

Stop your period  
from controlling your life.



*NovaSure*®

Control the bleeding. Restore your life.

The 90-second\*, one-time in-office treatment  
trusted by over 1 million<sup>1</sup> women.

**HOLOGIC**™  
The Women's Health Company

**Over a million women have taken back control with NovaSure®.**

NovaSure Endometrial Ablation (EA) is the simple, one-time, 90 second\* treatment that has put a stop to excessive menstrual bleeding for over one million women—without hormones or hysterectomy.

This brochure contains information about excessive menstrual bleeding as well as treatment options, including NovaSure.

**Now it's your turn to take control.**

Ask your doctor about NovaSure®, the one-time treatment that can put a stop to your excessive menstrual bleeding for good.

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## Do heavy periods affect your life?

If so, you're definitely not alone. It's estimated that excessive menstrual bleeding affects 1 out of every 5 women—that's about 10 million women!<sup>2</sup>

Many women begin to experience excessive and/or irregular bleeding in their 30s and 40s, as they begin to get closer to menopause. Heavy periods are more than just a hassle—they take a physical, social, and emotional toll as well.

## Studies show excessive menstrual bleeding means more than heavy bleeding. It can affect women in a number of ways:

### Physical:

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

### Social:

- More than 60% have had to miss social or athletic events<sup>3</sup>
- About 80% report avoiding sex<sup>2</sup>
- 33% have been forced to miss work<sup>3</sup>

### Emotional:

- 77% have depression or moodiness<sup>2</sup>
- 75% feel anxious<sup>3</sup>
- 57% report a lack of confidence during their period<sup>3</sup>

## NovaSure®: the solution to excessive menstrual bleeding

Problem periods are not something you have to live with! Today, there are a number of effective treatment options available (see chart on the next page). NovaSure is for women who do not wish to have children in the future.

## What is NovaSure?

NovaSure is a simple, safe, 90-second procedure\* that gently removes the lining of the uterus—the part that causes the bleeding. The NovaSure procedure can reduce or stop bleeding altogether. It's a less invasive alternative to hysterectomy, and avoids the potential side effects of hormones.

## The benefits of the NovaSure procedure:

- It can be performed in a doctor's office or an outpatient setting, with no general anesthesia
- It can be performed at any time during your cycle, even if you're bleeding
- You don't need to prepare by taking any pre-treatment medicine
- There are no incisions (an incision is a cut into your body)
- The procedure is quick—average treatment time is just 90 seconds\*
- Most women experience mild or no pain during or after the procedure<sup>4</sup>
- Most women feel back to themselves within a day or so
- 91% of women returned to normal, light or no periods at all<sup>3</sup>
- 41% reported that their periods stopped completely<sup>3</sup>

## Choosing the right treatment for you.

Heavy bleeding is not something you need to live with—there are a number of 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.

	<b>NovaSure Endometrial Ablation</b>	<b>Hormone-Releasing IUD</b>	<b>Hormone Therapy</b>	<b>D&amp;C</b> <i>(Dilation and Curettage)</i>	<b>Hysterectomy</b> <i>(Removal of the Uterus)</i>
<b>Description</b>	Simple, safe procedure that removes uterine lining while preserving the uterus to reduce or eliminate bleeding	Device inserted into the uterus that releases a steady amount of progestins, which can help control bleeding	Estrogen/ progestin used for select low-risk patients	Surgical procedure used to temporarily control heavy bleeding by scraping the inside of the uterus	Permanent, surgical option for women not responsive to other treatments
<b>Advantages</b>	<ul style="list-style-type: none"> <li>• Reduces problem bleeding in about 91% of patients<sup>3</sup></li> <li>• Approximately 90-second treatment time*</li> <li>• Procedure takes less than 5 minutes*</li> <li>• Can be performed at any time during the menstrual cycle</li> <li>• Can be performed in the doctor's office</li> <li>• Rapid recovery</li> </ul>	<ul style="list-style-type: none"> <li>• Reduces problem bleeding in about 70% of patients<sup>5</sup></li> <li>• Contraceptive</li> <li>• Effective for 5 years</li> <li>• Retain fertility (when IUD is removed)</li> </ul>	<ul style="list-style-type: none"> <li>• Reduces problem bleeding in about half of patients<sup>9</sup></li> <li>• Self-administered</li> <li>• Contraceptive</li> <li>• Retain fertility (when therapy is stopped)</li> </ul>	<ul style="list-style-type: none"> <li>• Diagnostic tool that can provide tissue sample to test for cancer of the uterus</li> <li>• Retain fertility</li> </ul>	<ul style="list-style-type: none"> <li>• Eliminates problem bleeding</li> <li>• Permanent</li> </ul>
<b>Disadvantages</b>	<ul style="list-style-type: none"> <li>• Only appropriate for women who have completed childbearing</li> <li>• Requires anesthesia: local or general</li> <li>• Non-reversible - lose fertility</li> <li>• Risk of complications associated with minimally invasive procedure</li> </ul>	<ul style="list-style-type: none"> <li>• Must be removed and replaced every 5 years</li> <li>• 70% of women experience intermenstrual bleeding/spotting<sup>6</sup></li> <li>• 30% of women experience hormonal side effects<sup>6</sup></li> </ul> <p>Hormonal side effects may include: depression<sup>7</sup>, acne<sup>7</sup>, headaches<sup>7</sup>, nausea<sup>7</sup>, weight gain<sup>7</sup>, and hair loss<sup>8</sup></p> <ul style="list-style-type: none"> <li>• Other potential side effects include abdominal pain, infection, and difficulty inserting the device, requiring cervical dilation<sup>5</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Hormonal side effects may include: nausea, headaches and weight gain<sup>9</sup></li> <li>• Results may vary depending on hormone<sup>10</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Requires anesthesia</li> <li>• Reduction in bleeding is temporary<sup>11</sup></li> <li>• Risk of complications associated with minimally invasive procedure</li> </ul>	<ul style="list-style-type: none"> <li>• Cost</li> <li>• Involves major invasive surgery</li> <li>• Risk of complications associated with major surgery</li> <li>• Requires general or regional anesthesia</li> <li>• 2 to 8-week recovery time</li> <li>• May result in early onset of menopause/ possible need for future hormone treatment<sup>12</sup></li> <li>• Non-reversible – lose fertility</li> </ul>

