

NOTHING SHOULD HOLD YOU BACK



FREE HEALTH LECTURE

Relief for Heavy Periods, Pelvic
Pain and Other GYN Problems

Jeremiah McNamara, MD, OBGYN



Boulder Women's Care

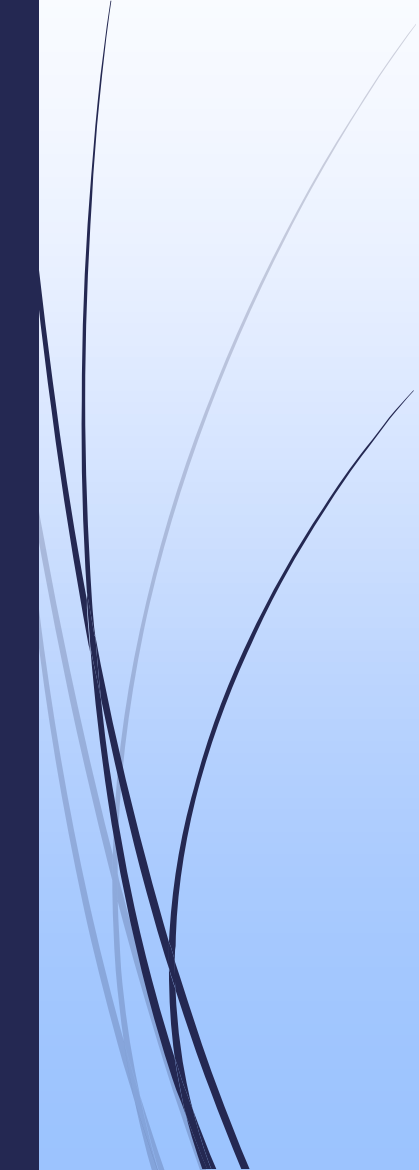
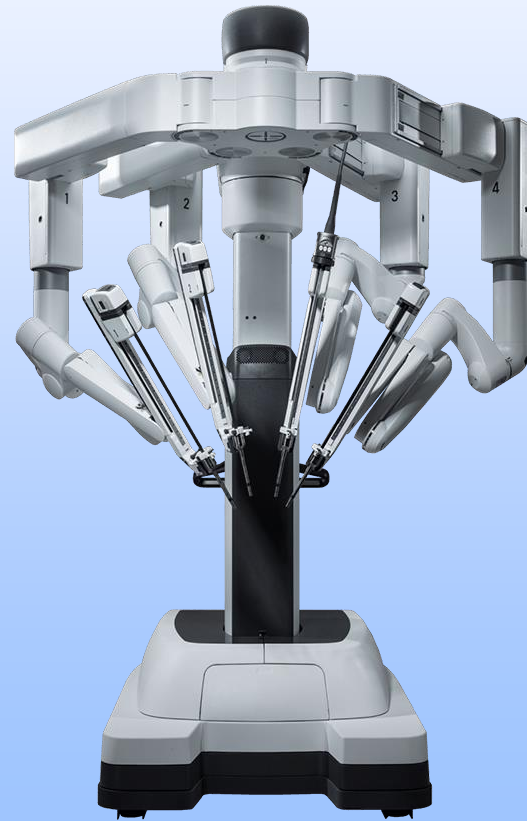


Boulder Community Health



INTUITIVE

SURGICAL[®]





Agenda



Common GYN problems

- ▶ Heavy or Irregular bleeding
- ▶ Extremely painful periods
- ▶ Chronic (non-cyclic) pelvic pain
- ▶ Pelvic floor dysfunction & Prolapse

1. Where is the problem coming from?
2. How do we figure out what's going on?
3. What treatments are there?
 - ▶ Lifestyle, Natural
 - ▶ Medical
 - ▶ Surgical

