

What is Ablation?

Imagine your doctor being able to see inside your body, find your fibroid and treat it without incisions. This is the idea behind **Ablation (MR guided focused ultrasound)**.

Ablation uses a combination of high intensity ultrasound waves and magnetic resonance imaging to provide a novel treatment alternative for fibroids, focuses the ultrasound energy and heats an area of the fibroid, causing cell death.

During treatment, magnetic resonance images enable the physician to "see" the fibroid and surrounding organs in 3D, obtain real-time feedback about temperature changes in the treated area, and observe what has been treated, in a totally non-invasive manner.



Patient undergoing Ablation treatment

What are the benefits of Ablation?

Ablation is an outpatient procedure designed to reduce your fibroid related symptoms, resulting in a significant improvement in your quality of life. It is a non-invasive alternative to surgery or hormonal treatments. Your uterus and cervix are not removed. It involves no hospital stay and allows you to return to your normal routine in a few days.

What happens during the Ablation procedure?

During the 3-4 hour procedure, you lie on your stomach on a table inside an MRI scanner. Sedation and pain medication are given to help you relax. You are conscious throughout the procedure and your doctor communicates with you. The doctor obtains MR images of your uterus and uses these to plan your treatment.

Then individual pulses of focused ultrasound energy, called "sonications", each lasting about 20 seconds, are applied to your fibroid until your doctor is satisfied with the treatment. Afterwards, MR images are taken to evaluate treatment effectiveness.

What happens to me after Ablation?

Following the procedure you rest for 1-2 hours while the sedation wears off. You may experience some abdominal pain, cramping or nausea. If necessary, your doctor will provide instructions for medication to keep you comfortable upon discharge. Usually, only over-the-counter pain relief medication is required. You may experience some cramping, similar to that experienced during a menstrual period, or shoulder or back pain that lasts a few days after the procedure from lying still during the procedure. Most women are able to return to work and normal activity within 1-2 days.

What are the risks of Ablation?

As with any medical procedure, there are risks involved with the **Ablation** treatment. These risks could include skin burns, back or leg pain, nerve damage, abdominal cramping, nausea, fever, vaginal discharge, and urinary tract infection. The incidence of these complications is relatively low. There is a risk that the treatment may not be successful and you may require an alternative treatment. Also, the treatment may be successful in reducing symptoms due to the fibroids that are treated, but at a later time, more fibroids may grow and require additional treatment. This is true for all fibroid treatment alternatives, except hysterectomy.

How do I know if I'm a candidate for Ablation?

To find a physician who performs the **Ablation** procedure visit www.uterine-fibroids.org. The physician will help you decide if you are a candidate. This procedure is for women who do not wish to become pregnant in the future. The effects of **Ablation** on the ability to become pregnant and carry a fetus to term have not been determined.





Do you suffer from uterine fibroids?

If you do or know someone who does, then you also know that uterine fibroids can be painful and uncomfortable, cause cramping, abdominal pain, heavy menstrual bleeding, anemia, frequent urination, constipation and distended stomachs.

Uterine fibroids are the most common benign (non-cancerous) tumor in women. Approximately 20-40% of women older than 35 have fibroids. Fibroids occur more frequently in African American women. Fibroids account for many medical visits, tests, medications, and medical procedures. They are also a major reason for work absences and reduced quality of life.

Until now, most treatment options were invasive surgical procedures. Now, with the Ablation procedure, you have a non-invasive treatment alternative, which eliminates fibroid related symptoms in an outpatient setting, without the need for incisions, anesthesia, or hospitalization.

website: www.uterine-fibroids.org

Today the choice is yours.

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Do you suffer from uterine fibroids?



Ablation of Chicago

(MR guided focused ultrasound)

a new non-invasive treatment for symptomatic uterine fibroids

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