

## NovaSure for Treatment of Heavy Menstrual Cycles

About 10 million women suffer from heavy menstrual bleeding. Many women begin to experience heavy and/or irregular bleeding in their 30's and 40's, as they begin to get closer to menopause. Heavy menstrual cycles are more than just a hassle. They take a physical, social, and emotional toll as well

Studies show that heavy menstrual bleeding can affect women in a number of ways. Physically, a woman may feel tired and nauseated. Many women experience severe cramping or menstrual cramps. Emotionally, many women may feel moody or depressed. They may feel anxious and concerned about their periods. Up to 1/3 of women report missing work due to heavy menstrual cycles. Heavy bleeding can also have a toll on a woman's intimacy. About 80% of women with heavy and prolonged menstrual cycles, report avoiding sex.

In the past, heavy and prolonged bleeding led to hysterectomy. We now have more minimally invasive procedures to offer women. This allows them to treat the condition without major surgery and the time it takes for recovery.

### **What is NovaSure?**

NovaSure® Endometrial Ablation is a one-time, 5-minute procedure that gently removes the lining of the uterus—the part that causes the bleeding. The NovaSure procedure can reduce or stop bleeding altogether. It's a less invasive alternative to hysterectomy, and avoids the potential side effects of hormones.

### **Is NovaSure right for me?**

Women with heavy or long-lasting periods who do not wish to have children in the future may be candidates for the NovaSure procedure. During your consultation we can decide if NovaSure is right for you. We will perform a thorough evaluation of the cause of your heavy menstrual bleeding. This evaluation may include an ultrasound, office hysteroscopy, and biopsy of the endometrium (lining of the uterus) to rule out more serious causes of heavy bleeding.

### **Can I still become pregnant after the NovaSure procedure?**

Because NovaSure treats the lining of the uterus, your chances of getting pregnant after the procedure will be reduced. However, it is still possible to get pregnant if you're sexually active. A pregnancy after an ablation is very dangerous for both the mother and the fetus, since the uterine lining would not be able to properly support fetal development. It is important that we talk about birth control options during your consultation.

### **What can I expect after the NovaSure procedure?**

Immediately after the NovaSure procedure, some women may experience some cramping, mild pain, nausea, and/or vomiting. Most women feel back to themselves and can resume normal activities within a day or so. A watery and/or bloody discharge following the NovaSure Endometrial Ablation procedure is normal. It could start anywhere from immediately after the procedure to a couple of weeks afterwards. The discharge may last only briefly, or for up to a couple of months. It could even come and go, increasing after certain activities. This is quite normal and can be expected with any endometrial ablation procedure.

### **When will I know what my periods will be like after the NovaSure procedure?**

Every woman is different. Plan to give your body about 3 months to fully heal on the inside and resume its normal cycle. I instruct my patients to track their menstrual cycles on a menstrual calendar, so we can see the progress.

### **How does NovaSure work to treat heavy periods?**

The one-time, 5-minute procedure is an endometrial ablation (EA) procedure that can reduce or stop menstrual bleeding. It works by removing the endometrium, or the lining of the uterus (the part that causes the bleeding), with a quick delivery of radiofrequency energy. The procedure is 90% successful in decreasing the amount of menstrual bleeding.

### **Are women with heavy periods satisfied with the NovaSure procedure?**

Yes! In a clinical study, 12 months after the NovaSure procedure:

- 95% of patients were satisfied with the results\*
- 97% said they would recommend NovaSure to a friend\*

If you are interested in discussing whether NovaSure Endometrial Ablation may be an option for you. Please call and schedule a consultation with Dr. Ricarda Benz (714) 912-2211.