



# The Other Choice

A Comprehensive Guide for Women with  
Fibroids

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Sophie Bartsich and Dr. Bartsich

# The Other Choice A Comprehensive Guide For Women With Fibroids

**SA Adler**



## **The Other Choice A Comprehensive Guide For Women With Fibroids:**

**The Other Choice** Sophie Bartsich, Ernst G. Bartsich, 2000-08 The word choice in women's health is synonymous with abortion. How to deal with an unwanted pregnancy has been the focal point of lengthy debates, psychological research, and significant policy changes. There is, however, another decision that hundreds of American women make every month but that is not recognized as an important health concern: the choice of whether or not to have a hysterectomy. Every year 700,000 hysterectomies (surgeries to remove the uterus) are performed in the United States. The hysterectomy is the most frequently performed operation in the country, second only to the cesarean section. While advances in the medical field have made the experience more bearable in the last few years, it remains a major surgery with a long list of side effects and a heavy psychological burden. Many women report post-operative depression, bladder or bowel dysfunction, and decreased sexual interest. Women of childbearing age must cope with the reality of no longer being able to bear children, and for many patients the long recovery period interferes with their jobs and everyday activities. Still, the most disturbing fact is that of all these operations, only 15% are medically necessary. Of the 85% that could have been avoided, about 60% were performed because of fibroid growths in the uterus. These non-cancerous tumors develop in or around the uterine wall and are usually undetected until the patient begins to manifest typical symptoms. While 35% of all American women will develop fibroids at some point in their childbearing years, thoroughly checking for them is not part of a routine gynecological exam. The majority of women who have either large or numerous benign tumors in their uteruses are long unaware of it. The discovery of uterine fibroids is usually sudden and upsetting. Most women do not know that they are a common problem and, as a result, are not prepared to deal with the situation. They know little about how fibroids behave and even less about their treatment options. Most of the time the doctors they consult will tell them that removal of the fibroids will only result in their growing back and further health complications. A hysterectomy seems at first to be the only alternative for completely resolving the problem and avoiding repetitious treatment. What many medical specialists fail to mention is that there are further alternatives. As a matter of fact, there are several. These other options are not only less invasive but they are often less expensive, call for a shorter hospital stay, and in many cases do not require even partial removal of the uterus. The root of the problem is that many gynecologists adhere to the outmoded belief that the uterus is useless after childbearing age. Because most of the women who are diagnosed with uterine fibroids are symptomatic and by then nearing menopause, their doctors do not consider it a priority to preserve their reproductive systems at all cost. Another issue is that few gynecologists are well trained enough with the alternative procedures to hysterectomy to feel comfortable performing them themselves. These physicians spend more time performing unnecessary surgeries and less time mastering different techniques, all the while scaring their patients into a major operation. They avoid recommending procedures such as a myomectomy, opting instead to perform the more common hysterectomy just to be safe. The safest thing, however, is to select the correct treatment.

alternative and preferably choose one that involves the least possible trauma to the mind and body Lack of information and unnecessary surgery are cause enough for concern in the debate about hysterectomies The problem runs even deeper however When a patient consents to having a procedure performed on her bod      **The Yale Guide to Women's**

**Reproductive Health** Mary Jane Minkin,Carol V. Wright,2008-10-01 This book is for every woman who has wished for an unhurried personal conversation with a sympathetic doctor who will answer her questions about reproductive health Dr Mary Jane Minkin a gynecologist practicing for more than 25 years presents a complete and up to date guide to a healthy reproductive system for women in their teens through middle age With warmth and understanding Dr Minkin and coauthor Carol V Wright respond to questions about the gynecological issues that concern women today including sexual activity contraception and family planning Readers of The Yale Guide to Women s Reproductive Health will learn how the female body works what problems may arise and what solutions are available in short they will become better prepared to participate in their own health care and to make healthy decisions      *The Complete Idiot's Guide to Menopause* Deb Baker,Maureen Pelletier, M.D; C.C.N; F.A.C.O.G.,2000-10-12 This guide for women in their late thirties to late fifties is meant to demystify the menopause condition symptoms remedies side effects and emotional impact The information about rememdiies includes both traditional and alternative treatments The author stresses the benefits of good nutrition and fitness

