

Gynaecology and Breast Summary

The role of the GP in gynaecology and breast health

As a GP, your role is to:

- Acknowledge that many gynaecological conditions women experience adversely affect their physical, psychological and social well-being and work with women to manage these impacts
- Understand that some women may find it difficult to discuss intimate health issues, for many reasons. Women may prefer to see a female GP to discuss gynaecological and breast problems
- Endeavour to adopt a 'woman-centred life course' approach, using current contact opportunities occurring over a woman's life (e.g. HPV immunisation, cervical screening, contraceptive consultations, pregnancy, menopause) for health promotion and potential interventions
- Promote health in this area including breast and cervical screening
- Understand that breast cancer is now the commonest cancer in the UK. Many patients are now surviving breast cancer and undergoing long term treatment and surveillance, often living with the mental and physical consequences of treatment. The GP must be alert to the possibility of local or distant recurrence many years after original treatment
- Recognise that ovarian cancer remains a less common cancer with a relatively poor detection rate, often presenting late. Alertness to non-specific symptoms that could be consistent with ovarian cancer is crucial to earlier diagnosis.
- Be aware that men may also experience breast disorders.

(Sexually transmitted infection, Pelvic Inflammatory Disease, dyspareunia, pregnancy (including miscarriage and ectopic pregnancy) are covered in the RCGP Topic Guides on *Sexual Health* and *Maternity and Reproductive Health*. Urinary problems are covered in the Topic Guide *Kidney and Urology*).

Key Areas for Exam preparation

Common and important conditions

Breast

- Benign breast conditions including eczema, infection (mastitis, breast abscess), lumps (e.g. cysts, fibroadenoma) and mastalgia
- Breastfeeding, including common problems
- Malignant breast conditions including DCIS, invasive ductal and lobular carcinomas, Paget's disease of the nipple and secondary malignancy such as lymphoma, including awareness of treatment (surgery, radiotherapy, hormonal) and its complications
- Surgery for breast reconstruction, breast enlargement and breast reduction.

Pelvic

- Bleeding problems (which may have pelvic or extra-pelvic cause):
 - Amenorrhoea (primary and secondary), oligomenorrhoea, polymenorrhoea, irregular menstrual cycles and anovulatory cycles
 - Intermenstrual bleeding
 - Medication induced bleeding problems (including secondary to hormonal contraceptives)
 - Menstrual problems including heavy menstrual bleeding, dysmenorrhoea (primary and secondary), dysfunctional uterine bleeding
 - Post-coital bleeding
 - Post-menopausal bleeding
- Pelvic pain

Ovarian:

- Benign ovarian swellings including ovarian cysts, dermoid
- Ovarian cancer including adenocarcinoma and teratoma
- Polycystic ovary syndrome: gynaecological aspects and associated metabolic disorders such as insulin resistance and obesity, and symptoms such as acne and hirsutism

Uterine:

- Endometrial polyps, hyperplasia and cancer
- Endometriosis and adenomyosis
- Fibroids
- Prolapse including cystocele and rectocele

Vulvo-vaginal:

- Female genital mutilation (FGM) (including legal aspects) and cosmetic genital surgery
- Malignancy including vulval intraepithelial neoplasia (VIN), melanoma
- Skin disorders such as lichen sclerosus, psoriasis, intertrigo, pigmented lesions, genital warts
- Vaginal discharge including infectious causes such as candida, bacterial vaginosis and sexually transmitted infections (please refer also to Topic Guide *Sexual Health*)
- Vulval pain with causes such as atrophic changes, Bartholin's problems, dysesthesia, vulvodynia. (Urinary conditions including incontinence are covered in the *Kidney and Urology* topic guide)

Cervical:

- Cancer, cervical intraepithelial neoplasia (CIN), dysplasia, ectropion and polyps

Fertility

- Infertility and subfertility – causes and investigations:
- Male factors including impaired sperm production and delivery (e.g. drug induced, cystic fibrosis)
- Female factors including ovulatory disorders, tubal disorders, uterine disorders and genetic causes
- Principles of assisted conception with knowledge of associated investigations
- Recurrent miscarriage.

