

# Talking to your doctor about heavy menstrual bleeding

Studies have shown that many women who suffer from heavy periods do not bring the subject up with their doctors or seek treatment.

Heavy periods are a problem that affects 1 out of every 5 women.

If getting the conversation started seems hard once you're at your doctor's office, try one of these openers:

- "I'd like to ask you a few questions about my menstrual cycle..."
- "I've noticed that my periods are different than they used to be..."
- "I've heard that a lot of women are getting treated for heavy periods—is this something I should consider?"

If you suffer from heavy menstrual bleeding and do not wish to have any children in the future, be sure to ask your doctor if NovaSure endometrial ablation may be right for you.

## Do any of the following statements apply to you?

- My period affects my quality of life.
- I am bothered by the amount of bleeding or level of pain I have during my periods.
- My period makes me feel depressed, tired or moody.
- I am afraid of having an embarrassing accident.
- I have PMS symptoms, such as headaches, during my period.
- I bleed more than once a month.
- My period lasts too long.
- My period affects my social, athletic or sexual activities or causes me to miss work.
- My life would improve if I could decrease or completely eliminate my period.
- I would like to learn about a simple procedure that can help me to feel free to live my life again.

## Use the space below to write down any additional questions or concerns:

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**Important Safety Information:** NovaSure endometrial ablation is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following the NovaSure procedure can be dangerous. The NovaSure procedure is not for those who have or suspect uterine cancer; have an active genital, urinary or pelvic infection; or an IUD. NovaSure endometrial ablation is not a sterilization procedure. Rare but serious risks include, but are not limited to, thermal injury, perforation and infection. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting. If you, or someone you know, have possibly experienced a side effect when using our product, please contact your physician.

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