

Endometrial Ablation

“No More Periods” - An Alternative to Hysterectomy

Women often have menstrual periods that excessive, painful and frequently interfere with their daily life. For those women who have completed their childbearing there is a proven simple alternative to birth control pills or even hysterectomy - **Endometrial Ablation**.

During each monthly menstrual cycle the endometrial lining of the uterine cavity grows in preparation for a pregnancy to implant. When there is no pregnancy the lining sheds. This shedding of the endometrium is the menstrual bleeding portion of the cycle and normally lasts 3-5 days. Most women normally lose about 1/4 cup of blood during their period. Too much blood loss can lead to anemia (due to iron deficiency) causing chronic fatigue.

Excessive uterine bleeding (**menorrhagia**) is a common problem with multiple causes. Menorrhagia may be due to hormonal disturbances, endometrial polyps, excessive overgrowth of the endometrial lining, uterine fibroids or even cancer. Medical conditions such as bleeding disorders or thyroid disease may also contribute to excessive uterine bleeding. When a specific cause for abnormal bleeding is identified treatment can be directed towards resolving that cause. When no specific cause is identified, endometrial ablation can be an excellent alternative. Additional benefits of endometrial ablation include a reduction or elimination of menstrual cramping associated with the periods and a significant reduction in the emotional symptoms associated with premenstrual syndrome or “**PMS**”. Endometrial ablation is usually a permanent option to birth control pills, hormones or hysterectomy.

Endometrial ablation is performed as an outpatient procedure and results in the permanent removal of the endometrial lining of the cavity of the uterus. Recover is quick and patients may resume their normal activities the next day. According to recent studies, most women feel that endometrial ablation relieves problems with periods and over 95% of women who have this procedure are very satisfied with the results. 60-80% of women report that their menstrual periods stopped completely after endometrial ablation. Some women will still have monthly spotting or very light bleeding. Some women choose ablation to simply eliminate the inconvenience of their menstrual periods.

It is important to note that endometrial ablation does not affect a woman's normal hormonal cycle. The ovaries are not affected by endometrial ablation. The regular cycle of circulating hormones (estrogen and progesterone) continues in a normal manner and does not cause the onset of menopause. Endometrial ablation will prevent any further childbearing; therefore, patients who may wish to have children in the future should not consider this procedure. To those who have completed childbearing endometrial ablation offers a quality of life benefit.

Call the office @ 714-912-2211, if you would like more information.

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