Heavy
Periods

Painful
Periods

Common
GYN
Problems

Chronic
Pelvic
Pain

Pelvic
Floor
Dysfunction

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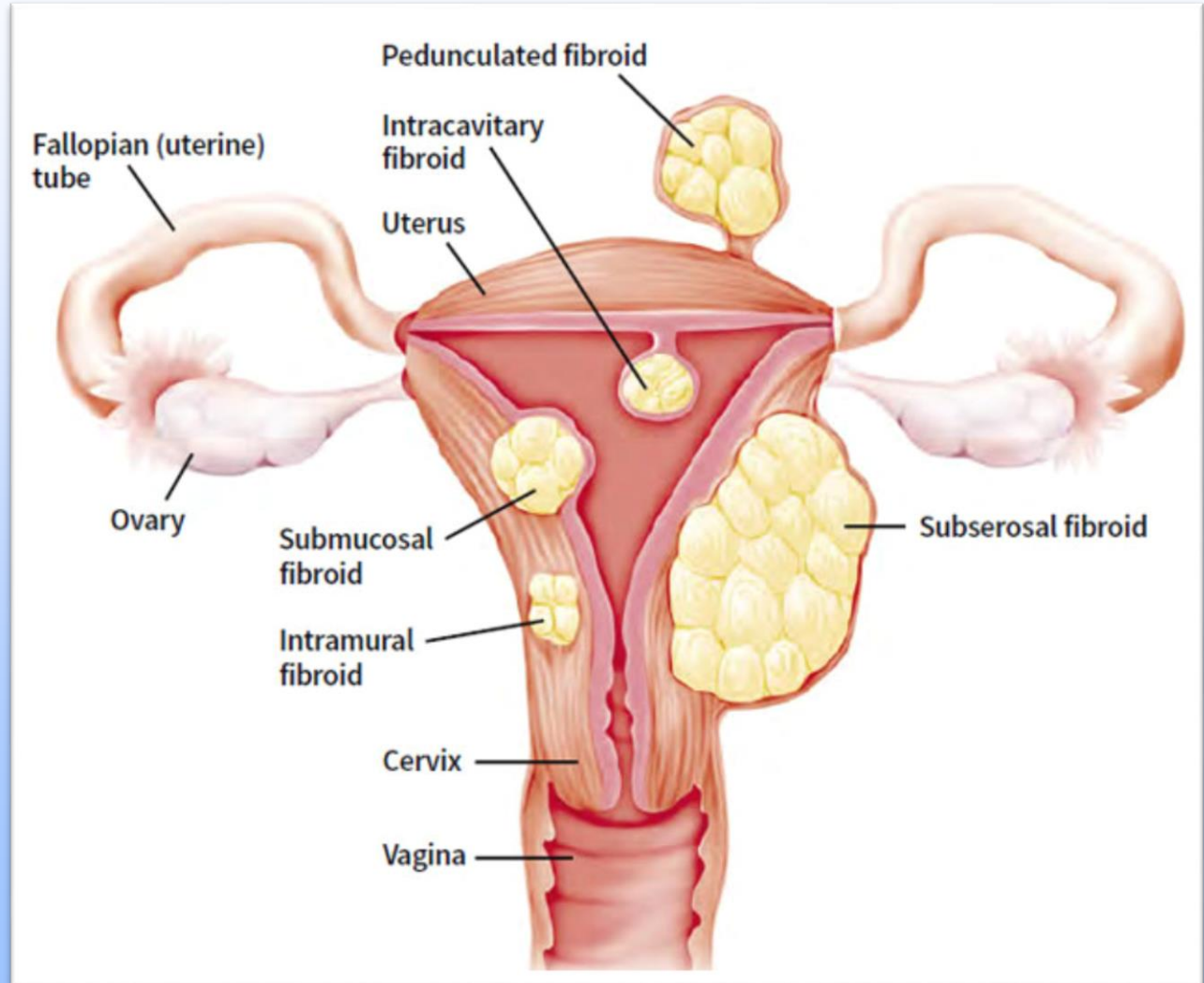
Where is the problem coming from?

- ▶ Anatomic issues with the uterus
- ▶ Hormonal influence on the uterus
- ▶ No clear cause

