

# Pelvic Pain

Pelvic pain is any pain in the lower abdomen or pelvis. It can be either acute (sudden onset) or chronic (long term) and is very common, affecting up to one in six women. Chronic pelvic pain may have a single cause or may be a combination of physical, psychological and social factors which can include endometriosis, fibroids, ovarian cysts, adhesions, irritable bowel syndrome (IBS) and depression.

A number of different tests may be done to help reach a diagnosis, usually including an ultrasound scan of the pelvis, swabs for sexually transmitted infections and a urine test. A laparoscopy (keyhole surgery) may also be recommended to see if there is any condition, or damage, responsible for the pelvic pain.

Treatment will depend on the underlying cause or causes of the pain. Surgical treatment may be indicated or medication in the form of tablets or injections recommended. Further investigations by a gastroenterologist or urologist may also be suggested if there are bowel or bladder symptoms contributing to the pelvic pain.



GyneHealth offer patients a unique, integrated approach that combines conventional medicine with complementary care such as nutritional advice, acupuncture, reflexology and counselling. We aim to provide the highest quality of care and our dedicated team of specialist practitioners work together to provide individually tailored treatments for every step of your journey.

## **Nutritional Therapy**

Current research indicates that a diet rich in certain foods with natural anti-inflammatory or analgesic properties may have therapeutic benefits for women with pelvic pain, whether alone or in combination with other interventions. Fish oils high in Omega 3 can regulate inflammatory pathways without blocking the natural inflammatory functions, and some vitamins have been shown to suppress pain transmission.

Our team of nutritional therapists will develop a personalised nutrition plan rather than giving 'one size fits all' dietary advice, allowing them to address nutritional imbalances and manage the condition.

## **Acupuncture**

Acupuncture may be useful in the treatment of pelvic pain because it stimulates the nervous system to regulate the chemicals that transmit pain signals in the body. Certain acupuncture points have been shown to affect areas of the brain that reduce sensitivity to pain and stress, stimulate the production of natural painkillers and reduce inflammation.

Chronic pain can often be accompanied by increased stress, anxiety and depression. Acupuncture can promote relaxation and alter the brain's mood chemistry, regulating serotonin and endorphin levels, which can help to combat negative emotions.

## **Counselling**

Counselling has a role in most areas of women's health and can be beneficial in pain management.

At GyneHealth we are committed to providing you with the support you need to help you cope as effectively as possible.

**For more information on how the GyneHealth team can help you, please contact us on the details below:**

**T: 0845 600 9997**

**E: [info@gyne-health.co.uk](mailto:info@gyne-health.co.uk) (clinical services)**

**E: [enquiries@gyne-health.co.uk](mailto:enquiries@gyne-health.co.uk) (complementary services)**

**W: [www.gyne-health.co.uk](http://www.gyne-health.co.uk)**