



Endometrial Ablation: The Simple Way to End Heavy Periods (Menorrhagia) Without a Hysterectomy

 Posted: Sep 02, 2009 | Comments: [0](#) | Views: 408 | [Share](#) [Like](#)
[Ads by Google](#)

Endometrial Ablation NovaSure® procedure is quick, safe & simple. Request a brochure now.
www.NovaSure.com

Wesley Anne Brady, MD Board-Certified Obstetrician- Gynecologist with Saturday hours
WomensWellnessInstitute.com

Author Box


 Kristy Theis has
 3 articles online

- [Contact Author](#)
- [Subscribe to RSS](#)
- [Print article](#)
- [Send to friend](#)
- [Re-Publish article](#)

If you are a woman who dreads her monthly menstrual cycle because of a relentless, long and heavy flow, you are not alone. In fact, more than 1 in 5 women experience a persistent and abnormal menstrual flow every month, a condition known as menorrhagia.

Is My Period Normal?

Each month, as a woman's body prepares itself for a possible pregnancy, the hormone levels estrogen and progesterone rise thus thickening the [uterine](#) lining in order to protect the egg released by the ovaries. If fertilization does not occur, a woman will shed this lining which will be visible as blood indicating the start of her period.

As the time nears for a woman to have her period, those suffering from menorrhagia will dread the days leading to the very first sign of blood that will eventually appear. A normal period is usually marked with less than 10 tablespoons of blood lost and a manageable flow for up to 4-7 days. When a woman has a consistently long and heavy period every month—severe enough to cause nausea, fatigue, moodiness, or a complete interruption of daily life, it might be time to check into a [menorrhagia](#) treatment in order to resolve the problem.

Curing Heavy Periods

[Endometrial ablation](#) is one such menorrhagia treatment procedure that can radically improve the [symptoms](#) associated with a prolonged and unrelenting menstrual flow. During the procedure, the [endometrial](#) lining is removed either by using freezing temperatures or a heated fluid. The removal of the lining, in essence, prevents the flow of blood to occur.

According to [Dr. Jules Monier](#), a Gynecologist in Plano, Texas, "Endometrial ablation has been around in some form for more than 20 years. The procedure has been perfected and now an unprecedented number of women can enjoy normal menstrual cycles with a much lighter flow accompanied by the usual, mild symptoms associated with having an average period."

[The NovaSure® method](#), an approved endometrial ablation procedure designed specifically as a menorrhagia treatment option over more drastic procedures such as a hysterectomy, uses radio frequency energy to permanently remove the lining of the uterus, which reduces, or eliminates, future bleeding. The procedure, which is carried out under local anesthesia, usually takes under an hour to complete and is typically performed either in the office on an out-patient basis or in a hospital as a day surgery procedure.

Dr. Jules Monier performs the procedure in his Plano, Texas office on a routine basis and consistently receives satisfactory feedback from the patients who have opted to have the treatment. "More than half of my patients experience a total absence of a period after the procedure is performed. Most others see a significant improvement in their menstrual flow and the symptoms that follow. I like to refer to the procedure as it's like having a hysterectomy without having a hysterectomy."

For the women that have visited this Plano, Texas office and the thousands of others who have undergone the NovaSure® procedure, 97% say they would recommend the treatment to their friends.

Who is the right candidate for this procedure?

Although the chances for pregnancy reduce greatly after the NovaSure® endometrial ablation procedure has been performed, it is still possible to become pregnant. Any woman who has completed child-bearing or who is menopausal can be a candidate for the

Syndicate this Article ?

<h1>Endometrial Ablation: The Simple Way to End Heavy Periods (Menorrhagia) Without a Hysterectomy</h1>

SUBMIT YOUR ARTICLES TODAY

- ✓ Spread your Knowledge
- ✓ It's Simple & Free

[Sign Up Today](#)

Articles Categories

All Categories

Health

- [Acne](#)
- [Allergies](#)
- [Alternative Medicine](#)
- [Anti Aging](#)
- [Cancer](#)
- [Dental Care](#)
- [Disabilities](#)
- [Diseases and Conditions](#)
- [Hair Loss](#)
- [Hearing](#)
- [Medical Tourism](#)
- [Medicine](#)
- [Men's Health](#)
- [Mental Health](#)
- [Nutrition](#)
- [Plastic Surgeries](#)
- [Quit Smoking](#)
- [Sleep](#)
- [Supplements & Vitamins](#)
- [Vision](#)
- [Wellness](#)
- [Women's Health](#)

treatment. Prior to performing the NovaSure® method, your gynecologist will do a sonogram and in some cases, an endometrial biopsy to ensure there is not another underlying condition present. Light cramping and bleeding may occur in the days or weeks following the procedure but will then disappear allowing the majority of women to enjoy either a normal or an absent menstrual flow.

To learn more about what may be causing you to have a consistently heavy period and to look at the treatments that are available, such as the NovaSure® method, be sure to discuss all of your options with your gynecologist.

