



spotlight on health

Do You Have Menorrhagia? Addressing A Taboo Women's Health Concern

(NAPSA)—Menorrhagia. It's a medical condition that few can pronounce (men-or-ah-jza), let alone define.

Otherwise known as excessively heavy or prolonged menstrual periods, menorrhagia is a topic that women are hesitant to discuss with their doctors or even their nearest and dearest friends.

More than 10 million women experience menorrhagia, and as many as half of them don't seek treatment. Instead they accept it, assuming they have to put up with the symptoms and the impact it has on their lives. It's not just the embarrassment or inconvenience: menorrhagia can lead to anemia and extreme fatigue, which seriously affect a woman's health.

Anyone who answers yes to even a few of these questions should talk to a doctor:

- Do you feel a constant need to change tampons or sanitary napkins that quickly become soaked?
- Do you often experience heavy bleeding with clotting?
- Do you have a heavy period when using birth control pills?
- Are you exceptionally tired or weak during your period?
- Have you missed work because of your period?
- Do you rearrange social events or daily activities to accommodate your period?
- When you have your period, do you tend to stay at home because it is easier?

- To be prepared, do you carry large quantities of feminine products or even a change of clothes?

While a D&C or even a hysterectomy may be suggested to address this condition, one simple, effective treatment that can help a woman regain control of her life is uterine balloon therapy. This one-time, 30-minute outpatient therapy uses heat to treat the uterine lining and usually allows a woman to return to normal activity the following day.

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"The patients I have treated with uterine balloon therapy typically have been pleased with significantly lighter or even no periods following treatment," said Dr. Franklin Loffer, a clinical associate professor at the University of Arizona Medical Center. "It can make a noticeable change in quality of life."

Like all medical procedures, use of uterine balloon therapy involves risks. Ask your doctor if this treatment option is right for you.

For more information about menorrhagia and its treatment, including uterine balloon therapy, consult with your doctor, visit www.controlheavyperiods.com or call 1-888-GYNECARE.