

Women's Health **UPDATE**

Less Invasive Approaches To Women's Health Problem

(NAPSA)—New techniques have led to less invasive methods of treating a common and often life-altering condition in women. It's called heavy periods or "menorrhagia."

For example, a new method that uses cryogenics technology (rather than surgical hysterectomies) to treat the condition has become an increasingly popular choice. The recently FDA-approved technique, called Her Option, was developed by CryoGen Inc. The treatment has significantly improved the quality of life for a number of women.

It is estimated that as many as one in five American women is affected by heavy periods. The condition, characterized by unmanageable bleeding and a need to frequently change sanitary protection, can limit a woman's activities, impair the quality of her life and strain marital and family relationships.

In addition, more than two-thirds of women who bleed excessively are anemic as a result.

In the past, the condition was mostly treated with hormone therapy or with a hysterectomy—a major surgery with a long recovery period.

As a result, a number of physicians prefer to use less invasive techniques such as Her Option.

"The method offers a safe and effective, less invasive alternative to hysterectomy for women who have menorrhagia," says Seth J. Herbst, M.D., of the Institute for Women's Health. "It can be performed with a local anesthesia in a hospital, surgery center or physician's office in approximately 20 minutes."

Herbst cites the case of a Florida woman who underwent the procedure. The patient chose to have the cryogenic procedure



New procedures can successfully treat a number of common women's health conditions.

because of its relative ease compared to other surgical options. "It didn't hurt, it was easy," she says. Her procedure lasted approximately 20 minutes and she returned to normal activities the next day.

The procedure works by bringing an ultra-thin probe into contact with the uterine lining. The probe is cooled with a cryogenic unit the size of a desk top computer and is guided on a real-time basis with ultrasound.

"Cryogenics has been in use in women's health for 25 years," says Duane E. Townsend, M.D., clinical professor in the OB/GYN Department at the University of Utah School of Medicine. "This procedure is the only FDA-approved technique that uses cryogenics in contrast to extreme heat or electricity to remove the uterine lining. And the controllability of the procedure permits one to achieve a maximum level of success with safety."

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