

RELIEF FROM EXCESSIVE MENSTRUAL BLEEDING

IF HEAVY PERIODS INTERFERE WITH YOUR LIFE, YOU ARE NOT ALONE.

Did you know that one in five women suffer from heavy periods? This bleeding can be emotionally and physically devastating, causing many women to limit their activities and lifestyles.

Your doctor may call this condition “menorrhagia” (men-or-ra’-jah), a medical term for menstrual periods that are too heavy, too frequent, or last too long.

Many options are available, including drug therapy, minimal invasive treatments, or a hysterectomy. Her option Cryoablation Therapy is a natural choice for women with heavy periods who are looking for an alternative to a hysterectomy.

Her option reduces or eliminates menstrual periods in most women. This treatment can free you from the limitation and pain associated with heavy periods without removing your uterus or disrupting your natural hormones.

WHAT IS HER OPTIN AND HOW DOES IT TREAT HEAVY PERIODS?

Her option is a safe and effective treatment that uses sub-zero temperatures to destroy the tissue lining the uterus (endometrium). It is this tissue that sheds during your periods that causes bleeding. By destroying most or all of this lining, your periods will be reduced and eliminated.

There are many reason that women choose Her Option:

- High success rate in reducing bleeding with no incisions

- No need to remove the uterus or to disrupt the natural hormones

- The treatment can be performed in the comfort of a doctor’s office

- One single treatment is all that should be required

HOW WILL THE HER OPTION TREATMENT BE PREFORMED?

Your doctor may perform Her Option either in the office or in the hospital, and will help determine which setting and sedation level is best for you. During the treatment, your bladder will be full to allow your doctor to monitor the progress of the treatment using an abdominal ultrasound. A slender probe will be gently inserted through your vagina into your uterus and is cooled until it reaches sub-zero temperatures. Typically, multiple ice zones are formed. The procedure should take twenty to thirty minutes.

WHAT HAPPENS IMMEDIATELY AFTER THE TREATMENT?

Immediately following the treatment, some patients feel cramping similar to a menstrual period. Your doctor may give you a mild medication such as ibuprofen to keep you comfortable. A heating pad may also help.

You should plan on having someone drive you home and you may want to take it easy for the rest of the day. Most patients can return to normal activities the next day.

You may experience a watery discharge for up to three weeks following the treatment as the tissue heals. This is normal.

Your doctor may ask you to hold off on sexual activity until after your first check-up. Your doctor will provide you with additional information on how to care for yourself after the treatment.

WHAT ARE THE SIGNS OF HEAVY PERIODS?

The amount of menstrual bleeding that is bothersome varies from woman to woman. Heavy periods occur most often in women aged 30-50.

If your periods are longer, heavier, or more bothersome than in the past, you should discuss this with your physician. Common symptoms may include:

- Soaking through at least one pad or tampon every hour for several hours
- Heavy periods that last for more than 7 days
- Clot formation
- Paleness or fatigue (anemia)

WHAT CAUSES HEAVY PERIODS?

A number of conditions can cause heavy periods. The most common causes are hormonal imbalances and/or benign (non-cancerous) growths, such as fibroids or polyps. Complication from pregnancy and other illnesses can also result in heavy periods.

WHEN WILL I SEE RESULTS AND WHAT WILL MY BLEEDING BE LIKE?

Within the first three months following the treatment, you should experience a reduction in bleeding. It is not unusual to experience two or three normal menstrual cycles before you see the treatment take effect, although some patients see results immediately.

The decrease in bleeding varies from woman to woman. Some women find that their periods return to normal levels. Other women will find that their bleeding is completely eliminated or will only spot for a few days a month.

WHAT ELSE CAN I EXPECT?

In a clinical study with Her Option, 94% of treatments were successful. In addition, patients who undergo the treatment often report a reduction in PMS symptoms, such as fatigue, irritability, or cramping.

Furthermore, the treatment should not change your desire for or your enjoyment in sexual activity.

You should only have Her Option if you no longer desire to have children. However, it is possible to become pregnant following the treatment. Such a pregnancy would be high risk for the woman and the fetus. Therefore, a reliable form of birth control is necessary following the treatment.

Every medical treatment has risk and complications, and you should talk to your doctor to be sure that you understand the potential complications and results you can expect.

If you experience any of these symptoms following the treatment, contact your doctor immediately:

- Vaginal bleeding heavier than your normal period
- Fever above 100.4°F
- Severe abdominal cramping or pain
- Nausea or vomiting

TAKE CONTROL OF YOUR PERIODS:

You do not need to live with heavy periods and the limitations they cause. Join other women who have had Her Option Cryoablation Therapy and once again enjoy an active lifestyle with your family and friends.

AMS

Solutions for Life

American Medical Systems, Inc.

10700 Bren Road West

Minnetonka, MN 55343 USA

U.S Toll Free: (800) 328-3881

Phone: (952) 930-6000

Fax: (952) 930-6157