

Can I get pregnant after an MEA?

It is highly unlikely that women can get pregnant after an MEA but it is not impossible. MEA is not considered birth control and sterilization before MEA is usually recommended.

Is MEA covered by my insurance?

Most health insurance policies cover the cost of an MEA at the Kulbersh Women's Center. The cost of the ablation may be your office copay, usually \$25 to \$35. Ablation procedures at the hospital may cost \$2,000 or more. The insurance team at the Kulbersh Women's Center can verify the benefits of your policy and tell you what your financial responsibility will be.

What is my next step to be evaluated for MEA?

The Kulbersh Women's Center is pleased to be the only office in the Midlands to offer MEA in our AAAASF accredited surgery center. All it takes is one phone call to set up an appointment with one of our caring physicians in a beautiful state of the art facility to evaluate your problem periods. Come see what women are talking about. Change your life with MEA. The Kulbersh Women's Center is the right mix of knowledge and compassion.



End problem periods...
Period

Microwave Endometrial
Ablation in the Office
by Experts

Avoid Hysterectomy

10-Minute Painless Procedure

Over 1,000 procedures have
been performed in our
state of the art surgical center

Most treated women
never have another period



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MICROSULIS

Microwave Endometrial Ablation

*A treatment
for heavy periods*

MEA
**PATIENT
INFORMATION**



How common are heavy periods?

Many women experience heavy periods which interfere with their daily routines. Each year one in five women between the ages of 35 and 49 consult their primary care physician with heavy bleeding. One third of all patients' referrals to a gynecologist are due to problem periods. The physicians at Kulbersh Women's Center are experts in helping women deal with problem periods and offer treatment alternatives to hysterectomy.

What causes heavy periods?

A period occurs when the endometrium, the lining of the uterus, is shed during your monthly cycle. The endometrium leaves behind a layer of cells that grow a new lining after each period. There can be many causes for heavy periods such as fibroid tumors, polyps, or hormone imbalance. In 50% of patients with heavy periods, there is no cause identified.

What should you do if your periods are heavy?

A problem period to one woman may be considered a normal period to another. If your periods are affecting your lifestyle, you should contact the Kulbersh Women's Center. We will evaluate your specific problem with state of the art testing. Your doctor will determine the most appropriate treatment for your problems.

How are heavy periods treated?

There are several treatments for heavy periods. Birth control pills or hormone

replacement may be helpful, but only offer temporary relief with exposure to possible side effects. Many women believe their only option is a hysterectomy. A hysterectomy is a major operation to remove the uterus which may require up to a week in the hospital with a 4-6 week recovery time. **Microwave Endometrial Ablation (MEA)** is a safe and simple FDA approved procedure to stop problem periods. Dr. Kulbersh and his staff are experts in this innovative treatment for problem periods right in the office.

What is Microwave Endometrial Ablation (MEA)?

MEA is a minimally invasive procedure that destroys the lining of the uterus. It is performed in the Kulbersh Women's Center's AAAASF accredited outpatient surgery center (www.AAAASF.org). Anesthesia is administered by a Certified Registered Nurse Anesthetist (CRNA) so there is no pain or memory of the actual procedure.

How long does MEA take? When can I return to normal activities?

The entire MEA visit will take about 2 hours at the office and most women return to normal activities the very next day.

What results can I expect with MEA?

Over 70% of treated patients experience no more periods after the procedure. The remainder may experience a light period after an MEA, usually just a day or two of spotting. A small percentage of patients

(less than 10%) may require a hysterectomy for continued problem periods.

What about other types of ablations?

There are currently five ablation techniques available. In FDA trials, MEA was 50% more likely to stop problem periods than the closest competitor. The Kulbersh Women's Center is the only practice in the Midlands to offer MEA.

Am I a candidate for MEA?

MEA is an option for women with problem periods after they have completed childbearing. Your physician will test for the causes of heavy periods to see if you are a candidate for MEA. Most problem periods are treatable with MEA. It is the only ablation treatment approved by the FDA for treatment of problem periods caused by uterine fibroids, a frequent cause of problem periods.

How does MEA work?

MEA uses high frequency microwave to destroy the endometrium. The average household microwave oven emits 1,000 watts and MEA uses 22 watts of microwave energy. The destruction of the lining prevents periods by preventing regrowth of the lining with each cycle. MEA has no effect on the ovaries so there is no change in hormones, sex drive, or metabolism to cause weight gain. Usually, symptoms like cramps, menstrual headaches and PMS improve after MEA.

