


Obstetric and Gynaecological Ultrasound in Mulgrave (formerly Diagnostic Women's Ultrasound), has provided specialist pregnancy and gynaecological ultrasound services to Melbourne's South East and the Dandenong region since 1989.

Dr Simon Meagher is an obstetrician/gynaecologist who has specialised in ultrasound and prenatal diagnosis. He is the Director of Monash Ultrasound for Women, consultant staff specialist at the Mercy Hospital for Women and lecturer at both Melbourne and Monash Universities. He is well known for his clinical and procedural skills and academic achievements, having over 40 publications in local and international journals.

O & G Ultrasound provides a complete range of pregnancy and gynaecological ultrasounds and related procedures including prenatal genetic testing for Down Syndrome. Dr Meagher (obstetrician/gynaecologist/ultrasonologist), Associates and sonographers specialised in obstetric ultrasound, work with state of the art, high resolution ultrasound machines. Together with an experienced team of nurses and support staff, our aim is to provide you with the highest quality ultrasound service available.

A stylized ultrasound scan image of a uterus, showing the internal structure with wavy lines representing the endometrium. The text is overlaid on the central part of the image.

## Ultrasound assessment of the Postmenopausal Endometrium

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**About 1 in 10 women** will develop vaginal bleeding after the menopause (the change of life). The blood loss is usually slight and often amounts to no more than a little spotting on the underwear. It should always however be investigated.

In the vast majority of patients who develop such bleeding, no serious cause is found. Most episodes are explained by:

- (1) hormonal imbalance that occurs around the time of the change
  - (2) problems related to hormone replacement therapy (HRT)
- or
- (3) excessive dryness of the vagina.

In a very small number of patients the bleeding may be due to cancer of the lining of the uterus (the endometrium). It is therefore important to assess the endometrium to exclude cancer.

A transvaginal ultrasound examination of the uterus provides detailed views of the uterus and its lining. A thin lining (ie less than 5mm) virtually excludes cancer of the endometrium (refer figure 1), however should another episode of bleeding occur after the scan it is still important that you let your doctor know.

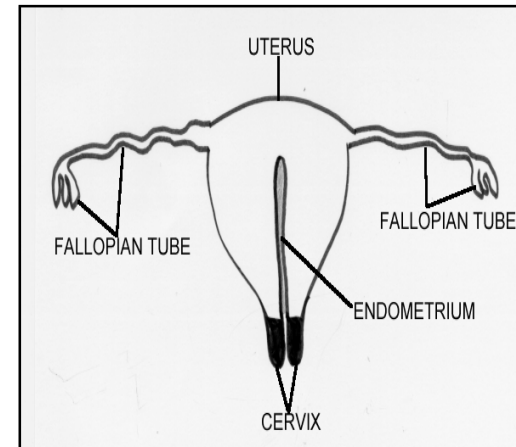
In some patients the endometrium is thickened (>5mm). This is usually explained by either problems with HRT or by overgrowth of the cells lining the cavity (hyperplasia). Hyperplasia may lead to the formation of a polyp. A polyp is a grape-like structure that is attached by a narrow stalk to the endometrium. In a small number of patients however the appearances of a cancer may be seen. In these circumstances an endometrial biopsy (taking a sample of the endometrium) is required.

Prepared by Dr Simon Meagher

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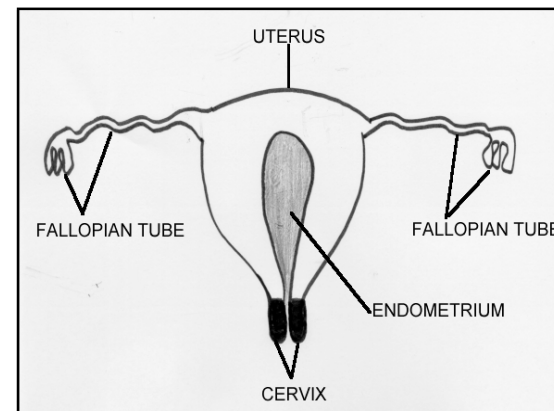
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## MENOPAUSAL UTERUS WITH A THIN ENDOMETRIUM



**Figure 1.** The lining of the uterus (endometrium) is thin. This finding is reassuring and almost excludes cancers of the lining of the uterus.

## MENOPAUSAL UTERUS WITH A THICK ENDOMETRIUM



**Figure 2.** The lining of the uterus (endometrium) is thickened. In most patients such thickening is related to HRT or a benign growth of the endometrium. However, in some cases it may indicate cancer and further investigations such as a curette (D&C) may be required.