

There are alternatives to hysterectomy

Question: I have been told I need a hysterectomy. What are some other options for bleeding or pelvic pain?

Answer: Many women with troublesome bleeding or pelvic pain are wishing to explore options besides hysterectomy for relief of their symptoms. In many situations, there are successful options to consider.

Operative hysteroscopy is a minimally invasive procedure where the uterine cavity is distended with saline and a small camera is inserted for visualization. If a fibroid or polyp is extending into the cavity, small surgical instruments are used to successfully remove the lesion. The patient is able to go home the same day with minimal pain, no incisions and no down time.

An endometrial ablation procedure is a form of hysteroscopy. A surgical instrument is inserted into the uterine cavity to cause a scarring effect to the uterine lining. This procedure is very successful for patients with heavy menstrual bleeding. There is minimal risk to the patient and no significant down



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ASK THE EXPERT

time.

Sometimes fibroids are better treated with a robotic-assisted laparoscopic myomectomy procedure. Tiny incisions are made on the abdomen. Using special laparoscopic instruments, the surgeon is able to effectively remove the fibroids without the

need for a large abdominal scar.

Another common cause for pelvic pain is endometriosis. This is a disease where the endometrial glands implant outside of the uterus and in the pelvis. For many women frustrated by their pelvic pain, minimally invasive laparoscopic surgery to remove the endometriosis implants is very successful.

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