**Today's Black Woman** ,2003      *A Woman's Guide to Sexual Health* Mary Jane Minkin,Carol V. Wright,2005-01-01 A prominent gynecologist explains how to make the best choices for female reproductive health in this authoritative easy to read guide This book is for every woman who has wished for an unhurried personal conversation with a sympathetic doctor who will answer her questions about reproductive health Dr Mary Jane Minkin a gynecologist practicing for more than 25 years presents a complete and up to date guide to a healthy reproductive system for women in their teens through middle age With warmth and understanding Dr Minkin and coauthor Carol V Wright respond to questions about the gynecological issues that concern women today including sexual activity contraception and family planning Readers of The Yale Guide to Women s Reproductive Health willlearn how the female body works what problems may arise and what solutions are available in short they will become better prepared to participate in their own health care and to make healthy decisions

*Hysterectomy, Ovary Removal & Hormone Therapy* Elizabeth L. Plourde,Elizabeth L Plourde, M.T., M.A.,2002 Combining personal stories of women s surgical experiences with the most recent medical data this book offers a unique exploration into the issues surrounding hysterectomy ovary removal and hormone replacement This book provides much needed information to clarify the confusion around HRT since the WHI study was released in July 2002 Women do not need to suffer needlessly

*Prevention's Ultimate Guide to Women's Health and Wellness* Elizabeth Crow,2002-10-18 A guide to women s health draws on the latest medical research to answer questions concerning a wide variety of health issues with sections on how to cope with the problems of aging and a six step plan for healthy exercise      **The Hysterectomy Handbook** Harrison

Bluestone, Are you considering a hysterectomy but don't know where to start? Look no further than *The Hysterectomy Handbook: A Comprehensive Guide*. This short read book is packed with all the information you need to make an informed decision about this life-changing procedure. In the introduction, you'll learn the basics of what a hysterectomy is and why it matters. You'll also get a brief history of hysterectomy, giving you a deeper understanding of its significance in women's healthcare. The book then dives into the different types of hysterectomy, including total hysterectomy, partial hysterectomy, laparoscopic hysterectomy, and robotic hysterectomy. Each type is explained in detail, allowing you to understand which one may be right for you. Next, the book explores the various reasons for hysterectomy, such as uterine fibroids, endometriosis, pelvic inflammatory disease, abnormal uterine bleeding, and cancer. You'll gain insight into why these conditions may necessitate a hysterectomy and what you can expect during the procedure. Preparing for a hysterectomy is crucial, and this book provides a comprehensive guide on how to do so. From medical evaluations and pre-operative testing to medications, diet, exercise, and emotional preparation, you'll be fully equipped to face the procedure with confidence. The book then delves into the hysterectomy procedure itself, covering anesthesia options, surgical techniques, risks, complications, and recovery time. You'll gain a clear understanding of what to expect during and after the surgery. Recovery after a hysterectomy can be challenging, but this book offers guidance on managing pain and discomfort, post-operative care, and returning to daily activities. It also explores hormone replacement therapy (HRT) after hysterectomy, discussing the benefits, risks, and different types of HRT available. If you're looking for alternatives to hysterectomy, this book has you covered. It explores medications, uterine artery embolization, endometrial ablation, and myomectomy as potential options. Coping with the emotional effects of hysterectomy is also addressed, along with support groups and advice on intimacy and sexuality after the procedure. Long-term health considerations, such as bone health, cardiovascular health, sexual health, and psychological health, are also discussed. The book also covers the impact of hysterectomy on fertility, fertility preservation options, surrogacy, adoption, and the cost and insurance coverage of the procedure. Legal issues surrounding hysterectomy, such as informed consent and medical malpractice, are also covered.

