

**IS YOUR
HEAVY PERIOD
AFFECTING
YOUR LIFE?**

Nova**Sure**[®]

Endometrial Ablation

The one time, five minute procedure
for heavy menstrual bleeding

3 million+

Over 3 million women have been treated with the NovaSure® endometrial ablation procedure.¹

NovaSure® endometrial ablation (EA) is a simple, one-time, five-minute procedure that has been used to treat over 3 million women—without hormones or hysterectomy.

The NovaSure® procedure is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following the NovaSure® procedure can be dangerous.

NovaSure® endometrial ablation is not for those who have, or suspect, uterine cancer; have an active genital, urinary or pelvic infection or an IUD. Rare, but serious, risks may include thermal injury, perforation and infection, amongst other problems. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting.

Talk to your doctor for more information. NovaSure® endometrial ablation is not a sterilisation procedure and not for women who may be pregnant.

This brochure contains information about heavy menstrual bleeding, as well as treatment options, including the NovaSure® procedure.

Talk to your doctor.

Your doctor can explain the various treatment options for heavy periods and help you decide if NovaSure® endometrial ablation is right for you.



Do heavy periods affect your life?

It's estimated that heavy menstrual bleeding affects more than 1 out of every 5 women—that's about 3.5 million women in the UK!^{2,3,4}

Many women begin to experience heavy and/or irregular bleeding in their 30s and 40s, as they begin to get closer to menopause. Heavy periods take a physical, social, and emotional toll as well.

Studies show heavy periods mean more than heavy bleeding. They can affect women in numerous ways:

Physical:

- Many feel tired and nauseous
- Many experience bad cramps
- Many have headaches

Social:

- More than 60% have had to miss social or athletic events⁵
- 78% feel their sex life is affected⁶
- 33% have been forced to miss work³

Emotional:

- 63% feel impact on mental and emotional wellbeing⁶
- 75% feel anxious⁵
- 57% report a lack of confidence during their period⁵

What is NovaSure® endometrial ablation?

NovaSure® endometrial ablation is a one-time, five-minute procedure that can lighten or end your heavy periods. No pills. No hormonal side effects. For 91% of women, menstrual bleeding is successfully reduced or stopped within one year.⁵ It's a simple procedure that can be done in your outpatients clinic or day surgery.

The benefits of the NovaSure® procedure:

- The procedure is quick—it usually takes less than five minutes.⁷
- It can be performed in an outpatients clinic with no general anaesthesia.⁷
- For 91% of women, menstrual bleeding is successfully reduced or stopped within one year.⁵
- 41% reported that their periods stopped completely.⁵
- 97% of patients from the initial clinical trial experienced no post-procedural pelvic pain.⁵
- There are no incisions (cuts into your body).
- It can be performed at any time during your cycle, even if you're bleeding.⁷
- You don't need to prepare by taking any pre-treatment medicine.⁷
- One-time procedure.⁷

Choosing the right treatment for you.

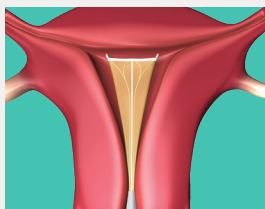
There are several treatment options available. The chart below highlights the advantages and disadvantages of the most common options. Your doctor can help you decide which treatment may be right for you.

