

Women's Health



MISKAWAAN

HEALTH GROUP

— KOH SAMUI —





“The best doctor is your own body.”

Dr Wessolly.

Our goal is to empower women to make informed decisions about their health. Our doctors follow an individualized approach that takes your personal medical history into consideration. Listening to their patients is an extremely important step allowing them to adjust the treatments to best suit your needs, your body and your daily life.

Our German medical consultant, Dr Sybille is an experienced gynecologist and breast cancer specialist. She offers support for other conditions although she is not limited to these areas so we would suggest a consultation with her to discuss any health concerns you may have.

Women's Health general consultation

THB 1000



Breast care

Breast palpation helps for detecting breast diseases, as a supplement to mammography and ultrasound.

- The doctor palpates your breast and the surrounding lymph node areas. In addition, the doctor evaluates both breasts and for irregularities, colour changes and retractions. She also checks for secretions from the nipple.
- This examination helps as a measure to detect diseases, also in the follow-up when the patient has already suffered from breast diseases, especially breast cancer.
- Breast diseases, including malignant ones, are caused by cellular changes and a lack of the body's own repair mechanisms. Our clinic specializes in strengthening patients' immune system through infusions and supplements to correct imbalances and mobilize the body's defense against diseases.

Physical breast exam and consultation

THB 1500



Menopause

In the context of menopause, with the associated hormonal changes, different symptoms can occur. These are very individual in nature and expression and thus also in the strength of the suffering.

Diagnostics:

- Medical history
- Laboratory tests to detect hormonal imbalances/deficiencies

Treatments:

- IV therapies, therapeutics and supplements
- lifestyle modification: exercise/ sport, healthy balanced diet
- Body-mind practices such as meditation, relaxation techniques, water gymnastics

Treatment goals:

- Balancing hormonal imbalances or deficits
- Treatment of menopausal symptoms
- Strengthening of self-healing powers and physical well-being
- Prevention and therapy of osteoporosis





Endometriosis

Endometriosis is a benign growth of tissue from the lining of the uterus (endometrium). It settles outside the uterus in adjacent organs or in the uterine wall (adenomyosis). These scattered endometriosis lesions grow during the menstrual cycle in analogy to the uterine lining. This is associated with cramping pain and often chronic abdominal and back pain. These foci bleed with each menstrual period, cause internal adhesions, and may additionally form cysts in the ovaries. No one knows precisely how endometriosis develops. It is one of the most common gynecological diseases in women, yet so little is known about it. The leading cause of endometriosis seems to be an imbalance of female hormones: estrogen excess and

If you have been diagnosed with endometriosis or suspect it because of the typical symptoms, we can help in the following ways:

- Laboratory tests to detect hormonal imbalances (This includes not only the female hormones but also, for example, the thyroid gland and cortisone)
- IV/Therapeutics/Supplements to address hormonal imbalances or deficiencies
- IV/Supplements to strengthen the self-healing powers of the body
- IV/Supplements for pain and anti-inflammatory management
- lifestyle modification, exercise/ sport, healthy balanced diet, body-mind practice, pain reduction by physiotherapy

Pre- and Post-natal physiotherapy



Preparing the muscles of the lower back, abdominal area and pelvic floor before and during pregnancy is essential for prevention and for a good postpartum recovery.

Our physiotherapist can provide the right treatment to prevent or treat issues that may occur during pregnancy or post-partum.

Pre-natal

- Prescribing safe exercises and advice for you to stay fit and healthy
- Teaching you about posture and strategies that may help you to reduce the risk of strain and discomfort on your lower back and pelvic joints during pregnancy
- Treating and preventing low back pain or pelvic girdle pain
- Teaching you about the pelvic floor muscles and how to do pelvic floor exercises

Physiotherapy

THB 2000 per hour

Post-natal

After childbirth we recommend an abdominal and pelvic floor muscle assessment which is recommended for the rehabilitation of the pelvic floor muscles and abdominal area postpartum. This is especially important not only for women who have symptoms but also for women who want to return to exercise safely.

In this postpartum check your physiotherapist will be able to help you by:

- Giving you advice on how to recover after childbirth (whether you had a vaginal delivery or a C-section)
- Assessing your posture, breathing, abdominal muscles gap (diastasis rectus abdominis) and pelvic floor muscle function
- Creating an exercise plan to rehabilitate your pelvic floor muscles and your abdominal muscles
- Giving you advice on how to exercise safely postpartum
- Treating any symptoms of pelvic floor dysfunction that may have arisen from childbirth
- Teaching you about bladder, bowel and



