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New Endometriosis and Pelvic Pain Clinic now open in the Blue Mountains

People living with endometriosis, pelvic pain, perimenopause and menopause across the Blue Mountains, Hawkesbury, Lithgow and Penrith areas can now access specialised care with the region's first Endometriosis and Pelvic Pain Clinic officially opening last month. The Clinic is located within Winmalee Medical Centre at 1A White Cross Road, Winmalee, in the lower Blue Mountains.

The initiative, funded through Primary Health Networks, is part of the [Australian Government's expansion of Endometriosis and Pelvic Pain Clinics](#) to improve early access to diagnosis, treatment and referral services for people living with endometriosis and pelvic pain. As part of the expansion, the Clinic also provides services for those experiencing perimenopause and menopausal symptoms.

Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network (NBMPHN), is working closely with Winmalee Medical Centre to oversee the implementation and delivery of the Clinic.

Wentworth Healthcare CEO, Lizz Reay, said the opening of the Clinic marks an important milestone for women's health in the region.

"Whilst we know that many GPs offer care for these types of conditions, having this specialised Clinic in the Blue Mountains offers an additional option for those dealing with these often-debilitating issues who may not have been able to access the services they need," said Ms Reay.

"As part of the service, a nurse navigator plays a central role in coordinating support and helping patients navigate what can often be a complex and overwhelming health system. The Clinic also works alongside the patient's usual GP," she said

People living with these conditions often need a holistic approach, which may be required over an extended period of time. The Clinic will help connect patients with local diagnostic, allied health and specialist services, both on and off site, ensuring treatment is connected, coordinated and centred around the patient's individual needs.

In addition to service delivery, the Clinic will provide opportunities for local primary care clinicians to participate in training to support diagnosis and treatment of endometriosis, pelvic pain, perimenopause and menopause. Community education sessions will also be provided to support people with their self-management.

"By integrating care across services and investing in education and capacity building, we're supporting a patient-centred approach to these conditions that will assist with improving better health outcomes for women across our region," said Ms Reay.

Dr Gemma Beegan, from Winmalee Medical Centre said, "As a practice we have a particular interest in women's health and there is a great need to understand so much more about each of these conditions. As a team we will engage with all of our allied health and specialist colleagues to ensure we can connect patients with the right individualised treatment."

"Our aim is to find the most effective treatment in the earlier stages of symptoms to prevent women experiencing an acute or chronic condition and to improve quality outcomes. Once we have



established a management plan we will communicate with your existing GP and facilitate a handover back to your regular GP for ongoing care," she added.

The Clinic accepts both GP referrals and self-referrals by calling Winmalee Medical Centre on **02 4754 1666**. All referrals will be initially contacted by the Clinic's nurse navigator to assess their suitability and provide further information about the service (including any out-of-pocket costs).

To learn more about the service, visit nbmphn.com.au/EndoPelvicPainClinic