- Premenstrual disorders including premenstrual syndrome and premenstrual dysphoric disorder

Menopause:

- Normal and abnormal menopause and peri-menopause including premature ovarian insufficiency
- Post-menopausal bleeding
- Systemic symptoms such as skin changes, hot flushes, psychological symptoms ○
Treatment options including hormone replacement therapy (HRT) – systemic and local methods
- Urogenital aspects including atrophic vaginitis
- Wider health issues associated with menopause including increased cardiovascular risk and osteoporosis

Suggested resources:

General information

- Braudie P and Taylor P. ABC of Subfertility London: BMJ Books, 2004
- Latthe M, Bath S, Latthe PM (eds). Obstetrics and Gynaecology in Primary Care London: RCGP, 2003
- Ministry of Justice. National Service Framework: improving services to women offenders London: Ministry of Justice, May 2008
- www.fsrh.org
- The e-GP Women's Health course includes sessions on vaginal bleeding, pelvic pain, breast lumps and pain, the menopause and HRT, gynaecological cancers, urinary incontinence, domestic violence, and conception and pregnancy. www.e-GP.org
- <https://www.rcog.org.uk/search-results/?q=menorrhagia%20guidelines>
- <https://learning.nspcc.org.uk/research-resources/briefings/gillick-competency-and-fraser-guidelines/>

Breast lumps

- <https://cks.nice.org.uk/breast-cancer-recognition-and-referral>

Breast cancer

- <https://www.breastcancercare.org.uk/search/google/healthcare%20professionals>
- <https://cks.nice.org.uk/breast-cancer-recognition-and-referral>
- <https://www.nice.org.uk/Guidance/Conditions-and-diseases/Cancer/Breast-cancer>
- <https://cks.nice.org.uk/breast-screening>
- <https://www.sign.ac.uk/assets/qrg134.pdf>
- <https://www.nice.org.uk/Guidance/CG164>

Breast reconstruction

- <https://www.nice.org.uk/Guidance/IPG417>

Breast enlargement / reduction

- [https://www.evidence.nhs.uk/search?om=\[{%22ety%22:\[%22Guidance%22\]}\]&q=breast+reduction+surgery](https://www.evidence.nhs.uk/search?om=[{%22ety%22:[%22Guidance%22]}]&q=breast+reduction+surgery)
- <https://pathways.nice.org.uk/pathways/breast-conditions>

Vaginal Bleeding

- <https://www.rcog.org.uk/globalassets/documents/guidelines/unscheduledbleeding23092009.pdf>
- <https://cks.nice.org.uk/gynaecological-cancers-recognition-and-referral>
- <https://www.guidelines.co.uk/womens-health/nice-menopause-guideline/252685.article>
- <https://cks.nice.org.uk/menorrhagia>

Pelvic pain

- <https://cks.nice.org.uk/pelvic-inflammatory-disease>
- https://www.rcog.org.uk/globalassets/documents/guidelines/gtg_41.pdf
- <https://www.evidence.nhs.uk/search?q=chronic+pelvic+pain>

Ovarian cancer

- National Institute for Health and Clinical Excellence (NICE). The recognition and initial management of ovarian cancer. Clinical guideline 122. April 2011 www.nice.org.uk/guidance/cg122
- <https://www.nice.org.uk/guidance/cg122>

Ovarian cysts

- <https://www.evidence.nhs.uk/search?q=ovarian+cysts>
- https://www.rcog.org.uk/globalassets/documents/guidelines/green-top-guidelines/gtg_34.pdf
- <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg62/>

PCOS

- <https://www.evidence.nhs.uk/search?q=pcos+guidelines>
- <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg33/>

Uterine prolapse

- <https://www.guidelines.co.uk/womens-health/nice-recommendations-for-women-with-pelvic-organ-prolapse/454686.article>

Endometriosis

- <https://www.nice.org.uk/guidance/ng73/chapter/Recommendations>

Uterine fibroids

- <https://cks.nice.org.uk/fibroids>
- <https://www.nice.org.uk/Guidance/IPG367>
- <https://www.evidence.nhs.uk/search?q=fibroids&Route=Search&ps=250>

Cervical cancer

- <https://www.evidence.nhs.uk/search?q=cervical+cancer>
- <https://www.nice.org.uk/guidance/ng12>

Menopause

- Rees M and Purdie DW (eds). Management of the Menopause (3rd edn) Marlow: BMS Publications, 2003
- www.thebms.org.uk
- <https://www.menopausematters.co.uk>
- <https://www.bmj.com/content/334/7596/736>
- <https://www.nice.org.uk/guidance/NG23>

FGM

- www.e-lfh.org.uk/programmes/female-genital-mutilation
- www.fco.gov.uk

Fertility

- Braudie P and Taylor P. ABC of Subfertility London: BMJ Books, 2004
- <https://cks.nice.org.uk/polycystic-ovary-syndrome>
- <https://www.nice.org.uk/guidance/cg15>

Female Cancers

- <https://www.nice.org.uk/guidance/ng12/chapter/Recommendations-organised-by-symptom-and-findings-of-primary-care-investigations>

Sterilisation

- <https://cks.nice.org.uk/contraception-sterilization>