Treatment	Efficacy/Success Rate*	Description	Advantages	Disadvantages
Hysterectomy	100% ⁶	Surgical procedure to remove the uterus	<ul style="list-style-type: none"> • Eliminates problem bleeding • One-time procedure • Permanent 	<ul style="list-style-type: none"> • Cost, major invasive surgery • Risk associated with major surgery • Requires general anaesthesia • 2-8 week recovery time • Non-reversible, lose fertility • May cause early onset of menopause⁹ • Typically the last option for women not responsive to other treatments
Global Endometrial Ablation (Data represents the NovaSure [®] procedure)	Successful reduction in bleeding (1 yr) 91% ⁷ Amenorrhoea (absence of bleeding) rates range from 30 - 75% ^{10,11} Reintervention Rates (5 years) range from 2.8-8.2% ¹¹	Procedure that removes the uterine lining while preserving the uterus to reduce or eliminate bleeding ⁷	<ul style="list-style-type: none"> • Not menstrual cycle dependent⁷ • One-time, five minute procedure⁷ • Patient specific treatment⁷ • Average treatment is 90 seconds⁷ • Can be performed in outpatients under local anaesthesia • Immediate results, rapid recovery • Minimally invasive 	<ul style="list-style-type: none"> • Must have completed childbearing⁷ • Non-reversible⁷ • Contraception required, due to danger of pregnancy post procedure⁷ • Potential for post-procedure cramping, pain, nausea, vomiting, vaginal discharge and vaginal spotting/bleeding⁷ • May require anaesthesia local/general⁷
Hormone Releasing Intrauterine Device Mirena [®] (levonorgestrel-releasing intrauterine system)	Reduction to normal bleeding (1 yr) 67% ¹² Amenorrhoea (absence of bleeding) (1 yr): 20% ¹⁴ Hysterectomy rate after 5 years @ 42% ¹³	A hormone releasing system (device) placed in the uterus to prevent pregnancy for up to 5 years, which can also decrease heavy menstrual blood loss ¹⁴	<ul style="list-style-type: none"> • Effective for 5 years¹⁴ • Reduces/eliminates problem bleeding combined with contraceptive¹⁴ • Retain fertility (when IUD removed)¹⁴ 	<ul style="list-style-type: none"> • Mirena may take up to 6 months to provide relief from heavy bleeding¹⁴ • 30% experience hormonal side effects¹⁴ • 70% experience intermenstrual bleeding¹⁴ • Replaced every 5 years¹⁴
Tranexamic acid tablets Lysteda [™] (tranexamic acid, USP)	66% experienced a 1/3 reduction in menstrual blood loss ¹⁵	Anti-fibrinolytic, helps to normalise clot breakdown within the uterus ¹⁵	<ul style="list-style-type: none"> • Non-invasive¹⁵ • Self administered¹⁵ • Retain fertility throughout¹⁵ 	<ul style="list-style-type: none"> • Two tablets taken 3 times a day (high patient compliance required)¹⁵ • Using Lysteda along with hormonal products may increase the chance of blood clots, stroke or heart attack¹⁵ • Will not produce amenorrhoea¹⁵
No Management (Do nothing and monitor)	No change until menopause	No treatment of any kind is given, patient is monitored and followed up with accordingly	<ul style="list-style-type: none"> • No treatment given 	<ul style="list-style-type: none"> • No change likely till menopause • Average age of menopause is 51 years⁹

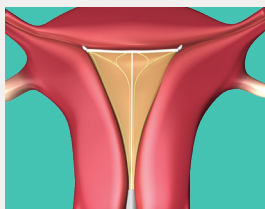
How does the NovaSure[®] procedure work?

The NovaSure[®] endometrial ablation (EA) procedure can reduce or stop menstrual bleeding. It works by permanently removing the endometrium, or the lining of the uterus (the part that causes the bleeding), with a quick delivery of radiofrequency energy.

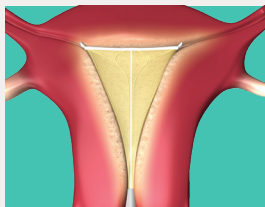
The NovaSure[®] Procedure



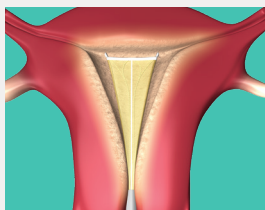
A doctor opens the cervix (the opening to the uterus) slightly, inserts a slender wand and extends a triangular-shaped netted device into the uterus.



The netting expands, fitting to the size and shape of the uterus.



Precisely measured radiofrequency energy is delivered through the netting for about 90 seconds.



The netted device is pulled back into the wand, and both are removed from the uterus.

No part of the NovaSure[®] device remains inside the body after the procedure.

Are women satisfied with the NovaSure[®] procedure?

In a clinical study, 12 months after the NovaSure[®] procedure:⁵

93%

of patients were satisfied with the results⁵



97%

said they would recommend the procedure to a friend⁵



Nearly 7 out of every 10 endometrial ablations performed are the NovaSure[®] procedure.¹⁶

What can I expect?

Impact on Quality of Life ⁵		
Answered “Always,” “Frequently” or “Sometimes”	Before NovaSure®	After NovaSure®
Do you lack confidence due to your periods?	57%	16%
Do you have a problem working due to your periods?	66%	10%
Do your periods cause you to spend less time at work or other activities?	61%	9%
Do you feel anxious due to your periods?	75%	24%
Do your periods cause you to miss social activities?	63%	9%
Do your periods cause you to miss athletic activities?	66%	9%
Are you unable to work outside of your home due to your periods?	33%	6%
Do you have less energy or a total lack of energy?	84%	24%
Do you experience painful periods?	57%	21%
Do you have PMS symptoms?	65%	36%

Many women who've had the NovaSure® procedure say they are now able to spend more time at work and daily activities and miss out on fewer social and athletic outings because of heavy periods. They also report improved energy levels, better moods and a boost in self-confidence. And many also had a significant reduction in painful periods and PMS symptoms like irritability.⁵

Frequently asked questions

Is NovaSure® endometrial ablation right for me?

