

Women's Health **UPDATE**

Ending Heavy Periods With A Trip To The Doctor's Office

(NAPSA)—For some women, the monthly visit from Aunt Flow is nothing more than a small inconvenience. But for the one in five women who suffer from heavy menstrual bleeding, or menorrhagia, it's more like a nasty mother-in-law who's decided to move in and interfere with daily life.

Women with heavy periods cannot wear what they want, leave the house when they need to or go about their regular routine because their period dictates their life. During their menstrual cycle, they can't go out to run just one errand without a purse full of menstrual products.

"I would use a superplus tampon and an extra heavy pad just to get me through my 30-minute morning commute," said Katherine, a 46-year-old mother of two who used to suffer from menorrhagia. "If I made it to work, I had to run right to the bathroom to change because I had already leaked through. Other days, I had to turn the car around and head home because, even though I'd been sitting down, my period was too heavy to manage and I had accidents."

Thankfully, Katherine and the thousands of other women with heavy periods have treatment options so they can regain control of their lives. "I wanted to put an end to my heavy periods, but I

Do You Have Heavy Periods?

- Do your tampons or sanitary napkins quickly become soaked so that you need to change them frequently?
- Do you often experience heavy bleeding with clotting?
- Do you have heavy periods even though you use birth control pills?
- Do you feel exceptionally weak or tired during your period?
- Have you missed work because of your period?
- Do you rearrange social events or daily activities to accommodate your period?
- Do you tend to stay home when you have your period because it is easier?
- To be prepared, do you carry large quantities of feminine products or even a change of clothes?

If you said yes to even a few of these, talk to your doctor about your symptoms and treatment options.



didn't want to deal with a long recovery or endure the major surgery that comes with a hysterectomy," said Katherine. "That's why my doctor and I decided that uterine balloon therapy, a type of endometrial ablation that he now performs in his office, was the right

choice for me."

Uterine balloon therapy is used in a minimally invasive procedure that uses heat to treat the lining of the uterus (endometrium) and can be performed under local anesthesia with no incisions. Recovery is fast, so women typically can return to their normal activities the next day. Following the treatment, most women can expect light to moderate periods or possibly no period at all. And now, more and more doctors offer uterine balloon therapy as an in-office procedure.

"Having the procedure in my doctor's office made the whole thing easier," said Katherine. "I felt so comfortable because I knew everyone in the office, and I was thrilled that I avoided spending an entire day in the hospital."

Bottom line, women need to know that they have options for treating their heavy periods, and they should speak with their doctor to determine what treatment is right for them. All surgical procedures carry risks. This treatment is not for women still planning to have children. However, women undergoing treatment should use contraception as there is a chance pregnancy could occur.

For more information about uterine balloon therapy, including the rare but possible risks, visit www.endheavyperiods.com.