COMPLEX PELVIC PAIN IN WOMEN: THE BC EXPERIENCE

Chair: Mohamed Bedaiwy, MD, PhD, FACOG, FRCSC, Professor and Head, Division of Reproductive Endocrinology & Infertility, Department of Obstetrics & Gynaecology, University of British Columbia

Speakers:
- **Christina Williams**, MD, FRCSC, Gynaecologist, BC Women's Centre for Pelvic Pain and Endometriosis, Clinical Associate Professor, UBC Department of Obstetrics & Gynaecology
- **Catherine Allaire**, MDCM, FRCSC, Gynaecologist and Medical Director, BC Women's Centre for Pelvic Pain and Endometriosis, Clinical Professor, UBC Department of Obstetrics & Gynaecology
- **Paul Yong**, MD, PhD, FRCSC, Gynaecologist and Research Director, BC Women's Centre for Pelvic Pain and Endometriosis, Assistant Professor, UBC Department of Obstetrics & Gynaecology

Symposium Abstract:

Since 2011, the government of British Columbia has funded the BC Women’s Centre for Pelvic Pain and Endometriosis, a tertiary referral centre and interdisciplinary clinic for women with pelvic pain (womenspelvicpainendo.com). The centre integrates gynaecologic management (including advanced laparoscopic endometriosis surgery) with pain education, pelvic physiotherapy, and psychological approaches to pain management. The goal of this symposium is to discuss recent advances and controversies in the pathophysiology, diagnosis, and treatment of complex pelvic pain in women. Talks will cover gynaecologic pelvic pain, non-gynaecologic pelvic pain, and sexual pain (dyspareunia). We will review the literature, results from our prospective research cohort (~1000 patients), and our clinical experience.

Learning Objectives:

1. To review gynaecologic, urologic, gastrointestinal, musculoskeletal, nervous system, and psychological contributors to pelvic pain in women
2. To describe our interdisciplinary model for the care of women with pelvic pain and our 1 year outcomes
3. To discuss recent research into the clinical aspects and pathophysiology of deep dyspareunia (pelvic pain with intercourse)

**Gynaecologic pelvic pain**

Christina Williams, MD, FRCSC, Gynaecologist, BC Women's Centre for Pelvic Pain and Endometriosis, Clinical Associate Professor, UBC Department of Obstetrics & Gynaecology

Endometriosis affects one in ten women and is the most common gynaecologic cause of pelvic pain. Topics for this talk include the role of different endometriosis subtypes (superficial, deep, ovarian) in pelvic pain; advances in ultrasound diagnosis; choosing surgical candidates and the
right procedure; and opportunities to prevent the progression from dysmenorrhea to chronic pelvic pain. Other gynaecologic causes of pelvic pain (e.g. adenomyosis, ovarian entrapment) will also be discussed.

**Non-gynaecologic pelvic pain**
Catherine Allaire, MDCM, FRCSC, Gynaecologist and Medical Director, BC Women's Centre for Pelvic Pain and Endometriosis, Clinical Professor, UBC Department of Obstetrics & Gynaecology

Non-gynaecologic sources of pelvic pain can be present in women with or without underlying gynaecologic pelvic pain. Topics for this talk include painful bladder syndrome/interstitial cystitis; irritable bowel syndrome; myofascial trigger points; cutaneous allodynia; and cognitive variables (e.g. depression, anxiety, pain catastrophizing, pain stages of change). Central sensitization as a unifying mechanism will be discussed, as well as interdisciplinary management.

**Dyspareunia**
Paul Yong, MD, PhD, FRCSC, Gynaecologist and Research Director, BC Women's Centre for Pelvic Pain and Endometriosis, Assistant Professor, UBC Department of Obstetrics & Gynaecology

Dyspareunia (pain with sexual intercourse) is common in women with gynaecologic or non-gynaecologic pelvic pain. Dyspareunia can be deep (pelvic) or superficial (at the vaginal opening). Topics for this talk include a standardized assessment for dyspareunia; the pathophysiology of deep dyspareunia; and interdisciplinary management tailored to sexual function. Superficial dyspareunia (due to vulvodynia) and concurrent deep-superficial dyspareunia will also be covered.