

**"FGM is a custom and tradition – there are no religious texts that says it should be carried out"**

### What about under 18 year olds, how can they be supported?

Support for under 18 year olds is available through the specialist paediatric service at UCLH. Appointments for the clinic can be obtained by emailing [UCLH.paediatricsafeguarding@nhs.net](mailto:UCLH.paediatricsafeguarding@nhs.net).

### Visit our clinic

NFGMSC

Opening times

Address

Phone number

Email for referral

For more information on the full list of clinics, please visit: [www.nhs.uk/fgm](http://www.nhs.uk/fgm)



#FGMQUESTIONS  
#NFGMSC  
#ENDFGM

## National Female Genital Mutilation Support Clinics – what are they?

The NFGMSC are community-based clinics that will provide a holistic model of care to women (18 years +) who have undergone FGM. They will offer a range of support services delivered by an all-female multi-disciplinary team including;

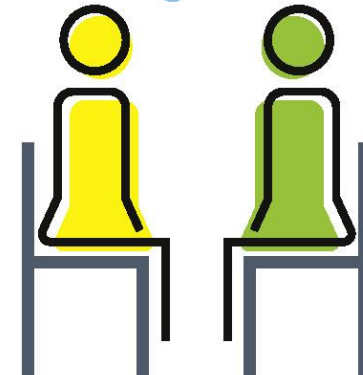
- physical assessments and treatment (including deinfibulation if required),
- emotional support/counselling,
- general information,
- access to a FGM Health Advocate, and;
- onward support to a specialist Consultant if additional management is required.

The clinics will be located across each of the four regions: North of England, Midlands and East, London and the South region.

The NFGMSC provides an environment where women are invited to discuss their health needs in a sensitive and non-judgemental environment. This is a fast-track service where women can self-refer, but referrals from GPs and other health professional are strongly encouraged.

During your appointment we can diagnose the type of FGM. We offer deinfibulation ('reversal/ opening' procedure) using local anaesthetic which we can do in our clinic, or we can refer you to a specialist Consultant in the hospital if there is a preference for the procedure to be done under general anaesthetic. Women with chronic perineal pain or urinary problems will be referred to a specialist urogynaecology service.

A clinic for women (18 years +) who have undergone female genital mutilation **FGM**



The NFGMSC are community-based clinics that will provide a holistic model of care to women who have undergone FGM and who are not pregnant at the point of seeking help. They will offer a range of support services delivered by a multi-disciplinary team including; physical assessments and treatment (including deinfibulation if required), counselling, general information and access to a FGM Health Advocate.

There will be onward support to a specialist Consultant if additional management is required. The clinics will be located across each of the four regions: North of England, Midlands and East, London and the South region.

## What is female genital mutilation?

**Female genital mutilation (FGM) is a procedure where the female genitals are deliberately cut, injured or changed, when there is no medical reason for this to be done.**

It's also known as "female circumcision" or "cutting", and by other terms such as gudniin; sunna; halalays; qodiin; khitan; thara; ibi ugwu; khifad; tahoor; absum; megrez; bondo; kutairi; mekhnishab; fanadu di mindjer; kuyango; and niaka.

- FGM is usually carried out on young girls between infancy and the age of 15, most commonly before puberty starts.
- It is child abuse and is illegal in the UK.
- FGM violates the human rights of women and girls.
- FGM is a custom and tradition – there are no religious texts that say it should be carried out.
- It's very painful and can seriously harm the health of women and girls. It can also cause long-term problems with sexual activity, fertility, childbirth and mental health.

Help and support is available if you've had FGM or you're worried that someone may be at risk.

## What are the different types of FGM?

**Type 1:** Partial or total removal of the clitoris and/or the prepuce (clitoridectomy).

**Type 2:** Partial or total removal of the clitoris and the labia minora, with or without excision of the labia majora.

**Type 3:** Narrowing of the vaginal orifice with creation of a covering seal by cutting and appositioning the labia minora and/or the labia majora, with or without excision of the clitoris (infibulation).

**Type 4:** All other harmful procedures to the female genitalia for non-medical purposes, for example: pricking, piercing, incising, scraping and cauterization.

## Medical care

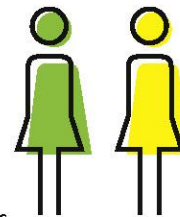
If you have experienced FGM, you may suffer from physical problems such as:

- urinary infections.
- vaginal infections.
- painful periods.
- painful sexual intercourse.
- feeling sad, anxious or depressed.
- problems during childbirth.

## Psychological care

If you have experienced FGM, you may suffer from psychological problems such as:

- flashbacks to the time of the cutting.
- depression.
- anxiety.
- stress.
- bad dreams.
- low confidence.
- other mental health problems.



## Advocacy support

You may wish to be supported by the FGM Health Advocate who can help with:

- making you feel comfortable.
- helping explain the service and the care and support you can receive.
- interpret for you where appropriate.
- advocate on your behalf to others to ensure your wishes are acted upon.

## FGM and UK law

In the UK, it is against the law:

- for anyone to carry out FGM.
- to take girls or women who live in the UK to another country to carry out FGM.
- to help someone else carry out FGM, (this includes making travel arrangements). person convicted of an offence under the FGM Act 2003 is liable to imprisonment for up to 14 years.
- it is also illegal to sew women up after childbirth, this is known as reinfibulation.

**"There are no health benefits of FGM – it can cause serious harm"**

## What about pregnant women, how can they be supported?

Support for your pregnant women who have had FGM is available through the Maternity Department at your local hospital.