

# Recognise your body's needs and signs

*Ms Lubna Haque FRCOG Founder and CEO London Gynaecology and Women's Health discusses how to listen to your body and take action when needed*

LUBNA HAQUE



In the race of life, women are at the core that defines our existence as individual or a group — be it a daughter, mother, wife or partner or an executive running an organisation. This can be overwhelming at times, which means there can be a tendency to put health on the back seat. This ongoing pandemic has also highlighted how important it is to look after oneself.

The most important aspect is to recognise one's own body, its needs and the warning signs. The female pelvis is governed by the uterus, fallopian tubes and ovaries. The ovarian hormones mostly rule our periods — be it regular periods, irregular periods, breakthrough bleed, no periods or bleeding after sex and

bleeding after menopause. Women's low mood, premenstrual symptoms, pelvic discomfort or struggles with conception can be driven by the female pelvic organ. The quality of life after going through the menopause doesn't need to be debilitating. Endometriosis, polycystic ovarian syndrome, vulval soreness or itching, painful sex, genital dryness and birth trauma injuries can be identified and managed to help improve and restore the balance and quality of life. There are investigations and treatments tailored for different signs or symptoms.

Listen to your body — abnormal bleeding, pain or changes can sometimes be indicative of something more serious. So it's good to investigate:

- Abnormal vaginal bleeding or discharge
- Pelvic pain or pressure
- Abdominal or back pain, bloating and changes in toilet habits.
- Itching or burning of the vulva, changes in the vulva colour or skin, such as rash, sores or warts.

Then there's HPV, which is a very common virus — almost four out of five of us will be exposed at some point in our lives. Testing positive for HPV

can put a person at increased risk of developing a more serious disease, so it's important to get tested.

London Gynaecology and Women's Health was established to offer women centered care by its founder and CEO, Ms Lubna Haque.

Ms Haque's ethos is for the provision of bespoke and personalised care, and unwavering commitment to patient excellence. Her training has equipped her with the clinical skills and knowledge to manage a wide range of acute and chronic medical conditions. Her strong medical background combined with her genuine compassion and care for patients and their relatives gives Ms Haque the ability to provide exceptional quality care. She's dedicated to providing high-quality, personalised medical care with the most cutting-edge technologies available. She takes time to provide patients with proper education, resources and health advice, which will help them make the best decisions for their wellbeing — from offering early disease detection, to discussing risk minimisation for potential conditions. By continuously evaluating and upgrading the services on offer, she

ensures that all patients receive the best treatment for their needs.

Ms Haque is a leading gynaecologist and obstetrician in the NHS in London with more than 26 years experience in this field. She's been trained in all aspects of benign gynaecology related problems and its management including diagnostic and ultrasound scanning, having completed the UK training programme via a highly competitive national selection. "Besides my busy clinical activities, I'm a senior lecturer at University of London medical school, a dedicated teacher to junior doctors and also a trainer and examiner for MRCOG examination and colposcopy," she says.

Her special interests include abnormal smears, colposcopy, loop excision treatment (LLETZ), vulval problems (itch/pain/discharge) and biopsy, period-related problems and treatment for these (both medical and surgical), fibroids, fibroid resection and myomectomy, outpatient hysteroscopy, endometrial ablation and resection, polycystic ovarian syndrome (PCOS), pelvic pain, ovarian cyst, polyps, endometriosis, premenstrual syndrome, postmenopausal bleeding,

menopause and sexual health. She holds a keen interest in laparoscopic (keyhole) surgery, hysterectomy, ultrasound scanning for gynae problems and early pregnancy and ectopic pregnancy. She's a passionate believer in patient-centered care, driven by compassion, communication and shared decision making.

Regardless of whether you're a familiar face or just a visitor passing through London, the team at London Gynaecology and Women's Health would be happy to offer you the care you require. Get in touch with the team today to learn more and schedule an appointment. London Gynaecology and Women's Health offers consultations clinics in St Anthony's Hospital and Parkside Hospital and will be coming soon to Central London and Harley Street.

## Get in touch

Appointments are available as scheduled in clinics. Out of hours advice and appointments may be available on request.

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