



# Spring 2014 Newsletter

**Welcome to our 2014 Spring Newsletter for Liverpool Day Surgery (LDS).**



**FROM  
THE CEO**

**Welcome to our 2014 Spring Newsletter for Liverpool Day Surgery (LDS).**

LDS has been dedicated to providing first class clinical and surgical services for the community since 1991. From when we first opened our doors, we have provided our specialists and patients with the best available care and have ensured we consistently provide a modern, state of the art environment by continual improvement and update of all aspects of our service and equipment.

LDS is fully licenced with the NSW Health Department and is ISO Certified – the highest certification available in our industry. Our committed team of highly trained and experienced professionals ensure patient safety is paramount and our facility is equipped to perform a wide range of day surgery procedures.

We strongly believe it is equally important for patients who are not financially advantaged to be able to access a premium service. Because of our pricing policy, our surgical specialists have been able to provide self-insured patients with the surgery they need in a realistic time frame without having to wait for extended periods to access the public system.

Our commitment to our specialists, referrers and patients means we will always ensure a premium service and best care at a realistic and reasonable cost.

**Tony Geftakis**

CEO

P: 9601 4488

## **Grommets**

Myringotomy (commonly known as “Grommets”) and ear tube surgery is performed to drain ear fluid and prevent ear infections in the instances that antibiotics don’t work or ear infections are chronic.

We use grommets to normalise the pressure in the middle ear and decrease fluid accumulation. It is most commonly performed on infants and children as this is the most common age for frequent ear infections. It can be done in one or on both ears.

Grommets are small tubes about the size of a match head that are placed in the eardrum to help treat recurrent otitis media and glue ear. Also called ventilating tubes, grommets allow air to flow into the middle ear, restoring an equal air pressure between the middle ear and the atmosphere, and allowing the glue to drain down the Eustachian tube or to be reabsorbed into the tissues.

This equalisation of pressure is important for good health and function of the middle ear and Eustachian tube.

The surgeon makes a small hole in the eardrum, and then uses suction to remove fluid. A small ear tube of metal or plastic is inserted into the eardrum to allow continual drainage.

The tube prevents infections as long as it stays in place, which varies from six months to three years. When the tube falls out, the hole almost always grows over. As many as 20% of children under the age of two who need ear tubes may need them again. Myringotomy and ear tube surgery is performed using a general aesthetic for most children and a local aesthetic for older children or adults. The procedure usually takes about twenty minutes and most patients can go home the same day.

The insertion and removal of grommets is one of the most commonly performed ENT procedures. Many thousands of children have been helped with glue ear (otitis media with effusion) and recurrent acute otitis media, with the insertion and removal of grommets.

Grommets provide improved hearing, improved behavior in children, stop or slow of damage to the ear and decreased infections of the ear.

**Clinical Services**

**Liverpool Day Surgery**

## Lower cost fertility treatment options

Georgiana Tang, Fertility specialist and Gynaecologist

**City Fertility Centre's first New South Wales clinic has achieved more than a dozen pregnancies for local families since opening in April in Liverpool.**

We are now looking forward to helping many more families in Liverpool and surrounding areas. There are patients from other areas of Sydney travelling to our clinic in Liverpool for their treatment as well.

City Fertility Centre has an excellent reputation as a full-service fertility provider. Some people are becoming confused by the options of new, low-cost IVF clinics.

A full-service clinic such as City Fertility Centre provides a full-spectrum of services including pre-IVF solutions. When beginning to investigate the cause of a patient's fertility issues, we offer non-operative and operative investigations (e.g. laparoscopy, tubal surgery, HyCoSy) which is important if a patient wants to receive a full and accurate diagnosis to determine the best course of treatment for them.

It is also worth noting that only around 20 to 30 per cent of City Fertility Centre patients need IVF as we always investigate the simplest and lowest cost options first, depending on patients' individual circumstances, medical conditions, and previous care.



