

Women's Health **UPDATE**

New Option In Family Planning Gives Women More Convenient Choice

(NAPSA)—Women who don't want any more children may spend up to three decades trying to avoid pregnancy—using a variety of methods that may not always be effective. Fortunately, new developments in permanent birth control are giving women more options.

The latest option for women is Essure, a nonincisional procedure for permanent birth control that is the first alternative to incisional tubal ligation for women in the United States. Tubal ligation is the most popular form of birth control in the U.S. with up to 700,000 women undergoing the surgery annually. Unlike incisional tubal ligation, Essure does not require cutting or penetration of the abdomen and can be performed without general anesthesia. Essure is now available to women nationwide.

"I am very excited to be able to offer this latest form of permanent birth control, Essure, at my practice," said Barbara S. Levy, M.D., Assistant Clinical Professor of Obstetrics and Gynecology at the University of Washington School of Medicine. "I have already received positive feedback from my colleagues and patients about the benefits it offers—no incisions, no general anesthesia and a speedy recovery."

Data from one clinical trial showed that 92 percent of patients who were employed outside the home returned to work in one day or less after the day of the procedure and most patients were back to their regular physical activities within one to two days.

Essure is performed by a physician placing a small, flexible



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device called a micro-insert into each fallopian tube through the cervix. Once in place, tissue grows into the micro-insert and blocks the fallopian tube. About three months after the micro-inserts are placed, women must return to their physician to confirm the tubes are fully blocked. During the period before the blockage is verified, patients must use another form of contraception. In clinical trials, it was found to be 99.8 percent effective after two years of follow-up.

"Several studies show that there is a need for new contraception technologies," said Dr. Levy. "I believe that this procedure will have an enormous impact on women looking for alternatives for permanent birth control."

To obtain a referral to a doctor who is trained to perform the Essure procedure or for more information, call 1-877-ESSURE1 (1-877-377-8731).