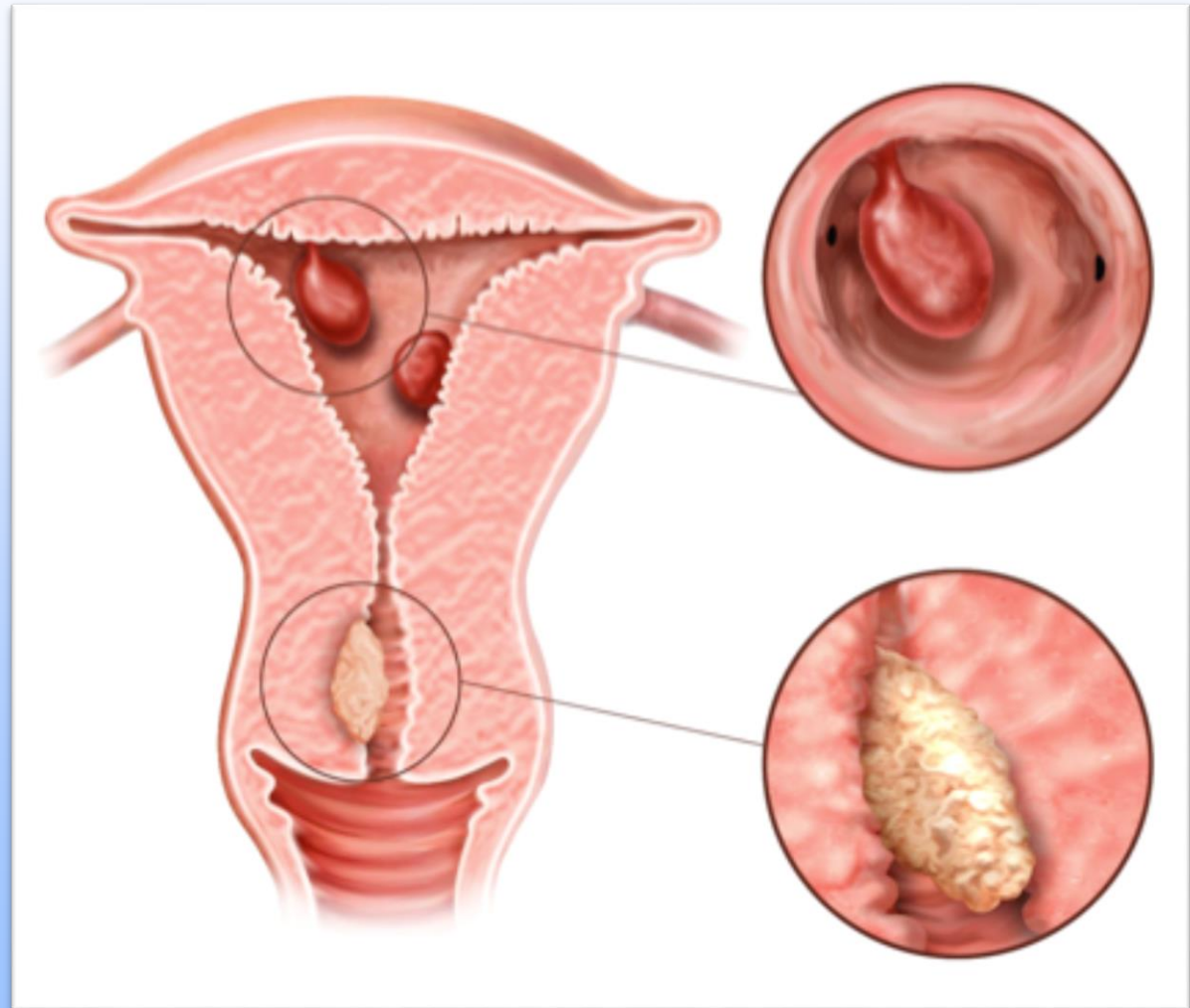


Heavy
Periods

Anatomic Issues: Uterine Fibroids

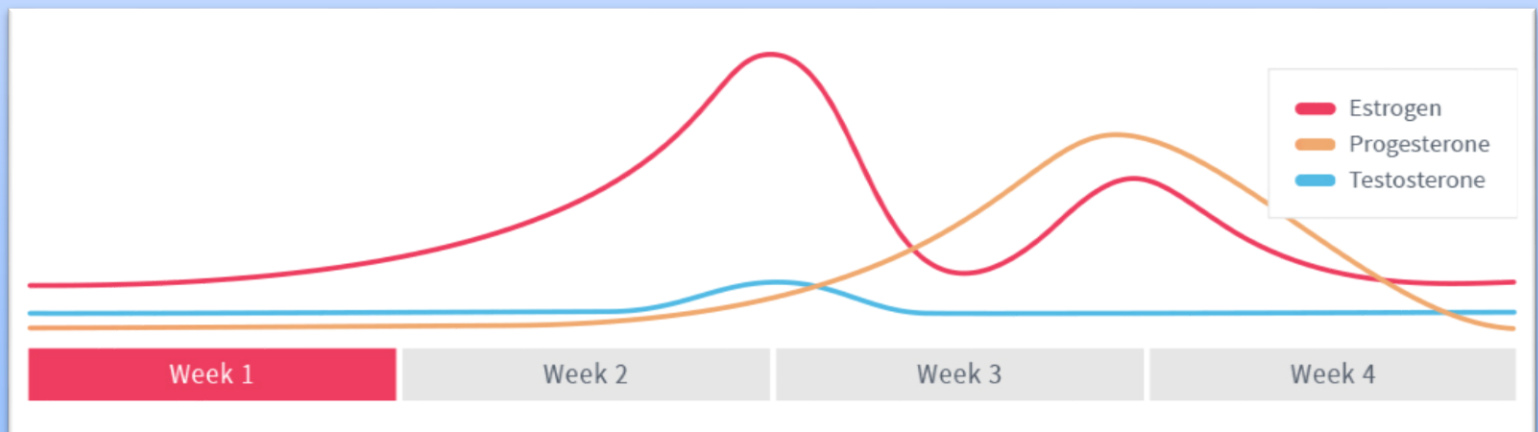


Anatomic Issues: Endometrial Polyps



Hormonal Influence on the Uterus

- ▶ Abnormal/Anovulatory cycles
 - ▶ Menopause
 - ▶ Obesity and/or weight change
 - ▶ Stressors
- ▶ Thyroid dysfunction
- ▶ Familial bleeding disorders



How do we figure out what's going on?

- ▶ Patient history, Physical Exam
