surgery for uterine fibroids.
- Assisted reproductive techniques.
 - IVF: In-Vitro Fertilization.
 - Age related infertility.
 - Embryo transfers.

Intra-uterine
Insemination (IUI).

Intra-Cytoplasmic Sperm
Injection (ICSI).

Donor sperms, eggs and embryos are available through our IVFAUSTRALIA clinics.

IVFAustralia

A MEMBER OF VIRTUS HEALTH





General Gynaecology & Laparoscopic surgical techniques

- Hysterectomy:
Total & Subtotal
Laparoscopic/Vaginal/
Abdominal .
- Ovarian cysts and tumours.
- Ectopic pregnancy.
- Endometriosis.
- Pelvic pain.
- Fibroids.
- Abnormal pap smears & colposcopy.
- Endometrial ablation for menorrhagia & uterine bleeding.

Q I have been diagnosed with urinary incontinence. My doctor sent me for a urinary test, called Urodynamics. What does this test involve?

A A urodynamic test is a special test which can be performed in outpatient clinics to determine the type, cause and mechanism of urinary incontinence. It involves the use of a catheter to fill the bladder and a pressure device to test the bladder, its ability to empty properly, the sensation and the capacity of the bladder. Urodynamic testing is very important to determine the best treatment. The success rate is higher and complications are less likely.

Q I am 55 years old with urinary incontinence as I am leaking urine when coughing, sneezing or even laughing. My friend had a similar problem, which improved with surgery that includes vaginal tape.

A 'Stress incontinence' is a common problem affecting 30% of women. It is caused by the weakness of the muscles that should hold your bladder neck closed. It is important that we take detailed history and perform a thorough examination. Special investigations include a urodynamic test and a special ultrasound scan designed to sort out the main causes and thus guide to further management.





COLPOSCOPY CLINIC

- Colposcopy examination for abnormal smears. Trained nurse counselling.
- Experienced gynaecologist
 - Member of Australian Society for colposcopy & cervical pathology (ASCCO).

NO GAPS FOR ALL IN-HOSPITAL TREATMENTS

WOMEN'S URINARY INCONTINENCE & PROLAPSE

If you are suffering from urinary incontinence, prolapse or pelvic floor problems. **STOP COPING!** It's common and it's treatable.

Our team can help:

- Urodynamic studies and pelvic ultrasound scans.
- Wave chair (Magnetic pelvic floor stimulation).
- Urinary incontinence and pelvic surgery.
- Pelvic floor re-construction surgery.
- Pelvic floor support systems and devices.

Contact our friendly staff on
02 4324 1992 today to make an appointment!

Dr Raouf Farag

Specialist Obstetrician, Gynaecologist & Laparoscopic Surgery
Infertility - IVF Australia

Full antenatal care - Shared care.

- High risk and low risk pregnancies in both private & public hospitals.
- IVF pregnancies.

Pre-pregnancy advice & consulting for women with:
Recurrent miscarriage/pre-existing medical conditions.

- Obstetric ultrasound.
- Vaginal birth after caesarean section (VBAC).

- Multiple pregnancies.

Counselling for chromosomal abnormalities/nuchal translucency scans and non-invasive pre-natal diagnosis(NIPT).

CTG fetal monitoring.

Natural remedies and pregnancy massage/reflexology.

Pregnancy Ultrasounds/Scans Available
Viability

Every visit includes bedside USS at no extra cost.

Confinement through private and public hospitals on the central coast:

**DR FARAG DELIVERED
MORE THAN
10000 BABIES.**

Dr Raouf Farag
M.B.B.CH; AMCC; FRANZCOG



URODYNAMICS

Dr Farag is an obstetrician and gynaecologist. In addition to providing the highest level of care to expectant mothers in both public and private hospitals, he has vast experience in pelvic surgery, including laparoscopic surgery, pelvic floor re-construction and urinary incontinence procedures.

Several muscles, organs and nerves are involved in collecting, storing and releasing urine. The kidneys form urine by filtering waste and extra water from the blood stream. The ureters carry urine from the kidneys to the bladder. The bladder, a hollow muscled organ shaped like a balloon, sits in the pelvis and is held in place by ligaments attached to other organs and the pelvic bones.

The bladder stores urine until you are ready to empty it. It swells into a round shape when it is full and gets small as it empties. A healthy bladder can hold up to 2 cups of water comfortably.

Problems with the bladder can be caused by difficult vaginal deliveries, ageing, illness or injury to the muscles of the sphincter and pelvis. Urinary incontinence is when the sphincter muscle cannot remain tight enough to hold urine in the bladder, or the bladder does not have enough support from the pelvic muscles to stay in proper position.

What is urodynamics?

Urodynamic assessment is a highly specialised and sophisticated method of making scientifically accurate diagnosis of your symptoms such as:

- Urinary Incontinence
- Frequent Urination
- Sudden, strong urges to urinate
- Recurrent urinary tract infections

Urodynamics is performed using computerised equipment and ultrasound imaging. The patient asked to complete a special bladder diary prior to urodynamic assessment. The patient is instructed to attend with a completely full bladder and our specialised nurse re-explains the procedure in detail. The patient then voids in private, into a toilet attached to a urodynamic computer. Initial flow rate and voided volume are recorded. Residual urine volume is measured.

Two small tubes are inserted through the normal passage to the bladder and a small balloon type catheter is placed in the rectum (back passage). Bladder and urethral pressures are calculated. Results are then tabulated and urodynamics diagnosis is made and then specific treatment can be implemented.



After the test.

You may have mild discomfort for a few hours, so we advise you to increase your fluid intake after the test. (2-3 litres of fluid per day).

You should avoid drinking more than 2 or 3 standard measures of tea, coffee or cola, as these contain caffeine and may cause bladder irritation.

