

Freedom from heavy menstrual bleeding.

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As a gynecologist, a common problem that many women come to me for in the pre-menopause (the period before menopause) is heavy irregular bleeding. Ordinarily, this complaint could lead them to agree to a hysterectomy, however, in my practice we use this as a last resort. We first evaluate the many potential causes of the bleeding, rule out a possible cancer, then decide together with the patient what will be the best route to follow. This may even include using natural hormones, and/or nutritional holistic therapy.

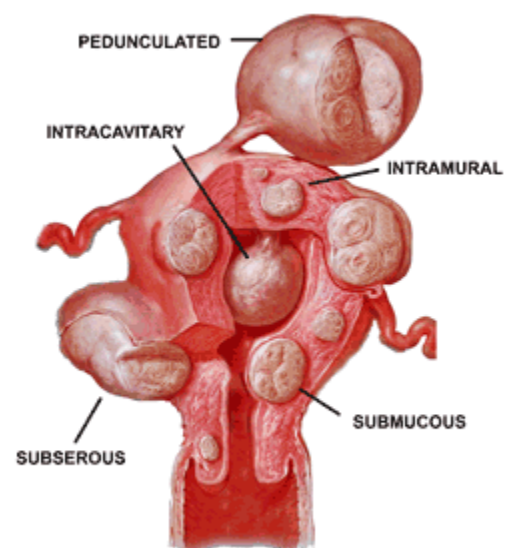
What are the causes of heavy menstrual bleeding in a women's pre-menopausal period?

The most common reasons are from the hormonal fluctuations that occur during this time period. Specifically, as we get older our ovarian hormone production is altered and declining. We become estrogen dominant, meaning there is an imbalance between estrogen and progesterone because our ovaries are producing significantly less progesterone.

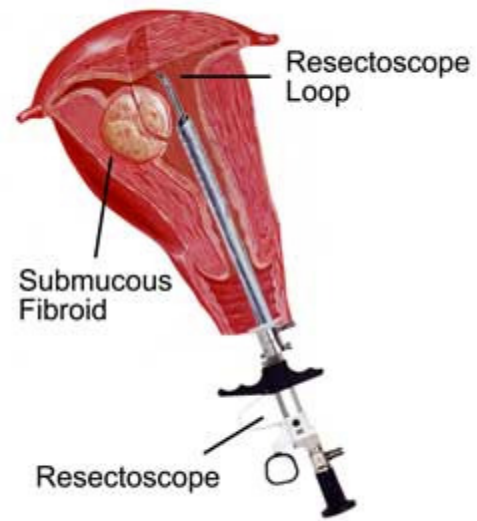
This second half of the menstrual cycle is called the luteal phase. Many women may experience pre menstrual syndrome, with symptoms such as breast tenderness, headaches, and irritability during this phase. Periods may be irregular, heavy, or with intermittent spotting. By supplementing with a natural progesterone during this portion of the cycle (usually on cycle day 14-28) many, even all of these symptoms may be alleviated. Additionally, herbs and nutrients that support the liver in hormone metabolism and balance and the adrenal glands' adaptive response, can be very effective. It may support and promote healthy estrogen detoxification and excretion from the body as well as support muscular contraction and relaxation. These include vitamins such as B6, B12, folate, calcium, magnesium, and herbs such as chasteberry, ashwaganda, and Indole 3 Carbinol or DIM (from broccoli, cruciferous vegetables), and flaxseed, and omega -3's can also help.

Heavy bleeding that continues may be from disorders of the uterus itself including the lining. Endometrial cancer must be ruled out, first. We evaluate with an ultrasound and endometrial biopsy in the office. Fibroids and uterine polyps are very common causes. The locations of the fibroids may be varied as illustrated by the picture.

Fibroids that are within the uterus may be able to be removed by a resectoscope. This requires extensive



skill with the resectoscope, I have been performing this procedure and ablation with the resectoscope for 10 years. Now with the Novasure ablation the uterine lining can be ablated in an average of 90 seconds. Bleeding may be stopped all together, and in my experience reduced on average by 80 – 90 %! This is great news for women who suffer with this and have not had relief with hormonal therapy. It is an effective alternative to hysterectomy. To find out if you are a candidate for this endometrial ablation technique, you can ask yourself:



- Do you regularly have excessive bleeding during or between your periods?
- Is your bleeding so heavy that it requires you to change protection nearly every 1 -2 hours and to carry large amounts of feminine products with you?
- Do you have accidents and avoid traveling because of your heavy bleeding?
- Has medication (birth control pills, progesterone) failed to help you with your heavy bleeding?
- Are you tired, anemic, or does the heavy bleeding affect your daily and social activities, or cause you to miss work?

If you answer yes to these questions then you need a medical work up and you may benefit from a uterine ablation. You are welcome to call our office for an appointment or more information. You can also visit our website at www.cabecahealth.com.