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**Uterine Fibroids** Carla Dionne,2001-04-23 The most authoritative book available on uterine fibroids that covers traditional surgical and alternative therapies and provides key information necessary to determine the best choices      *The Complete Idiot's Guide to Acupuncture & Acupressure* David Sollars,2000-08-09 You re no idiot of course You know that for centuries acupuncture and acupressure have been among the most effective alternative medical treatments available Now you ve decided to try one of them but before you volunteer to be a human pincushion you have just a few questions So let s get to the point The Complete Idiot s Guide to Acupuncture and Acupressure offers a comprehensive look at these effective solutions in their various forms and functions In this Complete Idiot s Guide you get An introduction to the tools of the trade including needles magnets and exercise The lowdown on what to expect at your first treatment and how to relax and enjoy it Treatments for everything from acne to menopause Words of wisdom plus warnings and definitions to make the acu path easy to follow      *Uterine Fibroids* Elizabeth A. Stewart,2007-11-15 Providing the most reliable and up to date information on this very common and difficult disorder Dr Stewart helps women understand uterine fibroids and make the best possible choices about their care You ve called in sick today Your back and legs hurt Your abdomen is bloated and more than a little uncomfortable You are having your period and the bleeding is so heavy you can t even think about leaving the house You have uterine fibroids One in every four women see their lives affected by uterine fibroids which can cause heavy bleeding abdominal bloating pain and infertility The symptoms can be mildly annoying or life altering in severity Until recently hysterectomy was the only way to cure fibroids and each year more than 200 000 hysterectomies are performed in the United States to treat these noncancerous growths But hysterectomy isn t always the best solution The procedure can be devastating for women who were planning to get pregnant and it is a significant surgery for anyone In this comprehensive and compassionate guide Dr Elizabeth A Stewart helps women understand the treatment options now available An internationally recognized expert on fibroids Dr Stewart describes all the available medical and surgical treatments as well as alternative and complementary therapies In addition to hysterectomy she explains uterine artery embolization UAE noninvasive focused ultrasound FUS and innovative hormone treatments Simple diagrams and photographs illustrate the condition and its treatment Dr Stewart encourages women with fibroids to learn as much as they can before choosing a

treatment plan Providing the most reliable and up to date information on this very common and difficult disorder she helps women understand uterine fibroids and make the best possible choices about their care **Fibroids** James H.

Segars,2012-11-19 Fibroids are benign growths of the uterus They are the most common tumours found in women 20 30% of women usually in later reproductive years This book covers evidence based indications for treatment of uterine fibroids in gynecology the management of fibroids in pregnancy surgical treatments and outcomes rare fibroid syndromes and more

**SAQs, MCQs, EMQs and OSCEs for MRCOG Part 2, Second edition** Justin Konje,2009-03-27 This book established itself in its first edition as the definitive one stop shop revision aid the only one available to encompass all elements of the MRCOG Part 2 examination in a single volume Now incorporating practice EMQs as well as the standard question types this second edition will ensure that it retains its place on the must have list for every candidate preparing for this exam Concentrating on testing the candidate s theoretical and practical knowledge as recommended in the current MRCOG syllabus the book tests the trainee with questions in obstetrics and gynaecology and those aspects of medicine surgery and paediatrics relevant to the practice of both The book is divided into four key parts one for each style of question each of which opens with an introductory section on how to approach the exam and crucially how to fail it Part 1 provides a series of short answer practice papers Common mistakes are highlighted as well as a list of key points required to get full marks A sample answer is given for each question Part 2 contains a mock paper for the MCQ part of the exam containing 225 questions with answers and helpful annotations Part 3 introduces the EMQ giving the reader 40 questions in the style of the examination together with answers and explanatory notes Part 4 is devoted to the OSCE with descriptions of 20 sample stations assessing different aspects of clinical practice advice on how to tackle these and suggested marking schemes Throughout questions have been designed to test factual knowledge and understanding problem solving ability and clinical and communication skills **Dr. Barbara O'Neill's Cure for Uterine Fibroids** Olivea Moore, Are you tired of living with the discomfort and challenges posed by uterine fibroids Do traditional treatments leave you feeling overwhelmed and seeking a more natural holistic approach Dr Barbara O Neill s Cure for Uterine Fibroids is a comprehensive guide designed to empower women like you to take control of their reproductive health Drawing on Dr O Neill s extensive experience in natural healing this book delves into the root causes of fibroids and offers practical proven strategies for managing and reversing them Through detailed insights into herbal remedies dietary adjustments and lifestyle modifications you will discover a wealth of knowledge that can transform your health and well being This book is not just a guide it s a pathway to healing and renewal With real life success stories and actionable steps you ll find the motivation and support needed to embark on your healing journey Don t let uterine fibroids dictate your life any longer Take the first step toward reclaiming your health today Grab your copy of Dr Barbara O Neill s Cure for Uterine Fibroids and unlock the secrets to holistic healing and empowerment

**Women's Symptoms** Ivan Strausz,2009-10-07 Women s Symptom s is designed to help women understand their

symptoms and decide if consultations or investigations are warranted As well as a listing of both medical and gynecological symptoms Women s Symptom s contains a brief section on diseases which affect women Anemia Endometriosis Ovarian Cysts Toxic Shock Syndrome Rather than give a general description of medicine and disease Dr Strausz gives detailed medical explanations in understandable language so that women may understand fully the medical problem behind their symptoms This guide teaches women to interpret their symptoms using the methods and diagnosis techniques used by the best health care professionals and perhaps most importantly provides them with the information necessary to ensure that they are receiving medical care of the highest quality Some of the symptoms listed in the guide include Abdominal pain Arm wrist and hand pains Depression Headaches Urinary symptoms From the Trade Paperback edition **Dr. Nieca Goldberg's**