- ▶ Lab work: Iron levels, Hormone testing, Thyroid testing, Von Willebrands Disease
- ▶ Imaging test: Pelvic Ultrasound



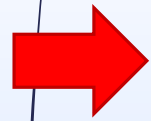
Heavy
Periods

What can we do about it?

- ▶ If there are anatomic issues... we address them.
- ▶ If there are lab issues... we address them.
- ▶ If things come back normal...

Heavy
Periods

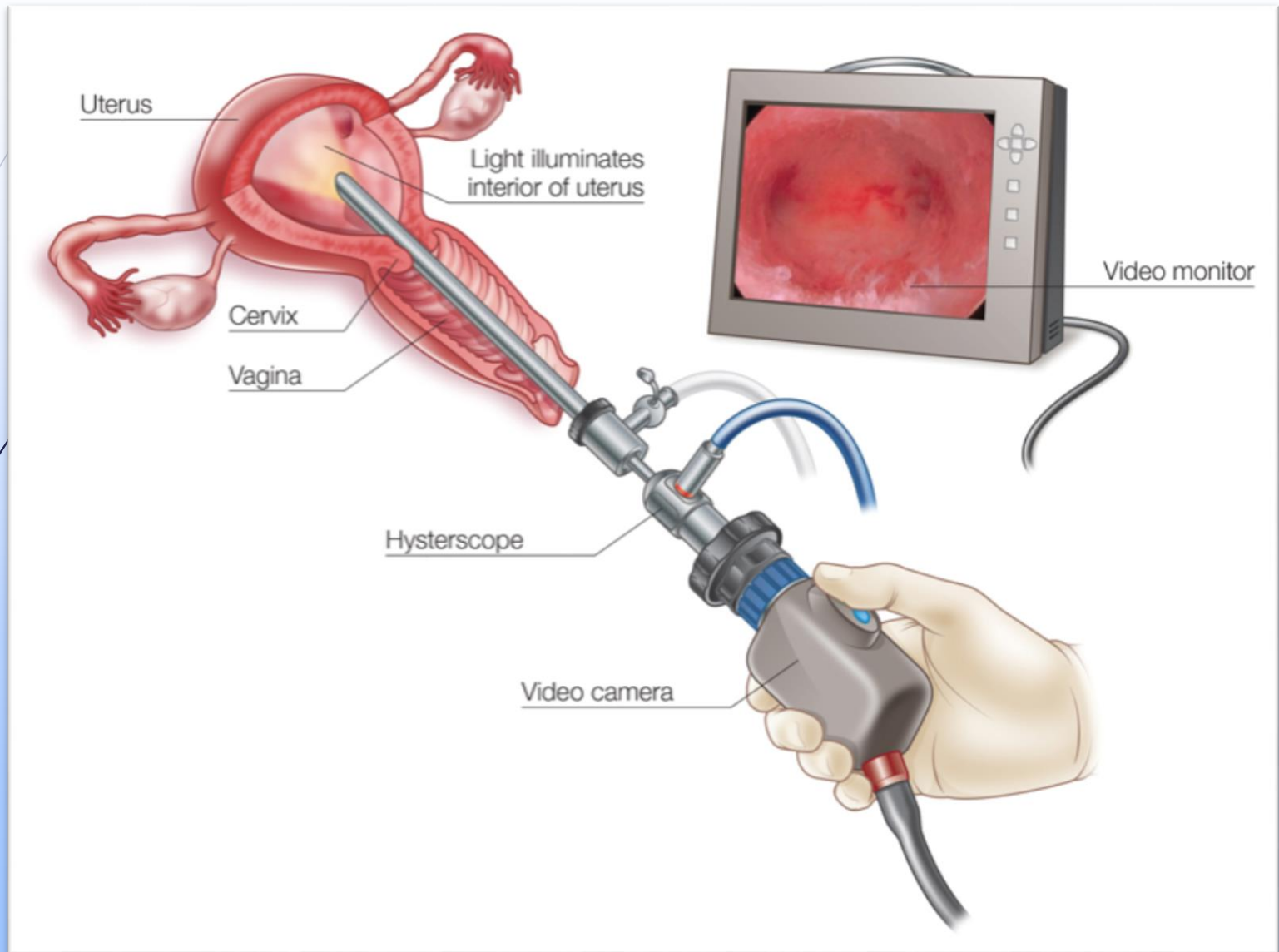
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Heavy
Periods

