

Menorrhagia: Heavy Periods

Self Quiz

- 1 Do you feel a constant need to change tampons or sanitary napkins that quickly become soaked?
- 2 Do you often experience heavy bleeding with clotting?
- 3 Do you have a heavy period when using birth control pills?
- 4 Are you exceptionally tired or weak during your period?
- 5 Have you missed work because of your period?
- 6 Do you rearrange social events or daily activities to accommodate your period?
- 7 Do you tend to stay home when you have your period because it is easier?
- 8 To be prepared, do you carry large quantities of feminine products or even a change of clothes?

Yes	No

If you answered "yes" to even a few of the questions above, please talk to one of our doctors for more information.

GYNECARE THERMACHOICE: Uterine Balloon Therapy System

What is GYNECARE THERMACHOICE Uterine Balloon Therapy?

It is a surgical device used in a simple outpatient procedure to reduce excessive menstrual bleeding in pre-menopausal women. Unlike hysterectomy, which takes out the entire uterus, the procedure used heat to destroy the lining of the uterus.

What can I expect?

In most cases, bleeding during your period will be reduced to moderate or light flow. Some women may experience spotting; a few may experience no bleeding at all. Clinical data have shown that up to 15% of patients may not respond to this therapy and may require additional treatment.

Am I a candidate?

Your doctor must rule out abnormal uterine conditions such as some fibroids, and your Pap smear and biopsy must also be normal. This is not a treatment for uterine cancer. If you still want to have children, this therapy is not an option since the uterine lining is destroyed during therapy.

How does it work?

First a soft, flexible balloon attached to a thin catheter (tube) is inserted into the vagina, through the cervix, and placed gently into the uterus. No incision is required.

Then the balloon is inflated with a sterile fluid that expands the balloon to fit the size and shape of the uterus. The fluid in the balloon is heated to 87 degrees Celsius (188 degrees Fahrenheit), and the temperature is maintained for 8 minutes while the uterine lining is treated. During this time, the sterile liquid is circulated within the balloon, allowing for uniform heating.

When the treatment cycle is completed, all the fluid is withdrawn from the balloon and the catheter is removed. Nothing stays in the uterus. The uterine lining has been treated and will slough off like a period within the next 7 to 10 days.

