



養和醫院

HONG KONG SANATORIUM & HOSPITAL

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## **MR Guided Focused Ultrasound Offers a Non-invasive Treatment Option for Uterine Fibroid**

### **The Comprehensive Fibroid Management Programme Emphasizes a Holistic Approach to Benefit Patients**

(1 November 2007, Hong Kong) The Hong Kong Sanatorium & Hospital launched today state-of-the-art MR Guided Focused Ultrasound treatment and the Comprehensive Fibroid Management Programme. The Hospital is the first in Hong Kong to introduce the MR Guided Focused Ultrasound technology to treat uterine fibroid in a non-invasive manner.

The MR Guided Focused Ultrasound is a breakthrough technology in treatment of uterine fibroid. Focused Ultrasound energy is delivered to one focal point at a time. High intensity ultrasonic waves pass through skin and soft tissue to focus on the target and to raise its temperature to between 65 and 85 degrees Celsius while not affecting any surrounding tissue. This results in protein denaturation, irreversible cell damage and thermal coagulative necrosis. It is a non-invasive, outpatient procedure that does not require surgical incisions, anaesthesia or hospitalization. The procedure is conducted using the Magnetic Resonance Imaging (MRI) scanner to provide 3D imaging of the uterus without radiation. This allows a doctor to “see” inside the body to pinpoint, guide and continuously monitor the treatment to make sure that the fibroid tissue has been destroyed resulting in shrinkage of the fibroid.

“Our gynaecologists will assess patient’s suitability for therapy, but the procedure is jointly performed by a gynaecologist together with an interventional radiologist to ensure optimal treatment and maximum safety,” said Dr. Gladys Lo, Chief Radiologist, Department of Diagnostic and Interventional Radiology, Hong Kong Sanatorium & Hospital.

During the MR Guided Focused Ultrasound treatment for uterine fibroid, the patient is required to lie on her stomach and there will be some warm sensation over the abdomen. Most women are able to return to work and normal activities 1 to 2 days after the procedure. The treatment is an effective alternative to surgery and hormonal treatment. Since the treatment is completely non-invasive, there is no surgery and blood loss. Most importantly, the treatment significantly improves patient’s quality of life by decreasing menstrual bleeding from symptomatic fibroids and lowering urinary dysfunction, pelvic pain and pressure.

In order to provide a holistic treatment approach to fibroid patients, the Hospital has unveiled the Comprehensive Fibroid Management Programme. Experienced gynaecologists will assess patient’s condition and advise appropriate treatment. The Programme offers two options: non-surgical



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procedures and surgical procedures. The non-surgical procedures consist of Uterine Fibroid Embolization (UFE) or non-invasive MR Guided Focused Ultrasound Treatment. The surgical procedures include conventional surgery (i.e. myomectomy and hysterectomy) and minimally invasive surgery (i.e. laparoscopic myomectomy and laparoscopic hysterectomy). The Programme offers patients a personalized and suitable treatment plan that is based upon the results from patient's symptoms, thorough examinations, MR imaging, ultrasound imaging as well as patients' preferences.

“With the establishment of the Comprehensive Fibroid Management Programme, we aim at providing an effective, friendly and safe approach for treatment of uterine fibroids to patients,” said Dr. Joseph Chan, Head, Department of Women's Health and Obstetrics, Hong Kong Sanatorium & Hospital.

“Patient's safety is our top priority. To guarantee patient's safety and unparalleled treatment outcome, we make sure all our doctors and health staff have received training and been accredited before they can perform relevant procedures on patients,” Dr. Chan added.

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