Women with heavy or long-lasting periods who do not wish to have children in the future may be candidates for the NovaSure® procedure.

Your doctor can help you decide if the NovaSure® procedure is right for you. But if you're sure you don't want any children in the future, and your doctor rules out more serious causes of heavy bleeding, you may be a good candidate for the NovaSure® procedure.

Can I still become pregnant after the NovaSure® procedure?

Because NovaSure® endometrial ablation treats the lining of the uterus, your chances of getting pregnant after the procedure will be reduced. However, it is still possible to get pregnant if you're sexually active. A pregnancy after an ablation is very dangerous for both the mother and the fetus, since the uterine lining would not be able to properly support fetal development. It's very important to talk to your doctor about what birth control you will use after the NovaSure® procedure.

What can I expect after the NovaSure® procedure?

Immediately after the NovaSure® procedure, some women experience some cramping, mild pain, nausea and/or vomiting⁷. Most women feel back to themselves and can resume normal activities within a day or so⁵. Be sure to follow any instructions from your doctor, no matter how good you're feeling.

A watery and/or bloody discharge following the NovaSure® procedure is normal. It could start anywhere, from immediately after the procedure, to a couple of weeks afterwards. The discharge may last only briefly, or for up to a month.⁷

It could even come and go, increasing after certain activities. This is quite normal and can be expected with any endometrial ablation procedure.

Are there any risks I should know about?

Your doctor will explain the risks of all treatment options. Some of the risks associated with the NovaSure® endometrial ablation procedure are perforation of the uterus, bleeding, infection, abnormally slow heart beat, injury to organs within the abdomen or around the uterus, or complications leading to serious injury or death.

These problems are very rare and reported at a rate of less than 0.01%⁶

Tell your doctor if you have a cardiac pacemaker or any other electrical device in your body.

Very few patients experience complications following the NovaSure® procedure. But you should call your doctor right away if you develop:

- A fever higher than 100.4°F
- Worsening pelvic pain that is not relieved by ibuprofen or other prescribed medicine
- Nausea, vomiting, shortness of breath, dizziness
- Bowel or bladder problems
- A greenish vaginal discharge (reddish, yellowish or brownish is normal)

When will I know what my periods will be like after the NovaSure® procedure?

Every woman is different, but plan to give your body about 3 months to fully heal on the inside and resume its normal cycle. Then, you and your doctor should be able to tell what your cycle and your periods will be like from that point on.

Talking to your doctor about heavy menstrual bleeding

Research has shown that 50% of women who suffer from heavy periods do not bring the subject up with their doctors or seek treatment.¹⁷

Heavy periods are a problem that affects 1 out of every 5 women.^{23,4}

If getting the conversation started seems hard once you're at your doctor's office, try one of these openers:

- "I'd like to ask you a few questions about my menstrual cycle..."
- "I've noticed that my periods are different than they used to be..."
- "I've heard that a lot of women are getting treated for heavy periods—is this something I should consider?"

If you suffer from heavy menstrual bleeding and do not wish to have any children in the future, be sure to ask your doctor if NovaSure® endometrial ablation may be right for you.

Visit: wearwhiteagain.co.uk for materials to help you prepare for your GP consultation



Heavy menstrual bleeding checklist

Do any of the following statements apply to you?

- My period affects my quality of life
- I am bothered by the amount of bleeding or level of pain I have during my periods
- My period makes me feel depressed, tired or moody
- I am afraid of having an embarrassing accident
- I have PMS symptoms, such as headaches, during my period
- I bleed more than once a month
- My period lasts too long
- My period affects my social, athletic or sexual activities, or causes me to miss work
- My life would improve if I could decrease or completely eliminate my period
- I would like to learn about a simple procedure that can help me get back to living

Use the space below to write down any additional questions or concerns:

Bring this checklist with you to your next doctor's appointment.

NovaSure®
Endometrial Ablation

To find out more about the NovaSure[®] procedure:

- Talk to your doctor
- Visit novasure.co.uk

To find out more about heavy periods:

- Visit wearwhiteagain.co.uk

novasure.co.uk

NovaSure[®]
Endometrial Ablation

Important Safety Information

NovaSure[®] endometrial ablation is for premenopausal women with heavy periods due to benign causes who are finished childbearing. Pregnancy following the NovaSure[®] procedure can be dangerous. The NovaSure[®] procedure is not for those who have or suspect uterine cancer; have an active genital, urinary or pelvic infection; or an IUD. NovaSure[®] endometrial ablation is not a sterilization procedure. Rare but serious risks include, but are not limited to, thermal injury, perforation and infection. Temporary side effects may include cramping, nausea, vomiting, discharge and spotting. If you or someone you know, have possibly experienced a side effect when using our product, please contact your physician.

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