

NORTHERN SCOT MIDWEEK

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SURGERY

The aim is to remove endometriotic implants and relieve symptoms. Surgeons offer keyhole surgery but open surgery may be necessary. Usually the surgeon will try to avoid removing any organs (such as the womb and ovaries) but occasionally a hysterectomy is advised.

In many cases symptoms return within 18 months of stopping treatment. It is not uncommon for patients to try a number of drugs and undergo several operations, without reducing the pain.

HELP FOR LONG-HAUL FLIERS

Travellers concerned about suffering DVT – Deep Vein Thrombosis – on holiday flights could consider a natural supplement which claims to boost circulation in the legs.

DVT occurs when the blood thickens as a result of lack of movement and dehydration.

Remaining in a seated position for a long period of time decreases blood flow by two thirds and can cause blood to clot – which can be fatal.

Now a consultant cardiovascular surgeon at the Lister Hospital has launched Zinopin, which contains French Pine bark extract, Pycnogenol which has been clinically shown to increase circulation and promote healthy leg veins, as well as ginger root extract to boost circulation and reduce travel sickness.

Priced £14.99, it's available from Lloyds pharmacies and Boots stores nationwide.

• The National Endometriosis Society offers information and support for sufferers. It provides a free confidential national helpline, available 365 days a year on 0808 808 2227; support groups around the UK; and a range of publications and fact sheets.