

## **TURKU UNIVERSITY HOSPITAL VISIT TO UPPSALA UNIVERSITY HOSPITAL ENDOMETRIOSIS CENTER 26.-27.1.2012**

We had a great opportunity to visit Uppsala Endometriosis Center with the kind guidance of the Chief of the Center, Professor Matts Olovsson. Our group consisted of four gynecologists dedicated to endometriosis patient care, administration and research in Turku University Hospital, and two nurses interested in participating our endometriosis team. The purpose of this clinical visit was to see how the treatment of endometriosis is organized and managed, both surgically and conservatively. Another important purpose was to share expertise and discuss about possible future collaboration on endometriosis research.

On Thursday evening 26<sup>th</sup> January, after a flight from Turku to Stockholm, we travelled by train to Uppsala. Our host Matts Olovsson had booked us a table from a lovely Italian restaurant Il Forno Italiano, and we as visitors shared the feeling that we were warmly welcome. We had a tasty dinner and an interesting discussion about general issues in specialist training in Nordic countries and many other issues as well.

On Friday 27<sup>th</sup> we had a nice morning walk to Uppsala University Hospital, where Matts was waiting for us. While having breakfast coffee, we heard an interesting general presentation by Professor Matts Olovsson about the organization, patient flow and number of visits and operations carried out in their Endometriosis Center. The center has been set up in Uppsala on September 2009, and we were informed about many practical problems they had faced in the beginning. They have at least 4 gynecologists, 2 endometriosis nurses, 2 fysiotherapeutists, a social worker, a pain specialist (anesthesiologist), an infertility specialist, an urologist, a gastrosurgeon, a radiologist and a sexologist. They have 217 new patients/year.

After first presentation, professor Juha Mäkinen from our clinic gave also a general presentation about endometriosis treatment and research in Turku, Finland, and doctor Pia Suvitie, also from Turku University Hospital, told about endometriosis treatment in Turku. We noticed some differences between Uppsala and Turku Clinics and further between Sweden and Finland. In Finland the treatment of endometriosis is not as centralized as in Sweden, although it also could be better centralized in Sweden as we heard from our Swedish colleagues. In Uppsala the treatment is also more focused on non-surgical treatment methods i.e. medical therapy and fysiotherapy. In Turku we don't have special endometriosis nurses or a social worker for endometriosis patients. We have a gastrosurgeon but no other specialists in addition to gynecologists.

Before lunch we also heard an interesting presentation about validation of EHP-30, the Endometriosis Health Profile-form, by doctor Anna Rauden. With this form it is possible to measure the quality of life of endometriosis patients. Fysiotherapeutist Åsa Rikner also told us how fysiotherapeutist could help endometriosis patients.

After a nice salad lunch midwife Anna-Lena Gränsjö told how endometriosis nurse's work is organized in Uppsala endometriosis center. They have 2 nurses who work 15 hours/week just for endometriosis patients. They answer the calls and e-mails and organize treatment between different workers. At present, the nurses don't meet the patients but they hope to get an own appointment in the future. Gertrud Söderlund gave a presentation how a social

worker can help endometriosis patients. Only the most complicated patients meet Gertrud and she can even give psychological help.

Doctor Johannes Gudmundsson told about infertility treatment among endometriosis patients. Infertility doctor is part of the endometriosis team and they have regular meetings with the team. The infertility treatment of endometriosis patients is based on the same principles in Uppsala as it is in Turku. For example, they use GnRH-agonists for 3-6 months for endometriosis patients before IVF- or ICSI-treatment.

Doctor Constantinos Michos gave an interesting presentation about diagnosing endometriosis with ultrasound, and after that doctor Nina Bergman told about endometriosis diagnosis with MRI. In Uppsala preoperative MRI is used much more frequently than in Turku. In Uppsala they perform MRI for every endometriosis patient, who is to be operated.

At the end of the day doctor Christian Moberg presented his research about alpha $\beta$ -crystallin, which may be an interesting new marker for endometrial function in endometriosis patients.

It was valuable to see how endometriosis treatment is organized in Uppsala University Hospital and we also got many new ideas for clinical practice. We also met many nice new colleagues. It is time to start planning a return visit for Uppsala endometriosis team to Turku.

We want to thank NFOG for making this clinical visit possible.

Turku 26<sup>th</sup> March 2012

Professor Juha Mäkinen

M.D. Pia Suvitie

M.D Kaisa Kurkijärvi

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