

PHYSIOTHERAPY

Shamara Lurie qualified as a physiotherapist in 1980 and has had over 20 years of extensive experience working in the field of women's health and incontinence.

Over the years she has worked in both public hospitals and private practice. She has expertise in the treatment of the following conditions: incontinence (urinary, faecal, stress, urge, mixed, bedwetting), chronic constipation, pelvic floor weakness and spasm, prolapse, pre and post natal education, pre and post gynaecological surgery, core stability and osteoporosis.

She also conducts the following workshops:

- Taking care of your pelvic floor (for pregnant, postnatal and menopausal women)
- Core stability and the pelvic floor
- Getting back to shape post-natally
- Prevention and management of prolapse & osteoporosis

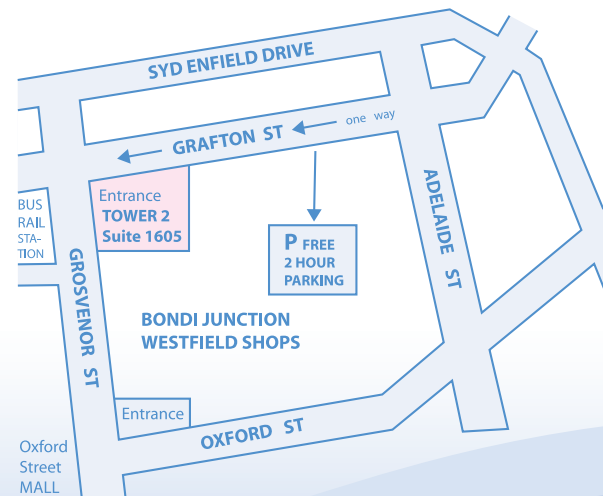


OUR MISSION TO YOU

At GOALS for Women, our mission is to become the provider of choice for women's health care in eastern and central Sydney. We aim to accomplish this by striving to achieve success and excellence in quality, holistic health care for women by providing contemporary services in the field of obstetrics, infertility and gynaecology with integrity, compassion and understanding; always acting in a woman's best interest.

ABOUT US

Welcome to GOALS FOR WOMEN, where you'll find health care professionals and staff dedicated to providing you with the highest level of professional, quality care in Gynaecology, Obstetrics, Infertility and Advanced Laparoscopic Surgery. Our highest priority is you. Your comfort. Your well-being. We are happy to provide care to new and returning patients, and appreciate the opportunity to assist you. Our practice is composed of fully qualified obstetricians & gynecologists who are up to date with the latest research and procedures. The facilities are modern and friendly, equipped with the latest medical equipment and technology. Everyone in our practice operates as a team member to assist in your care.



GOALS for women

Gynaecology, Obstetrics &
Advanced Laparoscopic Surgery



Caring for you

LOCATION & HOURS

The practice is conveniently located in the new Westfield complex at Bondi Junction, situated directly opposite the Bus & Rail Interchange. Public transport information is available at: www.westfield.com.au or 13 1500.

OFFICE HOURS

Monday - Friday 8.30 a.m. until 5.00 p.m.

If you need to contact a doctor at another time, call the main office at 1300 88 6009 and the answering service will give you after hours contact details and the doctor on call will help you with any problems or questions of an urgent nature.

PARKING

There is FREE parking for the first 2 hours in the Westfield complex; entrance from Grafton St or Junction Road.

Suite 1605, 16th Floor Westfield Tower 2
101 Grafton Street Bondi Junction

1300 88 6009

www.goalsforwomen.com.au

OBSTETRICS

Dr Matthew Peres is an Obstetrician and Gynaecologist. His major interest is obstetrics, with over 20 years experience in high risk obstetrics, where he has had the privilege of assisting families grow. Matthew

is a Sydney University graduate who completed specialist training at the Royal Hospital for Women in Paddington prior to its move to Randwick. University appointment to the UNSW as a Senior Clinical Lecturer involves Matthew in the ongoing teaching of medical students and young doctors in training. Matthew is married to Polly and together they have four children.



OBSTETRIC SERVICES

- **Pre-pregnancy assessment** and counselling
- **Pregnancy management**, antenatal care & confinement
- **NEW-Private Antenatal Share Care program**
- **Pregnancy complicated** with high blood pressure pre-eclampsia, diabetes, or other medical concerns
- **Vaginal Birth After Caesarian (VBAC)**



ADVANCED LAPAROSCOPIC & VAGINAL SURGERY INFERTILITY

Dr Polly Peres is an Obstetrician, Gynaecologist and Fertility specialist. Polly has extensively trained in advanced laparoscopic and vaginal surgery, that is, 'key-hole' surgery. She is a Sydney University graduate, having completed a two year

Fellowship in Advanced Laparoscopic and Pelvic Surgery at the Royal Prince Alfred Hospital in Sydney and Monash Medical Centre in Melbourne. Polly was awarded the 2003 Travelling Scholarship by the Australian Gynaecological Endoscopy Society which enabled her to travel to Atlanta to further her knowledge and experience. Polly is a Visiting Medical Officer at the Royal Hospital for Women and Prince of Wales Private Hospital at Randwick. She enjoys presenting at meetings and teaching young doctors and medical students in her specialty area of advanced laparoscopy & vaginal surgery, especially in the areas of pelvic floor repair, endometriosis and infertility. Polly is married to Matthew and together have four children.



Dr Jenny Cook is a graduate of Sydney University. She went on to complete specialist training at Westmead Hospital and worked in the United Kingdom for 2yrs. She completed a two year fellowship in advance laparoscopy at Flinders Medical

Centre, Adelaide. She built up a busy private practice in Adelaide with a major interest in advanced laparoscopy particularly as it pertains to pelvic floor repair, endometriosis and infertility. Jenny has published widely in the area of gynaecological endoscopy and has also presented at many national and international meetings. She served on the Board of Australian Gynaecological Endoscopy Society (2005-2008). Jenny is also a Visiting Medical Officer at the Prince of Wales Private Hospital at Randwick. Jenny looks forward to providing excellence in women's health care as the latest member of the GOALS for Women team.



GYNAECOLOGIC SERVICES

Women are guaranteed a consultation with a **FEMALE GYNAECOLOGIST** i.e. Polly or Jenny. Private all day clinics for specific gynaecological disorders run on a weekly basis, these include:

MONDAY

1. Abnormal PAP smears & Colposcopy Clinic
2. Pelvic Floor Prolapse & Urine Incontinence Clinic

Tuesday

1. Abnormal Bleeding & Fibroid Clinic
2. Pelvic Pain, Endometriosis & Ovarian Cyst Clinic
3. Early Pregnancy Assessment Clinic

Friday

1. Infertility Clinic
2. General Gynaecology & Contraceptive Clinic

Disorders managed include

- **Complicated endometriosis** - as part of a multidisciplinary approach involving psychologist, nutritionists, colorectal and urology surgeons.
- **Pelvic Floor Repair** - using the latest uterine conserving techniques in advanced laparoscopic & vaginal surgery.
- **Urine incontinence** - including minimally invasive vaginal tape procedures and laparoscopic colposuspension.
- **Fibroids & Ovarian Cysts**
- **Laparoscopic Hysterectomy**
- **Infertility & Assisted Reproductive Therapy**