



If you're like 1 in 5 women with heavy periods, you want to get back to life.

Use this chart as a handy reference when discussing and considering the most common treatment options

	NovaSure® Endometrial Ablation	Hormone- Releasing IUD	Hormone Therapy	D&C (Dilation and Curettage)	Hysterectomy (Removal of the Uterus)
Description	Simple, safe procedure that removes uterine lining while preserving the uterus to reduce or eliminate bleeding	Device inserted into the uterus that releases a steady amount of progestins, which can help control bleeding	Estrogen/progestin used for select low-risk patients	Surgical procedure used to temporarily control heavy bleeding by scraping the inside of the uterus	Permanent, surgical option for women not responsive to other treatments
Advantages	<ul style="list-style-type: none"> For 90% of women, menstrual bleeding is dramatically reduced or stopped One-time, five-minute procedure Can be done in your doctor's office, usually for the cost of a copay Rapid recovery 	<ul style="list-style-type: none"> Reduces problem bleeding in about 70% of patients¹ Contraceptive Effective for 5 years Retain fertility (when IUD is removed) 	<ul style="list-style-type: none"> Reduces problem bleeding in about half of patients⁵ Self-administered Contraceptive Retain fertility (when therapy is stopped) 	<ul style="list-style-type: none"> Diagnostic tool that can provide tissue sample to test for cancer of the uterus Retain fertility 	<ul style="list-style-type: none"> Eliminates problem bleeding One-time procedure
Disadvantages	<ul style="list-style-type: none"> Only appropriate for women who have completed childbearing Requires anesthesia: local or general Non-reversible – lose fertility Risk of complications associated with minimally invasive procedures 	<ul style="list-style-type: none"> Must be removed and replaced every 5 years 70% of women experience intermenstrual bleeding/spotting² 30% of women experience hormonal side effects² Hormonal side effects may include: depression³, acne³, headaches³, nausea³, weight gain³, and hair loss⁴ Other potential side effects include abdominal pain, infection, and difficulty inserting the device, requiring cervical dilation¹ 	<ul style="list-style-type: none"> Hormonal side effects may include: nausea, headaches and weight gain⁵ Results may vary depending on hormone⁶ 	<ul style="list-style-type: none"> Requires anesthesia Reduction in bleeding is temporary⁷ Risk of complications associated with minimally invasive procedures 	<ul style="list-style-type: none"> Cost Involves major invasive surgery Risk of complications associated with major surgery Requires general or regional anesthesia 2 to 8-week recovery time May result in early onset of menopause/ possible need for future hormone treatment⁸ Non-reversible – lose fertility

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Please see back page for references.



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