

Heavy menstrual bleeding affects one in five women. Excessive bleeding is called menorrhagia. Many women suffer silently while their bleeding causes disruptions in their personal life through missed work and disruption in social activity not to mention fatigue and anemia.

The causes of menorrhagia vary with age. Infection and deficiencies in the blood's ability to clot being more common in younger women while thyroid problems are seen more commonly in older women. Beyond age 25, abnormalities of the uterus become increasingly more common. Cancer is rarely a cause of menorrhagia.

Two types of benign growths, polyps and fibroids are common causes of excessive bleeding. Determining the size and location of these abnormalities is essential to determining the most appropriate treatment for heavy periods.

Uterine anomalies are evaluated with vaginal sonography sometimes using 3D or water enhancement. Another diagnostic tool is hysteroscopy. A narrow telescope connected to a camera allows one to see directly into the cavity of the uterus. Again, proper evaluation is key to picking the appropriate treatment.

Much has changed in the last twenty years. Hysterectomy in most cases is not needed. When medications or hormones are not appropriate or desired, several office procedures will remedy the bleeding 90 percent of the time.

Endometrial ablation and Mirena insertion are two popular office procedures that provide relief from bleeding. Each has its advantages and drawbacks. Both provide rapid recovery. In most cases, patients can return to normal activity the following day.

On occasion, more complex cases require removal of a fibroid or polyp with slightly larger instruments with anesthesia as an outpatient. Still, hospitalization can be avoided and recovery is rapid.

## **WHY US?**

Dr Grossman trained with the pioneers of hysteroscopy. He has been performing operative hysteroscopy for over twenty years. He was the first to offer endometrial ablation to women in the Augusta area and for years he was the only one performing ablations as an alternative to hysterectomy. Dr Grossman's knowledge and experience with the use of Mirena has resulted in his appointment to the Speakers Bureau for Physicians Education.. He is firmly committed to offering his patients minimally invasive solutions to their menstrual problems.