**Complete Guide to Women's Health** Nieca Goldberg,2009-01-13 Dr Nieca Goldberg provides information to help women understand the changes in their body discusses problems that plague women starting in their mid thirties and offers advice on finding the right doctor for optimal health care **Understanding Fertility: A Comprehensive Guide to**

**Reproductive Health** Cathy Rudd, Unlock the mysteries of reproductive health with Understanding Fertility A Comprehensive Guide to Reproductive Health This all encompassing guide provides valuable insights into the complex world of fertility from the basics of reproductive anatomy to the latest advances in fertility treatments With expert advice practical tips and heartfelt personal stories this book offers a thorough understanding of both natural and medical approaches to enhancing fertility Discover how lifestyle changes diet and cutting edge technologies can improve your chances of conception Whether you re just beginning your fertility journey or seeking to deepen your knowledge Understanding Fertility is an essential resource for anyone looking to take control of their reproductive health *A Woman's Complete Guide to Natural Health* Lynne Paige Walker, Ellen Hodgson Brown,2003 A guide to natural healing for women describes 130 treatments for a variety of disorders and diseases **The Unofficial Guide to Radiology - E-Book** Zeshan Qureshi,2023-10-05 The unique and award winning Unofficial Guides series is a collaboration between senior students junior doctors and specialty experts This collective author team understands what is essential to excel on your course in exams and in practice as well as the importance of presenting information in a clear fun and engaging way Packed with hints and tips from those in the know when you are in a hurry and need a study companion you can trust reach for an Unofficial Guide The Unofficial Guide to Radiology will help you conduct a systematic analysis of all radiological investigations including X rays CT MRI ultrasound and nuclear medicine as well as interventional radiology It presents each image in the context of a real life scenario so you can practise your interpretation and compare it to a model report accompanied by a fully annotated version of the image Further multiple choice questions help you relate theory to patient management This book is ideal for students to test their core knowledge for exams and also has relevance for postgraduate further education and as a day to day reference for professionals Recommended by the Royal College of Radiologists with awards from the British Medical Association and the



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**Fibroids Unleashed: Embracing Minimally Invasive Options for Uterine Freedom** Pasquale De Marco, 2025-03-16 Uterine fibroids prevalent benign growths that reside within the muscular walls of the uterus affect millions of women worldwide Yet despite their prevalence misconceptions and uncertainties often cloud the understanding of these enigmatic tumors This comprehensive guide unveils the complexities of uterine fibroids empowering individuals to navigate their unique journeys towards healing and well being Through a blend of scientific knowledge personal narratives and expert insights this book sheds light on the causes symptoms and diverse treatment options available At the forefront of this exploration lies uterine artery embolization a minimally invasive procedure that has transformed the landscape of fibroid management We delve into the intricacies of this procedure unraveling its benefits risks and potential complications equipping readers with the knowledge to make informed decisions about their healthcare Beyond medical interventions this book explores the power of lifestyle modifications alternative therapies and emotional support in alleviating symptoms and promoting overall well being Readers will discover the role of nutrition exercise stress reduction techniques and mind body practices in managing fibroids and reclaiming vitality Unveiling Fibroids Unleashed is not merely a medical guide it is a testament to the resilience and strength of those who have faced the challenges of living with fibroids Through personal narratives we unveil the hidden stories of courage resilience and triumph offering hope and inspiration to those navigating their own fibroid journeys With empathy and expertise this book guides readers through the complexities of diagnosis treatment decisions and the ever evolving frontiers of research It empowers individuals to become active participants in their healthcare fostering a sense of control and empowerment throughout their healing journey Ultimately Fibroids Unleashed is an invitation to embark on a journey of self discovery acceptance and empowerment It is a beacon of hope illuminating the path towards reclaiming vitality and living life to the fullest undeterred by the presence of fibroids This book is an invaluable resource for individuals seeking knowledge compassion and unwavering support as they navigate the complexities of uterine fibroids If you like this book write a review

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### **The Other Choice A Comprehensive Guide For Women With Fibroids Introduction**

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