



WOMEN'S HEALTH

MEA: A Solution For Heavy Periods

(NAPSA)—When 31-year-old Sheli Silvius began to experience unusually heavy periods after the birth of her second child, she was frustrated at not being able to lead an active lifestyle—every day. Often she had to limit her activities or even miss work because of her periods.

Sheli's situation may seem rare, but heavy periods are a common problem. Over 8 million women in the U.S. experience heavy periods—almost 1 in 3 women between the ages of 30-55. Beyond just the limitation of daily activities, heavy periods can lead to painful cramps, chronic fatigue and anemia.

Many women believe that hysterectomy is the only treatment for this medical condition. Hysterectomy is a major surgery that can take up to 6-8 weeks of recovery time and many women experience long term side effects.

Now a new alternative treatment is available. MEA (or Microsulis Endometrial Ablation) is an FDA approved treatment for reducing heavy periods for women. As an effective, minimally invasive procedure, it is an alternative to hormone treatment or to a hysterectomy.

This medical breakthrough can be performed on an outpatient basis, requires an average treatment time of 3 to 4 minutes, and has no recorded long-term side effects. No overnight hospital stay is needed, and most patients return to normal activities the next day. It can be performed in the comfort of a doctor's office, and in a majority of cases, MEA is

covered by health insurance. Most importantly, over 98 percent of MEA patients are satisfied, experiencing a lighter period or no period at all (61 percent of MEA patients).

MEA works by using gentle, therapeutic microwaves to heat the uterine lining to reduce or eliminate future bleeding. The procedure has been used worldwide commercially since 1997 with over 30,000 treatments performed.

"It is very important for women experiencing heavy periods to have an alternative to a hysterectomy," said Dr. David Kulbersh, a gynecologist in Columbia, SC. "All women experiencing heavy periods who no longer want to have children should at least consider MEA."

According to gynecologist Dr. Michael Lau of the Edmonds Women's Clinic outside Seattle, WA, "If you experience **any one of the following symptoms**, please consult your gynecologist to determine whether you are eligible for this type of treatment."

- Do you limit your activities or miss work because of your period?
- Does your period cause you fatigue or dizziness?
- Does your period last more than 6-7 days?
- Do you feel you always need to be prepared for your period?
- Has medication such as birth control pills failed to control your bleeding?



For more information about this treatment procedure, call 1-800-830-4904 or visit www.microsulis.com.