

LOOKING GOOD,
FEELING FIT

Surgical/Non-Surgical

NEW ALTERNATIVE HELPS MAKE PERIODS LIGHTER

WOMEN know that their monthly period is no picnic. Even a normal period can be a nuisance. But is your period so heavy that it is seriously disrupting your social life and physical activities every month? If so, you are not alone.

It is estimated that one in five women suffer from menorrhagia, excessive menstrual bleeding. A good indicator that your period is abnormal is if it lasts for seven days or more or is so excessive that you have to change your protection frequently.

New treatments are now available so you no longer have to consider a hysterectomy to eliminate your heavy bleeding. Dr. John Stormont of Fertility and Women's Health Center of Louisiana is an expert in this field and has many years of experience with treating menorrhagia. He has seen the results of using both surgical and non-surgical treatments.

NONSURGICAL TREATMENTS: DRUG THERAPY

Lysteda is the first and only non-hormonal medication approved to treat heavy menstrual bleeding. It is safe, effective and costs about \$175 per month without insurance. However, the company has several programs offering discount. Dr. Stormont said, "It is a nice alternative to taking hormones to control periods and allows you to avoid surgery or other procedures."

How It Works

Lysteda works as an anti-fibrinolysis agent. This means that it helps to reduce the excessive activity of clot breakdown, which leads to heavy bleeding. Lysteda is taken orally three times a day but only on the days of your period.

What To Expect

Lysteda shows improvement in over 50-60 percent of patients taking it. It has also been shown to reduce monthly bleeding by one-third. Be aware that though it is

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non-hormonal, it can have side effects. These include abdominal pain, muscle and joint pain, cramps, fatigue and a higher chance of blood clots if taking hormonal contraception as well.

SURGICAL TREATMENTS: ENDOMETRIAL ABLATION

Endometrial ablation provides an effective and minimally invasive outpatient alternative to hysterectomy while avoiding the potential side effects and long-term risks of drug therapy. Dr. Stormont has been performing endometrial ablation for going on 15 years. "Because there are several different causes of heavy bleeding, it is essential that you first see your doctor and rule out the serious causes first. Once this is done, endometrial ablation offers many women an opportunity to have minimal or no periods and still avoid the more invasive procedure like a hysterectomy," he stated.

How It Works

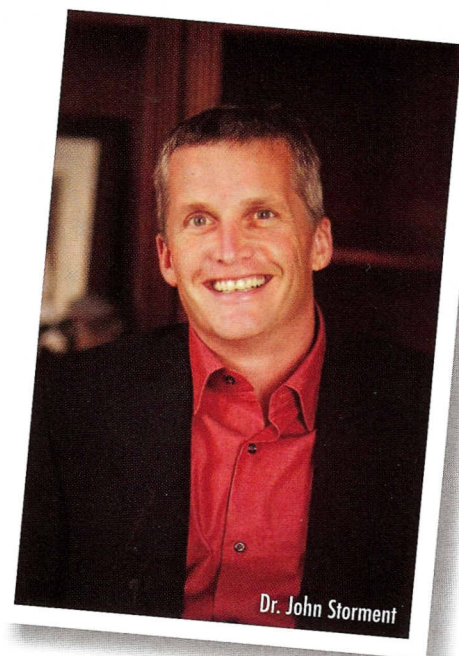
The procedure uses precisely measured electrical energy to remove the endometrial lining. The application of energy is intended to permanently remove the lining of the uterus in or-

der to reduce or eliminate future bleeding. The doctor inserts a slender wand into the uterus and then extends a mesh device to form to the shape of the cavity. Electrical energy is delivered for approximately 90 seconds and then the wand is retracted and removed.

What To Expect

Studies show 80-90 percent of the patients having an ablation see improvement. Half of these patients will have minimal or even no bleeding after the procedure. It is strongly discouraged to become pregnant after the procedure, so patients will need to also use some sort of contraception until menopause. There are no effects on the hormone production from the ablation. Patients may experience some cramping or discomfort shortly after the procedure.

For more information concerning heavy periods or these treatments visit www.fertilityanswers.com or www.lysteda.com. To schedule an appointment with Dr. Stormont, call the Fertility and Women's Health Center of Louisiana at (337)989-8795.



Dr. John Stormont

BY AGENT JESSICA MILLER