Hysteroscopy



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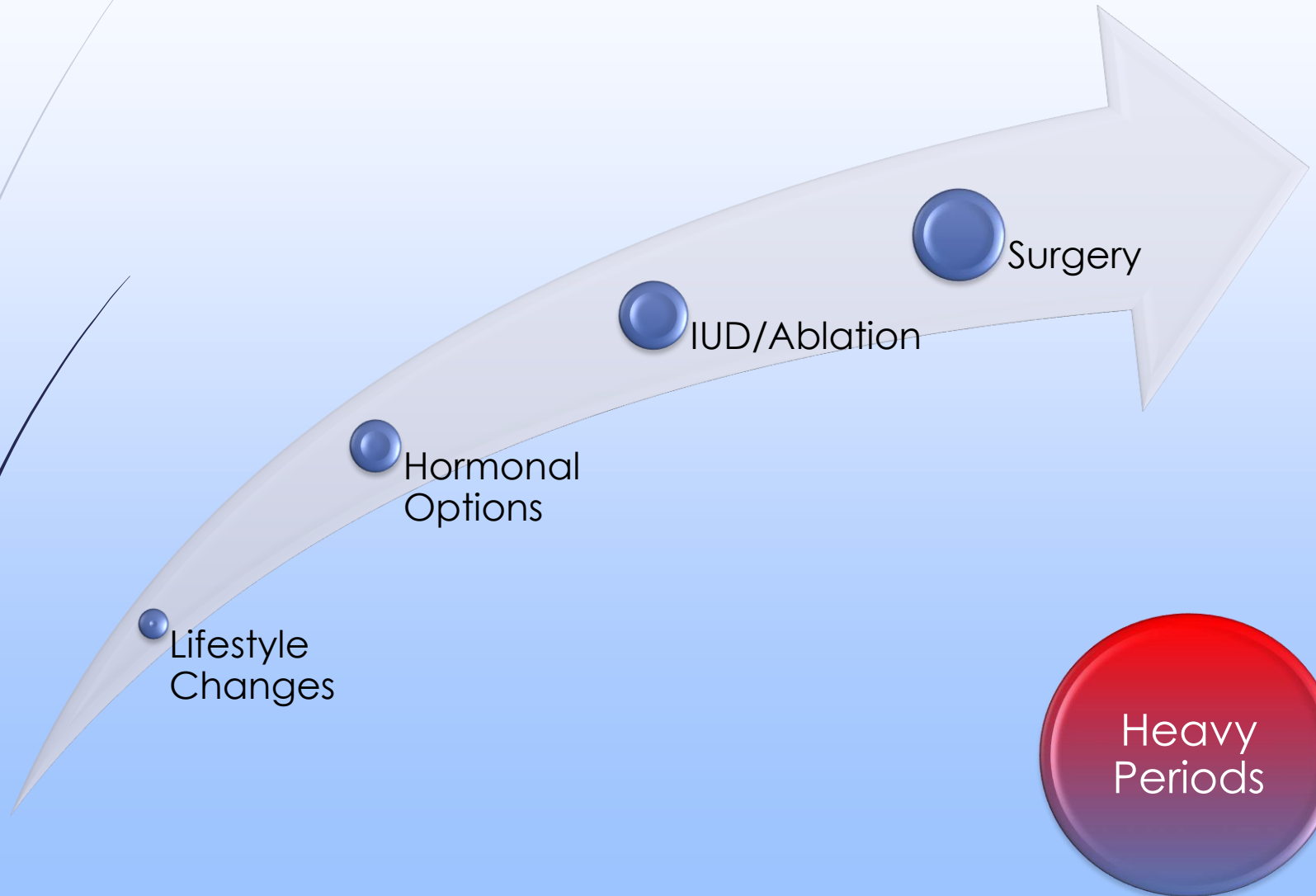
Heavy
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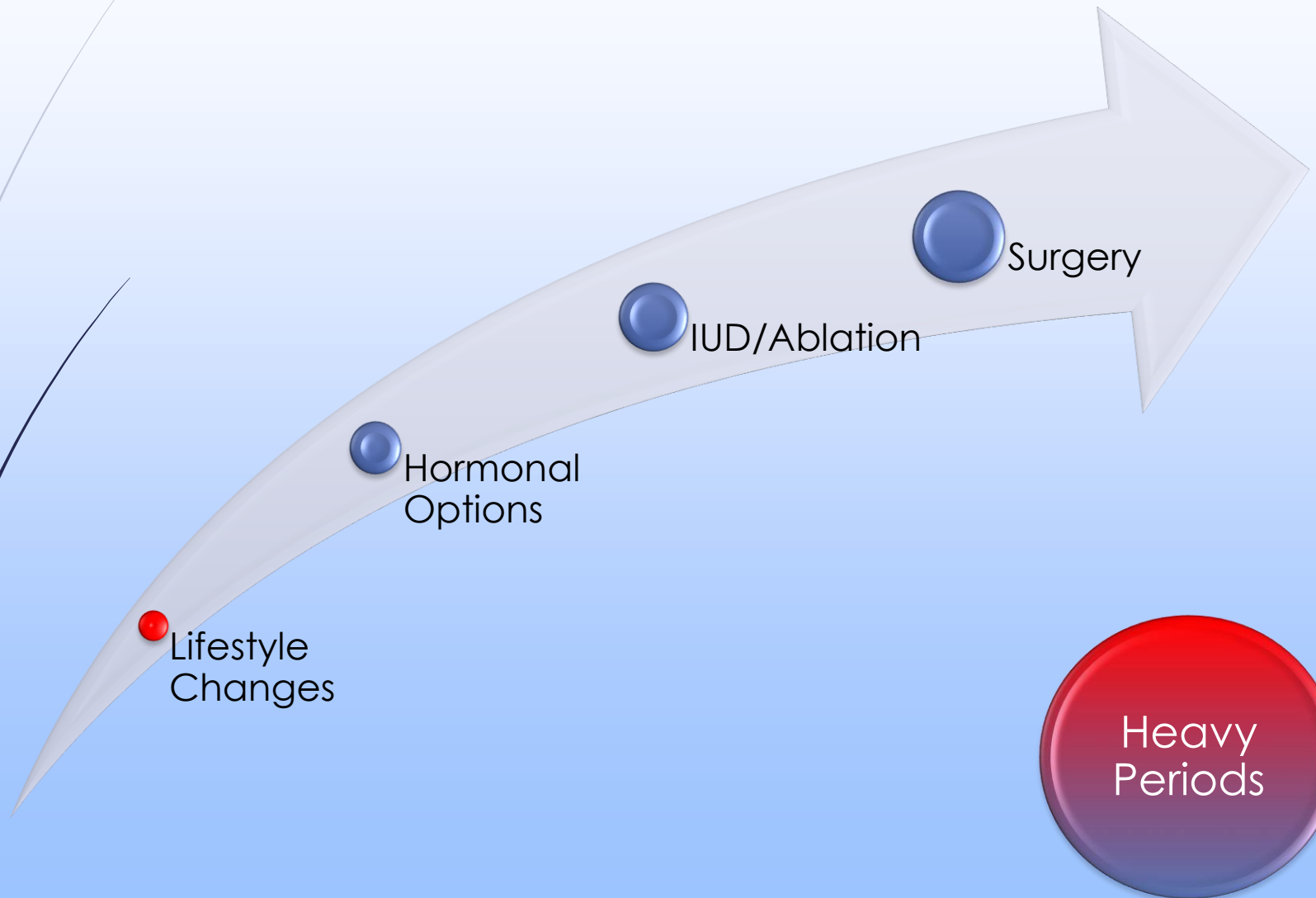
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Heavy
Periods

What can we do about it?



What can we do about it?



