



# Wellbeing Clinic Newsletter

*Today's Focus:*

## **WOMEN'S HEALTH**

*The inspiration for this newsletter has come from this article on women's health published by The Guardian <https://www.theguardian.com/society/2022/jun/02/dismissal-of-womens-health-problems-as-benign-leading-to-soaring-nhs-lists> which describes how women's serious health issues are routinely dismissed by medical professionals as "benign". This phenomenon does not seem to be limited to the UK only, there is literature available from other countries too suggesting a widespread tendency for the women's problems to be ignored, misunderstood and under-researched, leading to a dismissive attitude towards many conditions affecting women and, as a consequence, to a lack of or inadequate treatment options offered to women.*

*The good news is that Traditional Chinese Medicine has many excellent solutions available to diagnose and treat a multitude of women's health conditions.*

### **Why consider Traditional Chinese Medicine for women's health?**

The problems described by The Guardian are attributed to inadequate strategy within the NHS and to cultural bias against women. It seems to us however that there may be other, potentially more complex factors contributing to this issue. Many women's conditions are difficult to diagnose, with several tests and specialist referrals often necessary before the problem can be identified. Even if diagnosed correctly, some women's conditions are also complicated and sometimes very risky to treat by conventional medical methods. In many cases treatment options offered by the Western medicine may be limited anyway. In this context, and with the health system suffering several challenges at present, including staff shortages and long waiting lists, it is almost unsurprising that there may be a tendency to dismiss certain symptoms, especially if such symptoms do not appear "life-threatening" and do not seem to point towards an obvious condition which is easy to treat.

Can Traditional Chinese Medicine make a difference?

Traditional Chinese Medicine (TCM), being an ancient form of therapy, has developed over the centuries **several efficient methods of diagnosing women's health problems** by **paying attention to many subtle signs and symptoms** which would typically be dismissed

or misunderstood by a conventional health practitioner. This makes it a lot easier for a TCM practitioner to **quickly understand the nature of the condition and to offer a solution without any delay**. We can however also understand and make use of conventional medical diagnosis methods, so please feel free to bring along any medical documentation related to your condition you may already have.

### **What problems can Traditional Chinese Medicine help with?**

Below we have listed some of the most common women's health issues, which can be efficiently treated by Traditional Chinese Medicine. This list is not exhaustive as it wouldn't be possible for us to list all of the conditions we can help with. We recommend speaking to our practitioner if you have any problem that is not mentioned in our newsletter.

It is important to note however that most of the conditions described below require **superior TCM skills** which not all TCM practitioners will be able to offer. At Wellbeing Clinic, we have a significant experience in successfully treating these problems.

**Endometriosis** – this condition is characterised by a tissue similar to womb lining growing elsewhere in the body such as in ovaries or in fallopian tubes. This is a difficult health problem to be diagnosed and treated by Western medicine with symptoms often mistakenly attributed to other conditions.

**Wellbeing Clinic**

369 Upper Richmond Road West, SW14 7NX London  
E-mail: [info@wellbeing-clinic.uk](mailto:info@wellbeing-clinic.uk) [www.wellbeing-clinic.uk](http://www.wellbeing-clinic.uk)



# Wellbeing Clinic Newsletter

*Today's Focus:*

## **WOMEN'S HEALTH**

*The inspiration for this newsletter has come from this article on women's health published by The Guardian <https://www.theguardian.com/society/2022/jun/02/dismissal-of-womens-health-problems-as-benign-leading-to-soaring-nhs-lists> which describes how women's serious health issues are routinely dismissed by medical professionals as "benign". This phenomenon does not seem to be limited to the UK only, there is literature available from other countries too suggesting a widespread tendency for the women's problems to be ignored, misunderstood and under-researched, leading to a dismissive attitude towards many conditions affecting women and, as a consequence, to a lack of or inadequate treatment options offered to women.*

*The good news is that Traditional Chinese Medicine has many excellent solutions available to diagnose and treat a multitude of women's health conditions.*

Acupuncture combined with herbal medicine is efficient in treating this problem.

**Fallopian Tube blockages** – this condition is usually caused by a pelvic infection and often leads to infertility. Acupuncture helps to enhance the body's immune system in order to naturally heal the infection. Sometimes, the problem may also be caused by or contributed to by endometriosis as described above.

**Fertility issues** – there are many causes of infertility, including several conditions described in our newsletter. Traditional Chinese Medicine treatment focuses on dealing with the underlying cause of the infertility - many efficient treatment methods are available depending on the cause of the problem.

**Fibroids** - fibroids are defined as non-cancerous growth within or around the uterus. Conventional medical treatments mainly focus on treating the symptoms and many are associated with significant side effects. In severe cases a surgery may be offered. Surgical removal of a fibroid is potentially dangerous due to the high risk of internal bleeding which can be difficult to stop. Acupuncture offers a safe and effective method of treating this problem – a successful treatment causes the fibroid to gradually shrink and eventually disappear altogether.

