

North Baldwin Infirmary

Ultrasound Helps Solve Pelvic Pain Mysteries

An estimated 20 percent of women have chronic pelvic pain, and approximately 10 percent of all visits to the gynecologist's office are for evaluation and treatment of pelvic pain.

Some studies suggest that, historically, up to 60 percent of women never receive a definitive diagnosis and, therefore, are never treated for their pain. However, the availability of pelvic ultrasound now allows for proper diagnosis of this often perplexing condition.

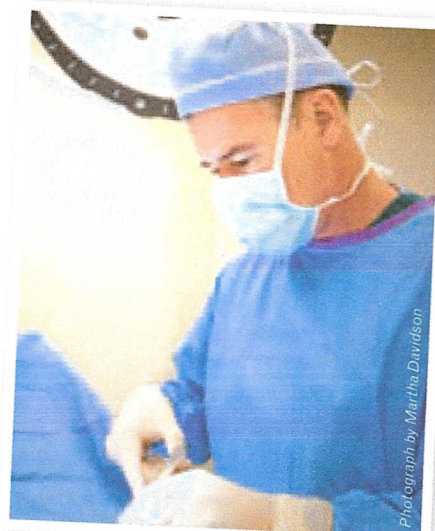
"Sometimes pelvic pain has no immediately obvious cause, so diagnosing and treating it can be a real challenge," says Jeff Fahy, M.D., a Yale University-trained gynecologic surgeon at North Baldwin Infirmary.

Dr. Fahy, who specializes in minimally

invasive pelvic surgery, has successfully treated thousands of women with pelvic pain during his 12 years of practice. Dr. Fahy routinely uses pelvic ultrasound and pelvic pain mapping as part of a comprehensive evaluation for his patients.

"I often find uterine and ovarian masses on ultrasound that cannot be found on a pelvic exam alone," Dr. Fahy notes. "Usually these findings are benign, but over the years I have diagnosed some early cancers with pelvic ultrasound."

Pelvic ultrasound technology continues to advance. Transvaginal ultrasound allows for extremely detailed evaluation of internal female anatomy, and color-flow technology reveals blood flow characteristics important



Above: Jeff Fahy, M.D., surgeon at North Baldwin Infirmary, uses ultrasound technology to diagnose chronic pelvic pain.

in the diagnosis of some conditions.

"Nowadays pelvic ultrasound is an extension of the gynecologic exam," Dr. Fahy concludes. "Years ago we could only trust what we detected in the routine pelvic exam, and, unfortunately, a lot of very treatable problems were missed. Fortunately, this is no longer the case."

Wholesome Pumpkin Bread

This bread is heavier than most quick breads because of its wholesome, low-fat ingredients. Try crowning each piece with a dollop of light whipped topping and a sprinkle of nutmeg for a tasty, low-fat dessert.

Ingredients

- Nonstick cooking spray
- 1 cup unbleached flour
- $\frac{3}{4}$ cup whole-wheat flour
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup oat bran
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt (optional)
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon allspice
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground cloves
- 1 cup canned pumpkin
- $\frac{1}{2}$ cup egg substitute (equal to 2 eggs)
- $\frac{1}{2}$ cup unsweetened applesauce
- 1 teaspoon vanilla extract

Instructions

- Preheat oven to 350 degrees. Spray an 8-by-8-inch pan with nonstick cooking spray.
- In a medium bowl, combine unbleached flour, whole-wheat flour, sugar, oat bran, baking soda, salt, baking powder, allspice, cinnamon and ground cloves.
- In a larger bowl, mix pumpkin with egg substitute, unsweetened applesauce and vanilla extract until well-blended.
- Stir flour mixture into pumpkin mixture just until flour is moistened. Pour into pan.



- Bake for 50 to 60 minutes or until a toothpick inserted in the center comes out clean. Allow 15 minutes for preparation.

Nutrition Information

Makes 9 servings. Serving size: 1 piece. Amount per serving: 187 calories; 9 calories from fat; 1g total fat, 2%*; trace amount of saturated fat, 0%; 0mg cholesterol, 0%; 186mg sodium, 8%; 40g carbohydrates, 13%; 5g protein

*Percent Daily Values are based on a 2,000-calorie diet. Source: Brenda J. Ponichtera, RD, *Quick & Healthy Volume II* (ScaleDown Publishing, Inc.), available at www.quickandhealthy.net. Reprinted with permission.

