Region Haaglanden
Organisation: GGD Haaglanden
Contactperson: Marisa Abdulgani
Tel: **06 – 47 00 87 93**
E-mail: marisa.abdulgani@ggdhaaglanden.nl
Adress: Hagaziekenhuis (poli gynaecologie) Leyweg 275, Den Haag Every Monday walk-in consultation hour VGV between 09.00-17.00 pm

Region Gelderland-zuid
GGD Gelderland-Zuid
Contactperson: Sarah Kladakis
Tel: **06 – 25 75 40 74**
E-mail: skladakis@ggdgelderlandzuid.nl
You can also contact nurse Pushpa Hoppener and doctor Helmie van der Meijden via **088-144 71 96**. You can make an appointment by telephone for the aftercare consultation.

Region Noord- en Oost-Gelderland
GGD Noord- en Oost-Gelderland
Contactperson: Nurse
Tel: **06 – 25 64 41 36**
E-mail: nlzorgspreekuur@ggdnog.nl
You can make an appointment by telephone for the aftercare consultation.

Region IJsselland
Organisation: GGD IJsselland
Contactperson: Marthine Bos
Tel: **06 – 53 33 77 35**
E-mail: m.bos@ggdijsseland.nl
You can make an appointment by phone for the aftercare consultation hours

Region Noord
(Friesland, Groningen, Drenthe)
Organisation: Sense Noord-Nederland
Contactperson: Renny Polstra
Tel.: **06 – 52 02 77 25**
E-Mail: renny.polstra@ggd.groningen.nl
Make an appointment for the VGV Aftercare Consultation: 0900- 736 73 66 (local rate)

Region Rijnmond
Organisation: CJG Rijnmond
Contactpersonen: **088-20 10 000**. you can contact the contact persons by telephone for consultation and for deploying one of the key persons of Rotterdam Rijnmond

Region Amsterdam/Amstelland
Every Thursday, between 1:00 PM - 4:00 PM, VGV consultation hours at OLVG-West Hospital, gynecology clinic, Jan Tooropstraat 164, Amsterdam. You can make an appointment for the aftercare consultation with the nurse by telephone **06 – 82 79 95 75** or email vgv@ggd.amsterdam.nl or **Petre Wisse** pwisse@gmail.com

Region Utrecht
Organisation: GGD Utrecht
Contactperson: Jasmijn Steiner
Tel: **06 – 18 99 52 93**
E-mail: informatiepuntvgv@ggdru.nl You can make an appointment by telephone for the aftercare consultation.

Region Zuid-Limburg
Organisation: GGD Zuid-Limburg
Contactpersoon: Sandra Meissner
Tel: **088-880 50 72**
E-Mail: sandra.meissner@ggdzl.nl
You can make an appointment by telephone for the aftercare consultation.
Email: n.osman@ggdhvb.nl
You can make an appointment by telephone for the aftercare consultation.

For information:
Intake conversations during the aftercare consultation hours are always free. There may be additional costs for referral to a specialist. Discuss this with your nurse

DIT IS EEN UITGAVE VAN:

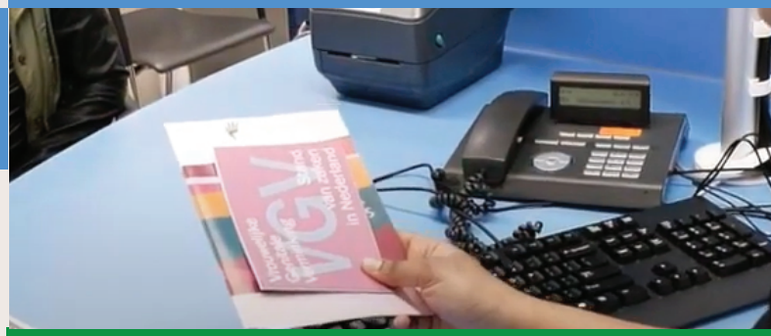
FSAN Federatie Somalische Associaties Nederland

CARE FOR CIRCUMCISED WOMEN

Information folder about possible complaints of FGM and aftercare consultations in the Netherlands.

This leaflet is intended for women who have been circumcised and who need help with proper care. Are you that woman or do you know someone who needs help? Then read this brochure carefully.

Here you will find more information about possible health complaints from FGM and the aftercare consultations offered by various organizations in the Netherlands.



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+31(0)20 – 486 16 28
info@fsan.nl
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Female Genital Mutilation (FGM) in picture.

Female circumcision takes place in 29 countries in Africa, the Middle East and Asia. According to the World Health Organization, 200 million girls and women worldwide have been circumcised.

An estimated 41,000 women live in the Netherlands who come from areas where female genital mutilation (FGM) is common. Women who have been circumcised can experience many complaints. They are often not aware that these complaints could be related to FGM. Because of shame or little knowledge about the consequences of being circumcised, women often do not seek help. As a result, many of them live with complaints that can sometimes be easily remedied.

What is aftercare consultation hour and where can I go for help?

If you have been circumcised, there is an aftercare consultation especially for you. You can discuss your issues here. The doctor or nurse at the consultation hour will then discuss with you what you need. You will receive advice on what you can do about your complaints yourself and you can be referred to another care provider. The purpose of the consultation is to ensure that you receive the right help. There are several organizations in the Netherlands that have special consultation hours for women who have been circumcised.

The aftercare consultation hours are always free, all care providers are bound by professional secrecy. If desired, you can call in the help of a key person. They can support you during the conversation, eg if the language is a problem. On the back of this brochure you will find information about a consultation hour in your area. You can also call first for more information.

I work with specialists who have knowledge and experience with FGM to offer women the right care"

Marisa Abdulgani,
Nurse GGD-Haaglanden

What are the health problems of FGM?

Circumcision (FGM) can have serious physical, emotional and sexual consequences that last a lifetime. Physical consequences that can occur are:

During and just after the procedure:

- *Pain*
- *Blood loss*
- *Urinary complaints*
- *Shock*
- *Risk of infection*
- *Passing away*

In the long-term:

- Chronic pain in the lower abdomen
- Difficult or painful urination
- Menstrual complaints
- Chronic vaginal infections
- Scarring
- Problems during childbirth or during intercourse.

Long-term psychological and sexual consequences include:

- Bad memories of the circumcision
- Grief about being circumcised
- Be afraid or startle quickly and violently
- Ashamed of your body
- Feeling excluded or misunderstood
- Get angry quickly
- Often feeling down or sad for no reason
- Worry a lot
- **P**osttraumatic stress disorder

Experience stories

"I regularly suffered from vaginal infections and I did not know why. My doctor gave me antibiotics but the complaint kept coming back. I had a lot of trouble and pain during sexual contact with my husband. Because of this, I couldn't enjoy our relationship.

During a living room meeting I received information about the aftercare consultation hours. A key person helped me to make an appointment with GGD The Hague. During the intake at the aftercare consultation, I finally had someone who understood my shame and could help me. After a referral to a gynecologist, my complaint was resolved." client, Region Haaglanden.

"This conversation changed my life, for the first time I felt understood and I got the feeling that I was being helped."

"I always knew I would never circumcise my daughters, but talking about my own experience was difficult. The living room conversation with a key person finally allowed me to talk about my shame and insecurity.

've never felt like a woman. The key person told me about a recovery operation, because of her guidance I had an intake interview at an aftercare consultation hour in Amsterdam.

This conversation changed my life, for the first time I felt understood and I got the feeling that I was being helped. After the repair operation, I regained my femininity and self-confidence. Talking about it is easier now, I now even advise women to do the same. There is always help"
client, Regio Amsterdam-Amstelland.