## How does NovaSure® work?

NovaSure is an endometrial ablation (EA) procedure that 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



Your doctor slightly opens your cervix (the opening to the uterus), inserts a slender wand, and extends a triangular mesh device into the uterus



The mesh gently expands, fitting to the size and shape of your uterus



Precisely measured radio frequency energy is delivered through the mesh for about 90 seconds



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

No part of the NovaSure device remains inside your body after the procedure.

## Are women satisfied with the NovaSure procedure?

Yes! In a clinical study, twelve months after the NovaSure procedure:

- **95%** of patients were satisfied with the results<sup>3</sup>
- **97%** said they would recommend NovaSure to a friend<sup>3</sup>

### Doctors prefer NovaSure too:

Nearly 7 out of every 10 endometrial ablation procedures performed are NovaSure.

### What people are saying about NovaSure

*"The freedom that the NovaSure procedure has given me has made my heavy periods a distant memory, a complete nonissue in my busy life."*

– Kristin, Michigan

*"It's given me a chance to have my life back because I'm not bleeding, and I don't have to worry about that. I can wear white, I can wear khaki, I can wear light colors, which I could not do before. Since the NovaSure procedure, I have not had a period. And that's been like a blessing to me."*

– Penny, New York

*"Now, I can go wherever I want, whenever I want."*

– Jean, California

*"NovaSure has given me the precious gift of time – the time to enjoy each and every day to the fullest."*

– Mary, Minnesota

## NovaSure® gets results!

### NovaSure can put an end to excessive menstrual bleeding

Most women who have had the NovaSure procedure have lighter periods or no periods afterwards. In a clinical study, 9 out of 10 women returned to normal or light periods and 4 out of 10 stopped bleeding altogether.<sup>3</sup>

### ...and more

NovaSure can do more than just stop the bleeding. Many women who've had the NovaSure procedure say they are now able to spend more time at work and daily activities, missing out on fewer social and athletic outings because of excessive bleeding. 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.<sup>3</sup>

### Here's how NovaSure has changed women's lives:<sup>3</sup>

Answered "Always," "Frequently," or "Sometimes"	Before NovaSure	After NovaSure
Do you lack confidence due to your period?	57%	16%
Do you have a problem working due to your period?	66%	10%
Do you spend less time at work or other activities?	61%	9%
Do you feel anxious due to your period?	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 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%

## Frequently asked questions about NovaSure®

### Is NovaSure 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 decide if NovaSure 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 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 may experience some cramping, mild pain, nausea, and/or vomiting. Most women feel back to themselves and can resume normal activities within a day or so. 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 couple of months. 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 EA procedures are making a hole in the uterus, bleeding, infection, or injury to organs within the abdomen or around the uterus. These problems are very rare.

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 excessive menstrual bleeding

Studies have shown that many women who suffer from excessive menstrual bleeding do not bring the subject up with their doctors or seek treatment. Don't let that be you! Heavy periods are not something you have to live with—they can be treated.

Excessive menstrual bleeding is a problem that affects 1 out of every 5 women, and your doctor is there to help. So don't feel hesitant or embarrassed to bring it up at your next visit.

If getting the conversation started once you're there seems hard, 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 excessive menstrual bleeding—is this something I should consider?"

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

**To find a physician in your area who performs NovaSure, go to [www.novasure.com](http://www.novasure.com) and click "Find a Physician"**

## Excessive menstrual bleeding checklist

**Do any of the following statements apply to you?**

- I feel like my periods are very heavy and/or long-lasting
- My bleeding is so heavy I need to change my pad or tampon every 1-2 hours
- I often need to wear both a tampon AND a pad for double protection
- My periods sometimes contain large clots
- I wear dark clothing because I worry about accidents
- I feel tired all the time when I have my period or I have been told that I am anemic
- My excessive menstrual bleeding has caused me to miss work, or to skip social or athletic events
- My excessive menstrual bleeding affects my sex life
- I feel like I have to plan my life around my period
- My periods make me feel anxious, depressed, and/or stressed out
- I feel that my life would improve if I had less bleeding or no bleeding each month

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

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

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\* The average treatment time is 90 seconds, and the entire NovaSure procedure typically takes less than 5 minutes to complete.

**For more information,  
talk to your doctor or visit  
[www.novasure.com](http://www.novasure.com).**

**HOLOGIC**<sup>™</sup>  
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