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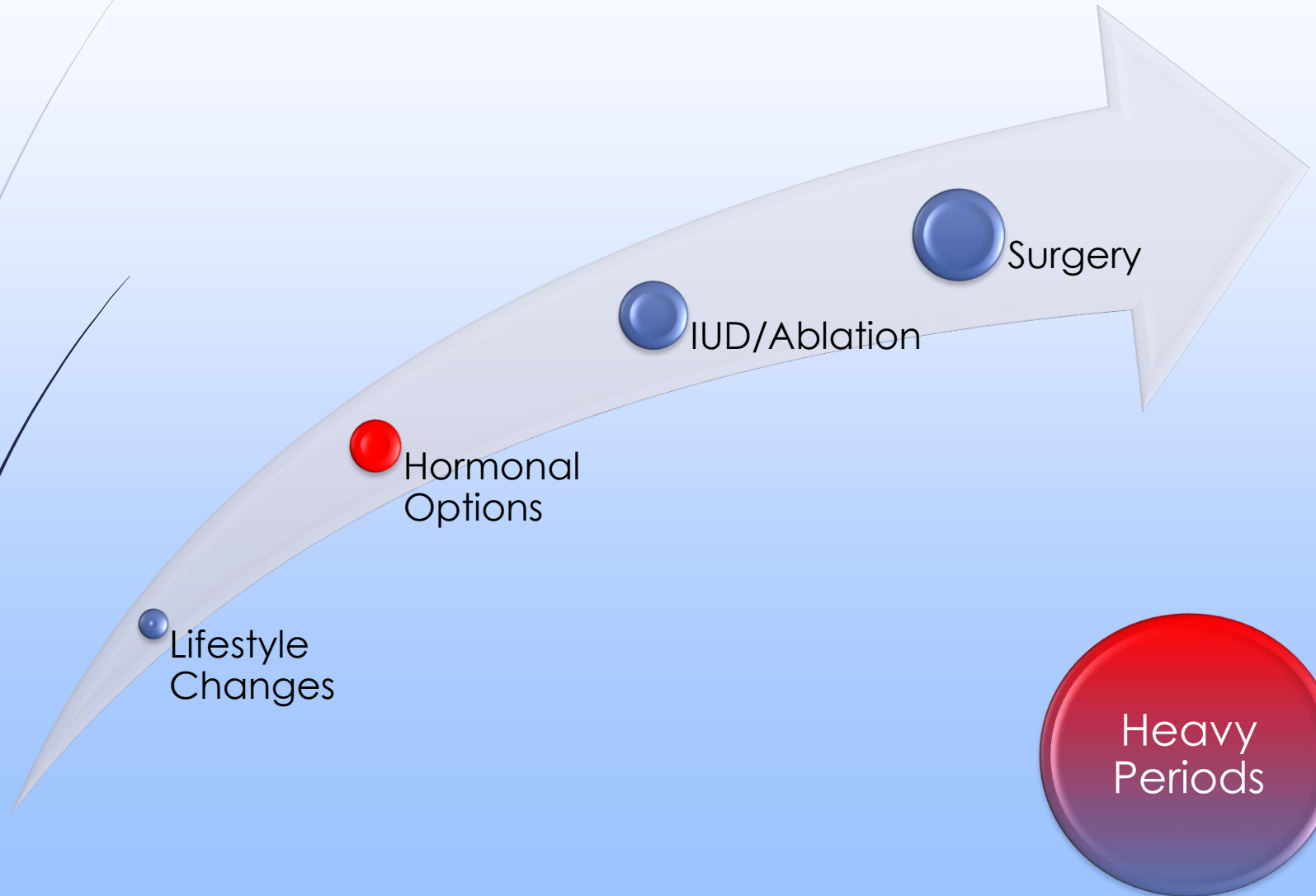
1. Exercise & Weight-loss
2. Stress reduction
3. Prophylactic NSAIDS

 Hormonal
Options

 Lifestyle
Changes

Heavy
Periods

What can we do about it?



What can we do about it?

1. (Low dose) Birth Control Pills
2. Depo-Provera (every 3 mos)
3. Patch/NuvaRing
4. Nexplanon

