



SAUK PRAIRIE MEMORIAL
HOSPITAL & CLINICS

ABOUT US

EVENTS &
PROGRAMS

HOW TO FIND US

FACILITY MAP

AFFILIATED
PROVIDERS

SITE INDEX

Services

Medical Staff

Medical Clinics

Hospital
Foundation

Volunteer
Opportunities

Employment
Opportunities

New outpatient treatment alleviates heavy menstrual periods

Written by Haley Jorgensen

Prairie du Sac, Wis. -Following her mother's battle with ovarian cancer and entry into remission, Rexanne Prom, of Black Earth, Wis., began experiencing lengthy menstrual periods. "In the last year, I had eight double-periods," she said. "A few times, I had periods that lasted 17-18 days."

Not only did her periods spark a fear of the worst - cancer - they caused Prom to become borderline anemic. "I had my period nearly all the time and I wanted to be sure everything was okay," she said. Prom visited her family physician, [Janelle Hupp, MD](#), at Black Earth Medical Clinic, who assured her the heavy periods were not caused by cancer. Rather, Prom discovered that one in five women suffer from menorrhagia, or excessive menstrual bleeding, just like her.

She was relieved to hear there were treatments, and followed-up on a referral to [Todd Schad, MD](#), a gynecologist at Prairie Clinic, SC, in Sauk City, Wis. Schad discussed treatment options with Prom, and in doing so, told her about a newer method for endometrial ablation - the NovaSure System - in which the endometrial lining of the uterus is eliminated through precisely controlled doses of energy. Twelve months following this procedure, 78 percent of women experienced reduced menstrual bleeding - to normal or below normal levels - according to a randomized clinical study by the U.S. Food and Drug Administration (FDA). In approximately 36 percent of the women in the study, menstrual bleeding was totally eliminated.

Approved by the FDA in 2001, the NovaSure System was embraced in Europe long before the United States, according to Schad. For women with lengthy and heavy periods, it offers another treatment alternative beyond drug therapy and hysterectomy. Drug therapy, which typically consists of hormones and/or oral contraceptives, proves effective only 50 percent of the time. While always effective, hysterectomy, the surgical removal of the uterus, is performed under general anesthesia and carries with it surgical risks, hospitalization and a lengthy recovery period of up to six weeks.

"The NovaSure procedure is a step above other procedures in regards to ease-of-use and patient satisfaction," says Schad. "I have had a lot of patients

Rexanne Prom returned to work pain free the day after her NovaSure endometrial ablation treatment. The procedure, which is less invasive than

hysterectomy, reduces excessive menstrual bleeding. A

generous donation from the Friends of Sauk Prairie Memorial Hospital & Clinics

helped to purchase the NovaSure system for the hospital's surgery department.



Should You Consider Endometrial Ablation?

- Do your periods last seven or more days per cycle?
- Is your bleeding so excessive that you need to change protection nearly every hour?
- Do you restrict activity to avoid embarrassing accidents as a result of your period?
- Are you anemic or do you experience fatigue with your period?
- Are you done having children?

Contact [Dr. Todd Schad](#), a gynecologist at Prairie Clinic, SC, in Sauk City, Wis., to determine if endometrial ablation and the NovaSure System are right for you.

The NovaSure System treats excessive menstrual bleeding in a 90-second procedure which uses controlled doses of energy to eliminate the endometrial lining of the uterus:



who are very satisfied with this less invasive form of controlling heavy periods."

Including Prom, who reports her periods have diminished to a "tiny bit of spotting" since having the procedure six months ago. "It's better because I'm not continually worrying that I'm bleeding when I'm not supposed to be," she said.

The NovaSure method of ablation "uses electricity to destroy the layer of tissue that tries to regenerate each month during a woman's menstrual cycle," said Schad. "As a result, patients experience much lighter cycles or completely stop cycling." The procedure does not require hospitalization or incisions. A slender device is inserted through the cervix under general or local anesthesia. Once in place, treatment time averages 90 seconds. Most women return to normal activity within a day or two.

Additionally, NovaSure has built-in safeguards and measuring capabilities that reduce the chance of injury to patients. Through sound measurement, the capacity of the uterus and tissue impedance is measured during the ablation process. In doing so, the NovaSure method automatically controls the depth of the tissue elimination.

Perhaps the best news for women suffering with heavy bleeding, according to Prom, is that the procedure doesn't require hospitalization or a long recovery. Her outpatient procedure at Sauk Prairie Memorial Hospital only took 90 seconds to perform. "I was put under, woke up and felt absolutely fine," she said. "I had some light cramping, but nothing even as bad as a period." Prom returned to work the next day. "I never had discomfort, and that part was kind of neat," she said.

But, endometrial ablation is not for everyone. Women who wish to have children are not candidates for the procedure. "The patients that seem to benefit the most are those who are done with child bearing and have cycles that cause them to miss work due to heavy flow, but don't have time for a long recovery," said Schad.

To discover more about treatment options for heavy menstrual periods, contact Schad at 608-643-3351. The 13-physician Prairie Clinic is staffed with certified professionals specializing in family practice, obstetrics/gynecology and internal medicine.



Step 1: After slightly dilating the cervix and inserting a slender wand, the doctor extends a triangular mesh device into the uterus.



Step 2: The mesh device gently expands, conforming to the dimensions of the uterine cavity.



Step 3: Electrical energy is delivered through the mesh for approximately 90 seconds.



Step 4: The mesh device is retracted back into the wand and both are removed from the uterus.
(Diagram by NovaSure®)

[Home](#) | [Contact Us](#) | [Site Index](#)

© 2001 Sauk Prairie Memorial Hospital & Clinics • 80 First Street, Prairie du Sac, WI 53578
Tel: (608) 643-3311 • Fax: (608) 643-7151 • TTY: (608) 643-7186