Some pre-IVF options offered by City Fertility Centre include:

### Intra-uterine insemination (IUI)

Intra-uterine insemination is a procedure in which treated sperm is inserted into a woman's uterus directly, in order to improve the likelihood of fertilisation. Intra-uterine insemination can involve the use of fresh sperm (from the partner) or frozen sperm (from the partner or a donor).

Intra-uterine insemination treatments options include:

- Natural cycle insemination: this doesn't involve any medication and follows the woman's natural menstrual cycle. It may be used for patients who are unable to conceive with natural intercourse. It's not usually successful for women whose partners have poor sperm quality.
- Ovulation induction - clomiphene citrate: this involves the use of medication (clomid or seraphine) to stimulate the ovaries and encourage or regulate ovulation. Using this medication in conjunction with intra-uterine insemination has been shown to increase pregnancy rates over natural cycle insemination.
- Ovulation induction - follicle-stimulating hormone (FSH): ovarian stimulation is stronger with this method and it has been shown to increase pregnancy rates over natural cycle insemination and clomiphene citrate ovulation induction. We are very careful to regularly monitor our patients to minimise possible complications relating to overstimulation.

In my experience, the most successful approaches from intra-uterine insemination, are using clomiphene citrate or follicle-stimulating (FSH) hormone treatments.



### Surgery

For women, surgery can often improve chances of conception when the cause of infertility can be traced to past inflammation or infections which have created scarring or conditions such as fibroids, endometriosis and other tubal or uterine issues.

For men, varicocele - where the veins of the scrotum become abnormally enlarged - may be surgically treated by clipping or tying the veins.

To reverse sterilisation treatments such as tubal ligation and vasectomy, surgery requiring an operating microscope, known as microsurgery, can be used.

Our preferred surgical method is laparoscopic or keyhole surgery where abdominal operations are performed through small incisions in the abdominal wall or navel.

### Hormonal therapy for men

Hormonal imbalances that affect sperm development may be treated by gonadotrophin therapy. Gonadotrophins are protein hormones sometimes used to treat unexplained male infertility in the cases of abnormally low sperm counts or when less than 40 per cent of sperm are mobile.

Other drug treatments include using antibiotics to treat infertility caused by infections.

City Fertility Centre offers the full range of fertility services including early fertility treatment options, IVF, fertility preservation egg and sperm donor programs and support services.



**Dr Georgina Tang**

MBBS,MRM,FRANZCOG | Clinical Director at City Fertility Centre

### CITY FERTILITY CENTRE

Suite 101, Level 1 7 Moore St, Liverpool NSW 2170

**1300 354 354** [cityfertility.com.au](http://cityfertility.com.au)

## Infection Control - Tanya Bennett

**Liverpool Day Surgery implements systems to prevent and manage Hospital Associated Infections (HAI). These systems are developed in line with current evidence based best practice, legislation, relevant standards and NSW Health department policy directives. The infection control program is based on a risk management approach to the possibility of transmission of infection.**

It is the belief of Liverpool Day Surgery that through education of staff and patients, and monitoring of processes and systems; as well as surveillance of any infection occurring as a result of care provided by the facility, the risk of transmission of Hospital Associated Infection (HAI) will be minimised.

In order to minimise the risk of HAI we;

- Use disposable single use equipment where ever possible.
- Audit and monitor staff on hand washing and report these results to Hand Hygiene Australia.

- Adhere to relevant industry and legislative standards in relation to the cleaning, reprocessing and sterilisation of re-usable medical devices. Only qualified certified staff clean and reprocess re-usable medical devices.
- Have an antimicrobial stewardship program in place.
- Report to THE Medical Advisory Committee any HAI's.
- Use standard precautions.
- Use specialised disinfectants for cleaning.

We pride ourselves on the fact that in 22 years of operation we have had no reports of any HAI.