(ArticlesBase SC #1189494)



Kristy Theis - About the Author:

Dr. Jules Monier was interviewed for this article and has been practicing gynecology in the Plano, Texas area for 25 years. He is currently in practice with Women's Specialists of Plano. <http://www.obgynplano.com/>
Kristy Theis is a Plano, Texas-based communications freelance writer specializing in b2b, consumer and vertical trade copy suitable for both print and Internet. She has over 14 years experience in the fields of marketing, PR and copywriting and currently serves as the content editor for emedicalmedia.com.

Ads by Google

[Wesley Anne Brady, MD](#) Board-Certified Obstetrician- Gynecologist with Saturday hours
WomensWellnessInstitute.com

[Hysterectomy Procedures](#) Minimally Invasive Hysterectomy Procedures. Less Pain. Arlington.
www.USMDArlington.com

Rate this Article	0 vote(s)	Feedback	RSS	Print	Email	Re-Publish	SHARE
--------------------------	-----------	----------	-----	-------	-------	------------	-------

Like Be the first of your friends to like this.

Source: <http://www.articlesbase.com/womens-health-articles/endometrial-ablation-the-simple-way-to-end-heavy-periods-menorrhagia-without-a-hysterectomy-1189494.html>



Article Tags: "Plano OBGYN", "endometrial ablation", "Novasure", "Dr. Jules Monier", "Jules Monier, MD", "Plano, TX", "Dallas", "Plano gynecologist", "heavy bleeding", "abnormal mens

Latest Women's Health Articles [More from Kristy Theis](#)

Menopause - Permanent Stoppage of Ovarian Function Causes, Symptoms and Treatment

Menopause can be defined as the cessation of ovarian function occurring sometime before the lifespan ending. Read this article to know the causes, symptoms and treatment of menopause.

By: [Ryan Mutt](#) | [Health](#) > [Women's Health](#) | Jul 21, 2010

Irregular Menstrual Periods Causes and Home Remedies to Regulate Menses

A menstrual period is a natural process for female which occur in every month. Before jumping into any conclusion we must study thoroughly about this condition.

By: [Ryan Mutt](#) | [Health](#) > [Women's Health](#) | Jul 21, 2010

Home Remedies for the Treatment of Painful Menstrual Periods

Dysmenorrhoea can be defined as the gynecological condition followed by severe pain during menstruation. Read this article to know home remedies for dysmenorrhoea.

By: [Ryan Mutt](#) | [Health](#) > [Women's Health](#) | Jul 21, 2010

Home Remedies for the Treatment of Amenorrhea that You Should Know

Amenorrhea is a state of woman in her reproductive age where menstruation is missing. Read this article to know home remedies for the treatment of amenorrhea.

By: [Ryan Mutt](#) | [Health](#) > [Women's Health](#) | Jul 21, 2010

Endometriosis Symptoms, Causes and Treatment

Endometriosis is a medical condition in women related to gynecology. Read this article to know the symptoms, causes and treatment of endometrial cells.

By: [Ryan Mutt](#) | [Health](#) > [Women's Health](#) | Jul 21, 2010

Cystitis in Women Causes, Symptoms and Treatment

Cystitis can be referred as the urinary disease related to bladder which is characterized by severe pain while urinating. Read this article to know causes, symptoms and treatment of cystitis.

By: [Ryan Mutt](#) | [Health](#) > [Women's Health](#) | Jul 21, 2010

Breast Problems - Bust Lumps, Pain and Discharge

Breasts problems such as breasts lumps, pains, have become a common problem in most of the females these days. Breasts lump is a localized swelling that occurs in bust.

By: [Ryan Mutt](#) | [Health](#) > [Women's Health](#) | Jul 21, 2010

Breast Implants Problems and Natural Treatment

Breasts implantation is a well renowned technique used to alter the shape and size of women's breasts. Read this article to know the problems and natural treatment of breast implants.

By: [Ryan Mutt](#) | [Health](#) > [Women's Health](#) | Jul 21, 2010



Add new Comment

Your Name: *

Your Email:

Comment Body: *



Are you Human?:*

* Required fields

Post Comment

Need Help?

- [Contact Us](#)
- [FAQ](#)
- [Submit Articles](#)
- [Editorial Guidelines](#)
- [Blog](#)

Site Links

- [Recent Articles](#)
- [Top Authors](#)
- [Top Articles](#)
- [Find Articles](#)
- [Site Map](#)

Webmasters

- [RSS Builder](#)
- [RSS](#)
- [Link to Us](#)

Business Info

- [Advertising](#)

Search

Use of this web site constitutes acceptance of the [Terms Of Use](#) and [Privacy Policy](#) | User published content is licensed under a [Creative Commons License](#).
Copyright © 2005-2010 [Free Articles](#) by ArticlesBase.com, All rights reserved.