

PROMOTION



MEET THE EXPERT



Dr Aliaa Arafa is a consultant in obstetrics and gynaecology, practising at The Portland Hospital. After studying for a medical degree at Alexandria

University, Dr Arafa gained extensive experience in hospitals across Egypt and Saudi Arabia, before moving to the UK in 1996 to continue her training in a number of prestigious UK hospitals.

She specialises in high-risk pregnancy, cervical cancer screening, colposcopy and foetal medicine and feels strongly it is every woman's right to choose the type of obstetric care and support she would like to receive.

A member of British Society for Colposcopy and cervical Pathology and an accredited colposcopist. She is an expert in management of patients with abnormal smears. Miss Arafa is happy to arrange colposcopy examinations and offer same day appointments for women if needed. She is also a holder of a diploma of Family Planning (DFFP).

Miss Arafa also offers a full range of gynaecological services including:

- Management of heavy periods
- Fibroids
- Endometriosis
- Pelvic pain
- Smear abnormalities and Colposcopy
- Fertility, polycystic ovarian syndrome
- Prolapse problems
- Menopause
- Contraception advice.

Every step of the way

A high-risk pregnancy can be a nerve-wracking experience, but a little extra attention from a specialist means mum and baby are in the best hands

Pregnancy can be an anxious time, and a high-risk pregnancy can be worrying for both the health of mother and baby. That's why Aliaa Arafa, a consultant obstetrician and gynaecologist at The Portland Hospital In London believes that every woman should be able to receive the support and care she needs.

'My top priority is the safety of the mother and child, creating an open relationship so mothers are informed every step of the way,' she says.

Get the right care

It's possible for perfectly healthy women to develop health problems for the first time during pregnancy. These can include gestational diabetes, growth problems and pre-eclampsia (hypertension). Carrying a baby can also bring additional risks to a mum-to-be with a long-term illness, so the pregnancy will need close monitoring.

Any problems that occur are normally very minor, but in some cases, a

high-risk pregnancy can be life threatening for mother and child.

'The majority of women who we treat are fit, young and healthy, but they suffer an acute and sudden onset of problems in gynaecology which need further investigation, treatment and diagnosis,' explains Dr Arafa. 'Of course, some may have no issues and just need support to plan their antenatal care and delivery.'

Make the best plan

With a high-risk pregnancy, more frequent prenatal appointments might be required because mother and baby will need regular monitoring. The exact care needed depends on the particular circumstance and the reasons why the pregnancy is high-risk.

If you have been identified as having a high-risk pregnancy, it's worth preparing for the idea that the birth may not be the one that has been planned. For example, a specialist like Dr Arafa - who specialises in emergency issues during

labour - might need to be on hand.

Another possibility is that labour might need to be induced to prevent or reduce any health problems.

But it's all in a day's work for Dr Arafa. 'Looking after pregnant women and their unborn babies, plus planning for the whole pregnancy is of paramount importance and at the heart of what we do,' she explains. 'Also, accommodating each woman's personal choice for her child's delivery, whatever the health issues, is a focus. We want to help her achieve the very best outcome.'

FOR MORE INFORMATION

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