### Tanya Bennett

R.N, Grad Cert HSM, DIP Applied Science (Nursing),  
Director of Nursing

# Latest Updates in Orthopaedics – Education Seminar

Liverpool Day Surgery recently held their first Education Seminar in October, featuring Sydney Bone & Joint's Specialist Orthopaedic Surgeons. Sponsored by Device Technologies, the event saw a well-attended seminar by GPs and physiotherapists alike.

The seminar featured four prominent Orthopaedic Surgeons; Assoc Prof John Ireland, Dr Quang Dao, Dr Arash Nabavi and Dr Tim O'Carrigan, and focused on the Latest Updates in Orthopaedics.

Assoc Prof John Ireland started the evening with his talk titled *Managing Common Hip Disorders* which focused on updating GPs on the various treatment options available for hip disorders.

Dr Quang Dao followed on with the theme of *Paediatric Genu Varum* – relating how to identify bowed legs in children and what is the best approach to management of such cases.

The third presentation was spoken by Dr Arash Nabavi on the subject of *Patient Specific Knee Replacement*; this highlighted the benefits of

patient specific technologies for knee replacement.

The night was concluded by Dr Tim O'Carrigan with *Foot and Ankle Day Surgery* and discussed the various methods of assessment for foot and ankle disorders.

Liverpool Day Surgery looks forward to holding future events for 2015 and will feature various specialists from LDS.

For more information regarding upcoming events for 2015, please contact the team on 9601 4488.



## Specialist List

### Colorectal Surgeons

**Dr Kate Gibson**  
P: (02) 4626 6654

### Dr Matthew Morgan

P: (02) 9821 1661

### Dr Catherine Turner

P: (02) 9821 1661

### Dental

#### Dr Kerry Georgiou

P: (02) 9602 7741

#### Dr John Levas

P: (02) 9601 2260

#### Dr Monica Singh

P: (02) 9601 4488

### ENT

#### Dr Robert Chang

P: (02) 9602 3397

### Gastroenterology

#### Dr David Abi-Hanna

P: (02) 9822 8133

#### Dr Ahmad Alrubaie

P: (02) 9709 8477

#### Dr Milan Bassan

P: (02) 9601 7766

#### Dr Paul Edwards

P: (02) 9601 7766

#### Dr Ken Koo

P: (02) 9600 6611

### Dr John Lee

P: (02) 9601 7766

### Dr Darren Pavey

P: (02) 9707 3523

### General

#### Dr Khiem Hong

P: (02) 9601 2330

#### Dr Govind Krishna

P: (02) 9727 2510

#### Dr Andrew Ong

P: (02) 4620 4000

#### Dr Robert Wilson

P: (02) 9601 3033

### Dr Sergey Fedorine

P: (02) 4627 6921

### Gynaecology & Fertility

#### Dr Peter Hammill

P: (02) 9601 8282

#### Dr Georgiana Tang

P: (02) 9821 2144

### Ophthalmology

#### Dr Paul Kottos

P: (02) 4628 3777

#### Dr Alman Ogane

P: (02) 4655 6625

### Orthopaedics

**Assoc. Prof. John Ireland**

P: 1300 156 468

#### Dr Quang Dao

P: 1300 156 468

#### Dr Arash Nabavi

P: 1300 156 468

#### Dr Tim O'Carrigan

P: 1300 156 468

## WANT TO LEARN MORE ABOUT LIVERPOOL DAY SURGERY?

Please contact our CEO **Tony Geftakis** for more information, and to arrange a tour of our facility and details on our consulting suites: [tony@liverpooldaysurgery.com.au](mailto:tony@liverpooldaysurgery.com.au) or phone **T: (02) 9601 4488**

**F: (02) 9821 4627 | E: [admin@liverpooldaysurgery.com.au](mailto:admin@liverpooldaysurgery.com.au) | W: [www.liverpooldaysurgery.com.au](http://www.liverpooldaysurgery.com.au)**