

# Dr. Paul S. Singh OB/GYN Urogynecology, Inc.

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1 in 4 Women Suffer from Heavy Bleeding  
**ARE YOU ONE OF THEM?**

*If you answer yes to any of the following questions, you may be suffering from heavy bleeding.*

Does your period last longer than seven days?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you use more than three pads or tampons per day?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel the need to double up on feminine protection?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you become fatigued due to your heavy bleeding?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you miss work because of your periods?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you pass clots during your periods?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you avoid leaving your home for fear of accidents?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you avoid wearing white colors during your period?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Has medication (birth control pills) failed to help your heavy bleeding?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you interested in learning more about a one-time treatment for heavy bleeding that is safe, non-surgical and may be provided in the comfort of your physician's office?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

**Ask us about heavy bleeding options, including whether the Her Option® Office Cryo-ablation Therapy is right for you.**

