



## Cryoablation for Heavy Menstrual Bleeding

Take control of your periods and obtain relief from excessive menstrual bleeding. If heavy periods interfere with your life, you are not alone. One in five women suffer from heavy periods, causing women to limit their activities and alter their lifestyles.

Menorrhagia is a medical term used to describe menstrual periods that are too heavy, too frequent, or last too long. Some of the options for treatment of menorrhagia include drug therapy, minimally invasive treatments and hysterectomy. Her Option® Cryoablation Therapy is a natural choice for women with heavy periods who are looking for an alternative to hysterectomy. You should only consider this treatment if you no longer desire to have children. However, it is possible to become pregnant following the treatment, therefore a reliable form of birth control is necessary following treatment.

Her Option® reduces or eliminates menstrual periods in most women. It is a safe and effective treatment that uses sub-zero temperatures to destroy the lining of the uterus (endometrium). This is the tissue that sheds during your period that causes the bleeding. By destroying most or all of this lining, your periods will be reduced or eliminated.

Some of the reasons that women choose Her Option® include:

- High success rates in reducing bleeding with no incisions
- No need to remove the uterus or to disrupt natural hormones
- Treatment can be performed in the doctor's office
- One single treatment is all that should be required

Your doctor may perform the procedure in the office or hospital, and will help determine if this treatment is right for you. During the treatment, your bladder will be full to allow your doctor to monitor the progress of the treatment using an abdominal ultrasound. A slender probe will be gently inserted through your vagina into the uterus and is cooled until it reaches sub-zero temperatures. The procedure usually takes around twenty to thirty minutes.

You should plan to have someone drive you home on the day of the procedure. Most patients are able to return to normal activities on the next day.

For more information about Her Option and our providers who provide in-office ablations, go to <http://www.herooption.com> and click on Find a Doctor.