

Night tackles women's issues



Dr Ayman Shenouda will join his colleagues from the Glenrock Country Practice at an information evening next Wednesday.

THE Glenrock Country Practice at Glenfield Park will be holding a women's health night next Wednesday, May 9 at 6.30pm, tackling three issues that most affect women.

Husband and wife team doctors Ayman Shenouda and Samiha Azab will be conducting the seminar, with the four other doctors at the surgery in attendance.

Doctor Shenouda said menopause, osteoporosis and incontinence would be the three main issues addressed. The topics were suggested after a recent seminar on breast, ovarian and cervical cancers.

"The big topic is hormone replacement therapy (HRT) as there has been a lot of confusion following a big HRT study that was released six years ago," Dr Shenouda said.

"For the first five years, if a woman is aged between 50 to 55, the study showed there were no problems for a woman to be taking HRT.

"If a woman is experiencing severe symptoms then a lot of factors have to be weighed up before HRT is prescribed."

Doctor Shenouda said incontinence could happen during pregnancy and could be treated through exercise.

"Many women don't realise incontinence can

be treated and they don't have to put up with the problems it causes," Dr Shenouda said.

"We'll be helping women cope with that and other issues related to incontinence.

"Osteoporosis is another issue that many women face, and very light women and smokers are at greater risk of suffering from the disease.

"The heavier you are the less likely osteoporosis will strike.

"At our practice, we can track osteoporosis and monitor its progress and we can identify those women who may be at risk of getting the disease."

Doctor Shenouda said the practice had grown since its inception and now boasts five full-time doctors and one part-time doctor on staff, together with a dietician, psychologist and an exercise physiologist.

"We conduct a health seminar every second Wednesday of each month, which is part of helping our patients cope with life," Dr Shenouda said.

"Keeping up to date with health issues is vital and that is what our health seminars are designed to achieve."

For further information contact Glenrock Country Practice on 6971 2000.