What are the risks of the test?

There is a small risk of urinary infection or reaction to antiseptics and some patients need an antibiotic, otherwise the test is safe.

Do I take my usual medications prior to taking the test ?

We advise patients to stop taking any medication you take to control your bladder, one week before the test.

WE BULK BILL OUR PATIENTS FOR URODYNAMIC STUDIES

Early Pregnancy Assessment Clinic (EPAC)

Our specialised Early Pregnancy Assessment Clinic (EPAC) celebrates more than 20 years on the Central Coast. Our team consists of an Obstetrician, Midwife and Sonographer.

Women requiring an EPAC appointment will be seen as soon as possible. Each EPAC appointment consists of a full assessment and review of symptoms, physical examination, blood test, ultrasound and careful counselling.

Single-port Surgery

Dr Farag is proud to introduce Single-Port Advanced Laparoscopy for his patients as clinically indicated. Not every patient is suitable for single port Laparoscopic surgery. Single-port surgery is surgery that is literally performed through a single port - or incision - in the patient's navel (belly button).

Unlike a traditional multi-port laparoscopic approach, single-port surgery leaves only a single small scar. The single-port surgical technique involves introducing all the instruments necessary for the surgery in the abdomen through a single 11-20mm incision at the navel, minimising the scarring and incisional pain associated with multiple points of entry used during traditional laparoscopic surgery.

The scar produced from the port can be discretely concealed in the navel and it is no longer visible after a few weeks. This effect and the prospect of less pain, faster recovery and quicker return to the everyday routine make the single-port technique increasingly attractive for many surgeons, hospitals and patients.

No gaps for all in-patient procedures. (Self-funded will have a quote) All surgical or invasive procedures carry risks. Before proceeding, you should seek a second opinion from an appropriate health practitioner.



WAVE CHAIR

Magnetic Pelvic Floor Stimulation offers new hope in restoring normal bladder function.

While correct pelvic floor exercise, bladder retraining and diet (for some patients) is part of the therapy, the NeoControl chair creates a therapeutic pulsed magnetic field that produces powerful stimulation to vital muscles that cannot be activated through pelvic floor exercises alone. Patients remain fully clothed and comfortably seated in a special chair. There is no pain but they will certainly feel it working.

Treatment courses consist of 16 sessions with the patients attending our clinic 1-2 times per week. Each session involves 20 minutes of pelvic floor stimulation.

Treatment is totally non-invasive and while patients may feel minor discomfort as their muscles flex and tighten, it is painless. We're providing optimum care for our patients and if you need any information we are more than happy to help. Please feel free to visit or contact us with any inquiries. All patients will have careful counselling and other options of management will be discussed





Q&A with Dr Farag

Q I am 25 years old and I have pelvic pain for the last few months. An ultrasound scan showed a dermoid cyst in my ovary. I am worried about losing my ovary as I do not have any children yet.

A Dermoid cysts are ovarian tumours making up to 10% of benign ovarian tumours. They are more common in young women but can occur throughout the reproductive years. Tumours can be removed while leaving the ovaries intact using keyhole surgery, if technically feasible.

Q I have been diagnosed with polycystic ovarian syndrome and my infertility specialist put me on a fertility drug called Clomiphene to help me fall pregnant. What are the side effects of this drug?

A Fertility drugs can cause a wide range of minor side effects such as mood swings, mild ovarian swelling, stomach pain, fatigue, insomnia, nausea, vomiting, irritability, headaches and breast tenderness. There is a 10-12% risk of multiple pregnancies.

Back in the mid 1990's one study suggested that risk of ovarian cancer later in life might increase after more than 12 cycles of treatment. However, more recent studies have failed to find a strong link between the two.

What Is Vaginal Atrophy or Vaginal Ageing?

Vaginal atrophy, or vaginal ageing, affects in excess of 40 percent of menopausal and post-menopausal women. The walls of the vagina become thinner and the natural elasticity and blood supply is reduced. The protective mucosa of the vagina can lose hydration and

What Are The Physical And Emotional Effects Of Vaginal Atrophy

The symptoms of vaginal atrophy may or may not occur simultaneously and may be felt as:

- Vaginal dryness or itchiness
- Burning sensations and irritation of the vagina
- Fissuring of the opening of the vagina
- Pain during sexual intercourse (Dyspareunia)
- Vaginal pain

About The MonaLisa Touch Treatment

MonaLisa Touch™



FINANCE

Great question! We check our prices regularly make sure they are affordable and fair

- 1st Consultation: \$300 . Medicare rebates apply.
- 2nd and Subsequent Consultations: \$150 for antenatal all visits.
- \$ 200 for follow up gynaecology visits
- All preoperative visits and counselling \$500.

All Gynaecological procedures including advanced laparoscopic surgery for endometriosis, hysterectomy, incontinence and pelvic floor reconstruction are covered by Medicare and medical funds.

Management fees for Obstetrics: \$1800 payable after 28 weeks (rebates from Medicare apply)

After 28 weeks if you reach your Safety Net you will receive approximately an 80% refund. (Check with Medicare)

Delivery: Private Insurance: Fund pays the delivery fees and no gap.

Public patients:

\$ 2000 for delivery if not covered for Obstetrics. Medicare refunds apply

\$400-1500: patient to pay accommodation costs at Public Hospital and other Hospital costs.

We pride ourselves on our expert personal care and look forward to providing you with highest possible standard of professional care in a relaxed, caring and friendly environment.

Professional affiliations



coastal women's health

GYN · IVF · OBS

📞 02 4324 1992

✉ admin@coastalwomenshealth.com.au

📍 60 William Street, Gosford NSW 2250

🌐 coastalwomenshealth.com.au



📱 [coastalwomenshealth.com.au](https://www.coastalwomenshealth.com.au)