

Report to the NFOG Board

Clinical visit to hospital Fatebenefratelli and clinic of Villa Giulia Spa in Rome, Italy

With kind support from the NFOG I had the opportunity to deepen my knowledge on endometriosis and adenomyosis imaging and on the possibilities 3D ultrasound provides in diagnosing both of these diseases as well as for example uterine anomalies. I had the great privilege to spend week in the sunny Rome with one of the leading sonographers in this field, Dr. Caterina Exacoustos. During the week I saw patients and scannings both in the most atmospheric hospital Fatebenefratelli in the river island in the middle of Rome as well as in a stylish private clinic of Villa Giulia Spa.

During my visit the emphasis was on structured ultrasound analysis of the pelvic structures. With endometriosis, it is crucial to characterise extend of the disease in high detail for planning of a surgery as well as treatment follow-up. Deep endometriosis nodules are to be measured following the line of the bowel and also penetration to the muscular layer of the sigma or rectum must be estimated. Imaging deep endometriosis nodules with 3D instead of 2D ultrasound is helpful in measuring the size of the nodule, its lateral invasion as well as characterisation of its position (midline, left or right). I learned also to scan for the ureters, their calibre and peristalsis, which are important in analysing possible ureteral obstruction caused by endometriosis. As patient with deep endometriosis often suffer from adenomyosis, it is of utmost importance to also always scan the uterus with that in mind. Although there are clear signs for adenomyosis that can be visualised with the 2D, measuring the junctional zone with only 2D is imprecise and the sensitivity is much better with 3D, with which it is possible to visualise the junctional zone in detail. During my stay I learned to make proper coronal sections of the uterus, from which it was possible to analyse the thickness of the junctional zone from the hole uterus as well as see clearly for example the disruption of the junctional zone.

I wish to express my sincere gratitude to NFOG for giving me this opportunity to deepen my knowledge in gynaecological ultrasound and especially in endometriosis diagnostics. This unforgettable week in la Città Eterna will surely help me with my practical work as well as my research.

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