**Gyneacological and/or Urinary infections** – acupuncture combined with herbal medication is very efficient in enhancing the immune

system, helping the body naturally fight bacterial, fungal or viral infections without the use of antibiotics which often cause significant side effects.

**Menopause** – firstly, TCM can actually help **delay menopause** thus helping the body to stay young for longer. TCM is also **very efficient in treating all menopausal symptoms** and eliminating the many common discomforts associated with menopause.

**Ovarian Cysts** – this is yet another common and potentially dangerous women's health problem to which conventional medicine can only provide limited solutions. An ovarian cyst is a fluid-filled sac that develops on an ovary. Usually no conventional treatment is offered since it is considered that most cysts cause no symptoms and will heal naturally on their own. However an untreated ovarian cyst can lead to several complications including infertility, pain during sex, frequent need to urinate, irregular periods. Some cysts eventually develop into an ovarian cancer. A ruptured cyst may be life threatening and requires an urgent surgery. If a medical treatment for a cyst is offered, it typically consists in a surgical operation to remove the cyst but sometimes one or both ovaries may need to be removed, resulting in a permanent infertility. Such surgery is complex and not without risk, with potential complications including internal bleeding, infection, blood clots and potential damage to nearby tissues such as nerves, muscles or blood vessels. Acupuncture combined with herbal medication is very efficient in safely

**Wellbeing Clinic**

369 Upper Richmond Road West, SW14 7NX London

E-mail: [info@wellbeing-clinic.uk](mailto:info@wellbeing-clinic.uk) [www.wellbeing-clinic.uk](http://www.wellbeing-clinic.uk)



# Wellbeing Clinic Newsletter

*Today's Focus:*

## **WOMEN'S HEALTH**

*The inspiration for this newsletter has come from this article on women's health published by The Guardian <https://www.theguardian.com/society/2022/jun/02/dismissal-of-womens-health-problems-as-benign-leading-to-soaring-nhs-lists> which describes how women's serious health issues are routinely dismissed by medical professionals as "benign". This phenomenon does not seem to be limited to the UK only, there is literature available from other countries too suggesting a widespread tendency for the women's problems to be ignored, misunderstood and under-researched, leading to a dismissive attitude towards many conditions affecting women and, as a consequence, to a lack of or inadequate treatment options offered to women.*

*The good news is that Traditional Chinese Medicine has many excellent solutions available to diagnose and treat a multitude of women's health conditions.*

treating ovarian cysts at any stage of their development and regardless of any symptoms occurring, thus eliminating the risk of complications and the need of risky surgical procedures. It is always preferable to start the TCM treatment for cysts as early as possible.

**Period related issues (pain, heavy bleeding, irregular periods)** – similarly to infertility, there are many possible causes of irregular periods, period pains or heavy bleeding. Possible causes include some of the conditions described above such as endometriosis, fibroids, ovarian cysts, infections or hormonal issues. Traditional Chinese Medicine is very helpful in diagnosing the cause of the problem and can subsequently offer several safe and efficient methods of dealing with it.

**Pelvic Organ Prolapse** – this condition occurs when one or more organs in the pelvis, such as the uterus, bowel, bladder or top of the vagina, slip down from their normal position and bulge into the vagina. Whilst it is considered not life threatening, it can cause several discomforts such as pain, discomfort during sex or difficulties urinating. Conventional medicine usually offers limited solutions such as pelvic floor exercises or certain lifestyle changes. In more severe cases a hormonal treatment or surgery may be offered. Acupuncture can safely and naturally resolve the problem by stimulating nerves and muscles controlling the displaced organ, which progressively allows it to return to its normal position.

**Urinary Incontinence** – this is a very common, life limiting condition, often occurring after labour or associated with age. Western medicine treatment options are typically limited to cases where incontinence is caused by an infection and can be treated by antibiotics although there may be many other causes of incontinence. Traditional Chinese Medicine approach will consist in naturally treating any infections as described earlier, as well as in using acupuncture to stimulate the nerves and muscles controlling the bladder which eventually results in a full recovery of the bladder control.

**Uterine adnexitis (Pelvic Inflammatory Disease)** – this condition consists in a bacterial infection such as Chlamydia that affects the uterus, the fallopian tubes and ovaries. The condition is difficult to diagnose as it is not associated with obvious symptoms, whilst the typical symptoms such as pain around lower abdomen, heavy or painful periods, vaginal discharge or bleeding between periods also occur with many other health conditions. An untreated infection can lead to several serious complications including infertility or ectopic pregnancy. Conventional medicine typically uses a course of antibiotics as a treatment. As with other infections, Traditional Chinese Medicine offers a powerful natural way of treating this problem by stimulating the immune system to fight the infection, without the risk of side effects or resistance to medication which may develop with repeated use of antibiotics.

**Wellbeing Clinic**

369 Upper Richmond Road West, SW14 7NX London  
E-mail: [info@wellbeing-clinic.uk](mailto:info@wellbeing-clinic.uk) [www.wellbeing-clinic.uk](http://www.wellbeing-clinic.uk)