

To the NFOG Scientific Committee Members and the NFOG Treasurer,

I visited the gyne-oncologic department of Kliniken Essen Mitte, Essen, Germany in Nov 23<sup>rd</sup> – Dec 4<sup>th</sup> 2015. The main purpose of my visit was to study and observe the surgical treatment of ovarian cancer. The gynecologic oncology department of Kliniken Essen Mitte (KEM) is directed by professor Andreas du Bois, who is renowned by his contribution to the treatment of gynecologic malignancies. Professor du Bois and his staff have established such a high level of expertise in the surgical treatment of ovarian carcinoma that their institution has a worldwide reputation.

My personal interest in visiting KEM was to study the surgical techniques of ultraradical surgery of ovarian carcinoma. After a warm welcome and a brief guided tour, I was taken into the surgical theatre. At that time I was the only visitor, and I had the privilege to take part into the operations as one of the members of the surgical team. The equipment, setting and routines of the surgical theatre were almost similar to what I have been accustomed to in my own institution. Most operations were performed by two doctors, a senior and a trainee. A second senior was often attending the surgery. A consulting gastric surgeon and urologist were also available. As ultraradical surgery often means long operating time, long incisions, loss of fluids etc. the co-operation with the anesthesiologist was a major contributor in the outcome of the operation.

The weekly schedule of the clinic staff included meetings with radiologists and pathologists. A multi-disciplinary meeting was held every Friday to discuss the treatment of the patients. During the two weeks of the visit, I was able to take part into the meetings as well.

The city of Essen shares a friendship status with my hometown Tampere, and one of its main attractions is the famous opera house that is designed by Finnish architect Alvar Aalto. Opera was an enjoyable counterbalance to the long days in the surgical theatre.

As the prognosis of an ovarian carcinoma patient is mainly dependent on the outcome of surgery, the concept of ultraradical surgery is highly interesting. However, one

must first take into consideration the risks and benefits of the surgery before implementing it into daily practice. I think that my visit was fruitful and gave new insight in many ways.

Sami Saarelainen

M.D., Ph.D.

Specialist, Clinical Fellow in Gynecologic Oncology

Department of Obstetrics and Gynecology

Tampere University Hospital

P.O.Box 33521

Tampere, Finland

email: [sami.saarelainen@fimnet.fi](mailto:sami.saarelainen@fimnet.fi)