 Hormonal
Options

 Lifestyle
Changes

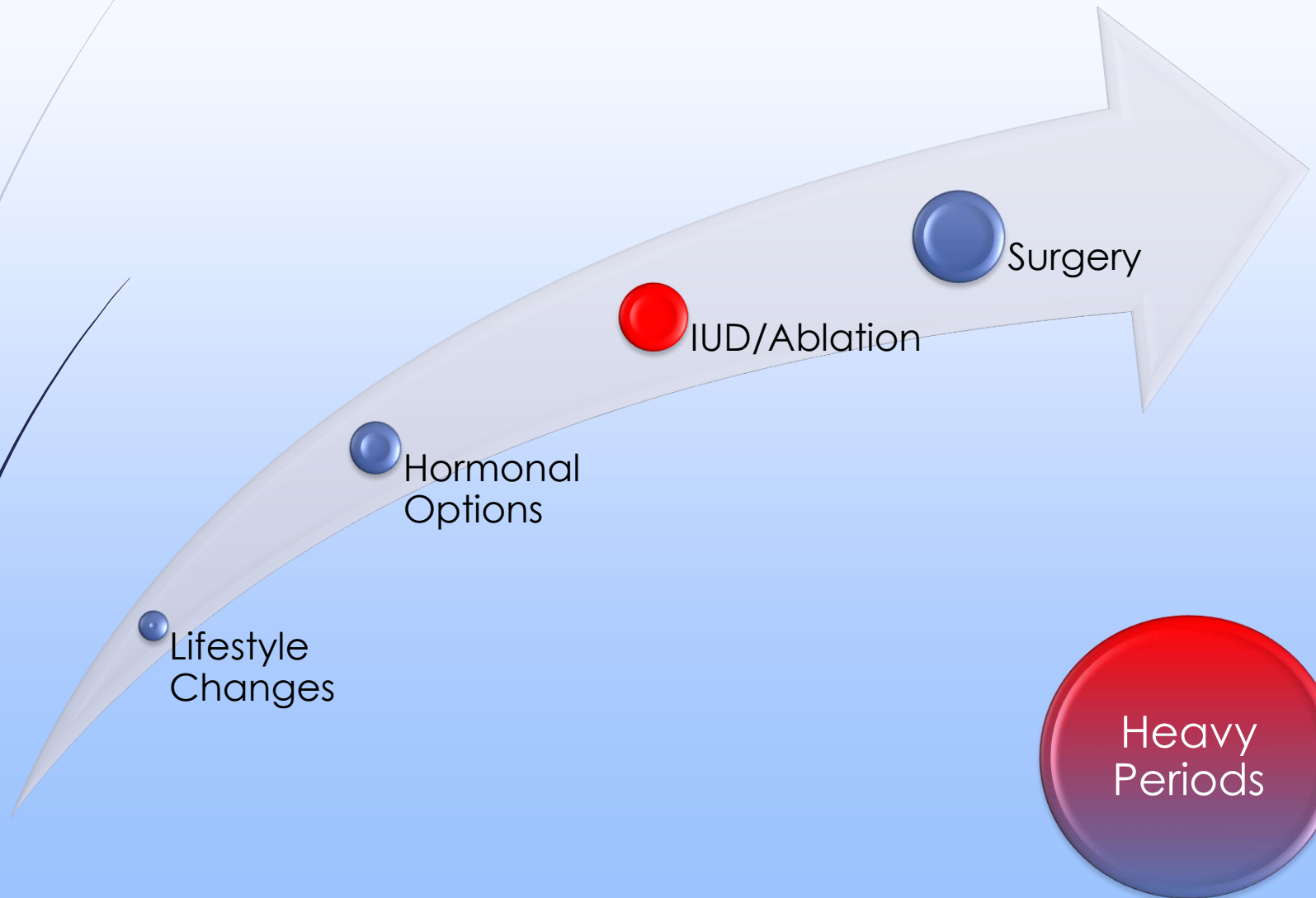
Heavy
Periods

Nexplanon

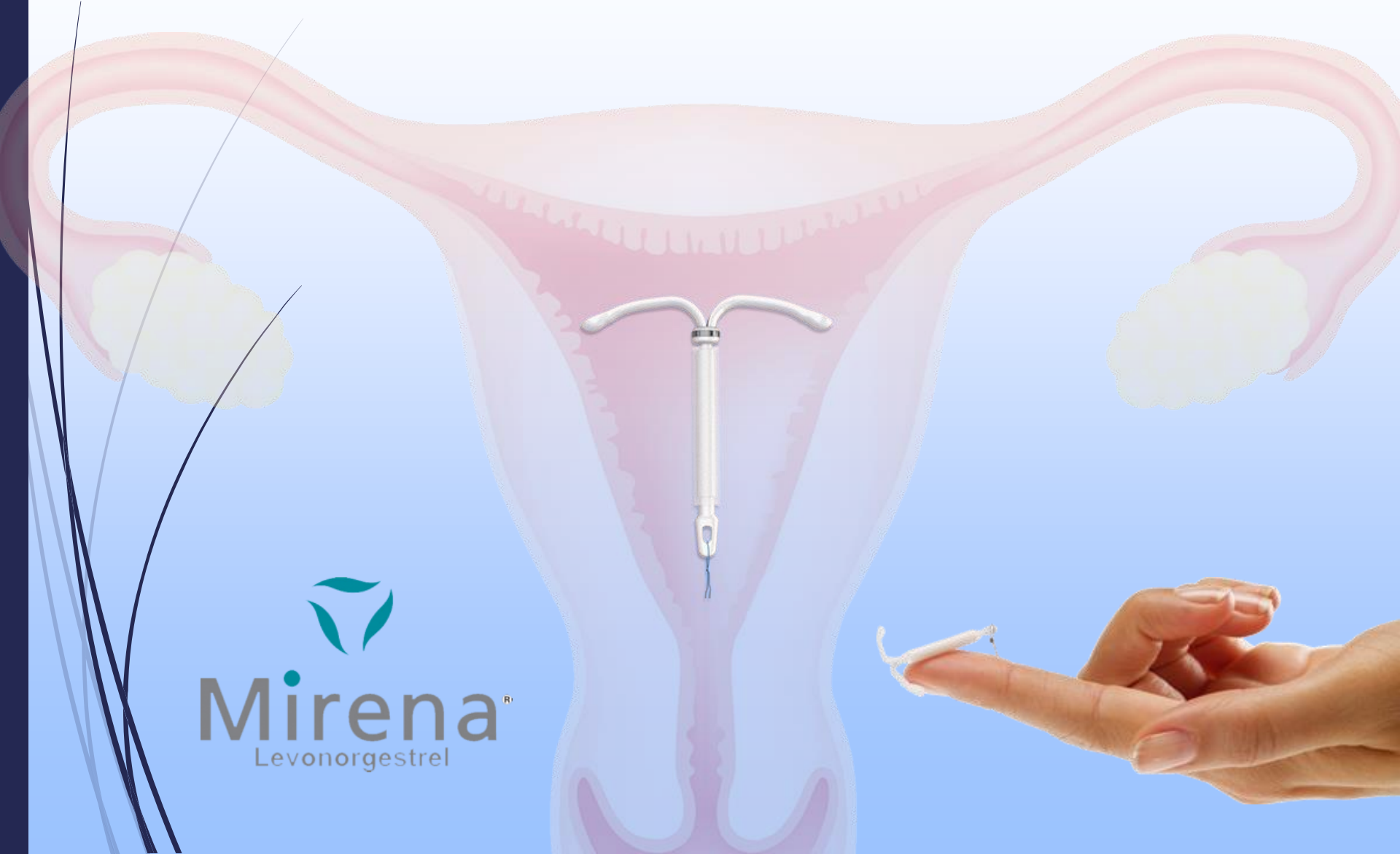


Nexplanon®
(etonogestrel implant) 68mg

What can we do about it?



