



Treatment Options for Heavy Menstrual Bleeding

Menorrhagia is a medical term used to describe menstrual periods that are too heavy, too frequent, or too long. Some of the options for the treatment of menorrhagia include drug therapy, minimally invasive treatments and hysterectomy.

Following are different treatment options for menorrhagia:

Endometrial Ablation – this treatment is recommended by your doctor if you do not plan to have children in the future. There are several different methods of this minimally invasive procedure including cryo, laser, electro-cauterization or heated fluid. The procedure does not require an incision, takes a short amount of time to perform, and the patient has a rapid recovery time. To learn more about ablation, visit www.novasure.com and <http://www.heroption.com>.

Hormone Therapy – oral contraceptives or other medications can sometimes be used to effectively treat menorrhagia.

Dilatation and Curettage (D&C) – a surgical procedure that involves scraping the inside of the uterus. For a majority of women, this is only a temporary solution that reduces the bleeding for a few cycles.

Hormone-containing IUD (Mirena®) – a small device is inserted into the uterus and releases low levels of progesterone and the result is lighter or no menses after several months. The device is placed during an office visit, causes minimal cramping, and lasts for five years. Visit www.mirena.com for additional information.

Hysterectomy – the surgical removal of the uterus is the only definitive treatment for menorrhagia. It is performed in a hospital under general anesthesia. If the hysterectomy is performed laparoscopically (a minimally invasive surgery), the recovery time can be reduced to as little as a few weeks.