

Clinical visit to the Women's Clinic, Turku University Hospital, Turku, Finland, 3-4 December 2012

In an attempt to start collaboration regarding endometriosis care between Uppsala and Turku a delegation of O&G doctors from Turku visited us at the Endometriosis Centre earlier this year. They left us an open invitation to come and see how they perform laparoscopic surgery which we gratefully accepted.

In the morning of the first day, we were picked up by Prof. Juha Mäkinen who described briefly how the endometriosis patients are taken care of at the clinic. After being introduced to the rest of his colleagues at the morning meeting we spent the rest of the day in the operating theatre. Dr. Pia Suvitie performed a total laparoscopic hysterectomy, using mainly Ultracision and a new wireless morcellator. Since we are not currently using any of these instruments, it was very interesting and educational to see how they are used in the hands of an experienced surgeon.

The next operation was an enucleation of an endometrioma, again dissecting the tissues with Ultracision which seemed to be more atraumatic to the surrounding ovarian tissue than standard cauterization.

In the evening we were treated to a very pleasant dinner at an Italian restaurant together with Juha Mäkinen, Pia Suvitie and two other gynaecologists from the clinic. We were then informed in more detail about the upcoming 4th Nordic Congress on Endometriosis which will be arranged in Turku in May 2013.

The second day of our visit was again spent in the operating room with a four hour endometriosis surgery on a patient with advanced disease. She had, besides endometrioma and pelvic adhesions, deep infiltrating endometriosis in the posterior vaginal wall and rectosigmoideum. After adhesiolysis, resection of endometrioma and a large endometriotic nodule in the vagina, dr. Suvitie together with a colorectal surgeon, performed laparoscopic resection of a 30 cm long segment of the rectosigmoideum with several endometriotic nodules and fibrosis sites. An impressive task to perform laparoscopically, using the new Thunderbeat instrument from Olympus, and we very duly impressed by the operating skills on display.

All in all, a valuable and highly educational visit with plenty of time to discuss operating techniques, placement of trocars for optimal access to the pelvis and much more that we will do our best to implement back home in Uppsala.

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