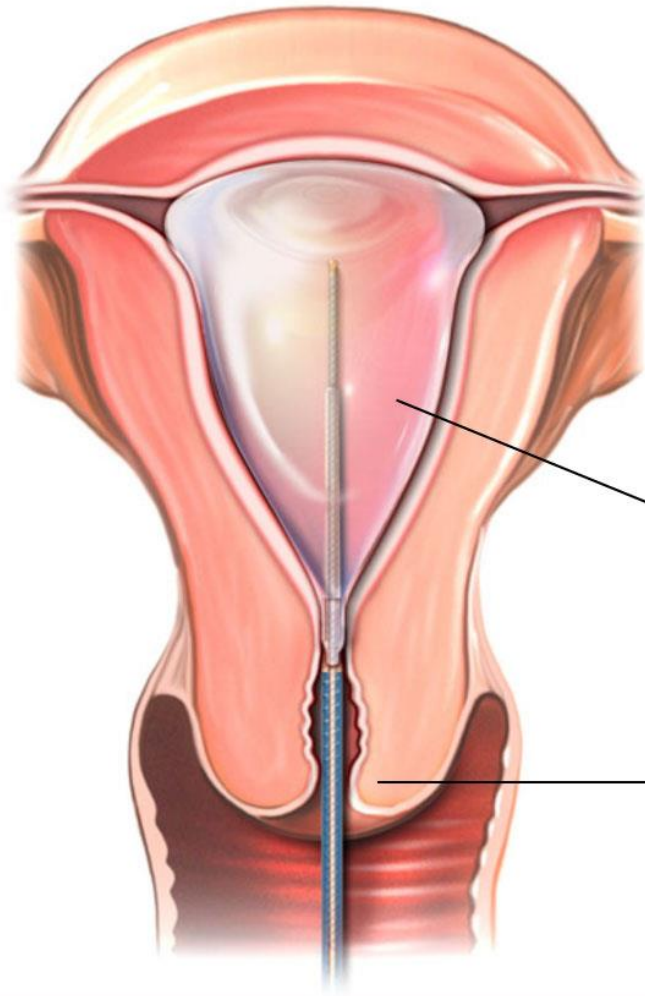
Hormone-Releasing IUD




Mirena[®]
Levonorgestrel

Endometrial Ablation

- A safe, effective, quick procedure
- Treatment success rate of 92%*
- Amenorrhea Rate of 66%
- Patient satisfaction rate of 98%
- Fastest procedure time, 3 to 4 minutes



Balloon

Cervix

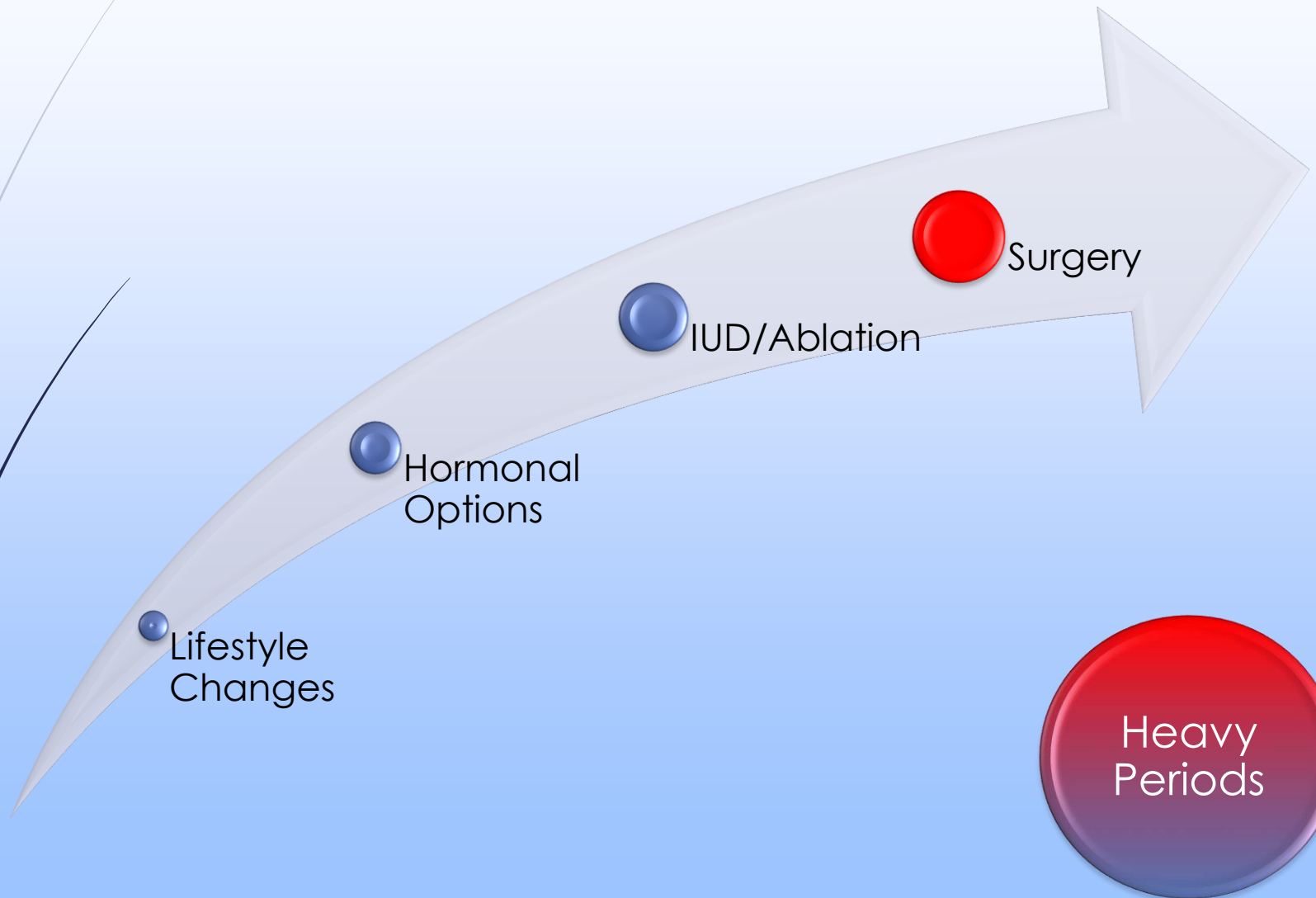
NovaSure®

Control the bleeding. Restore your life.

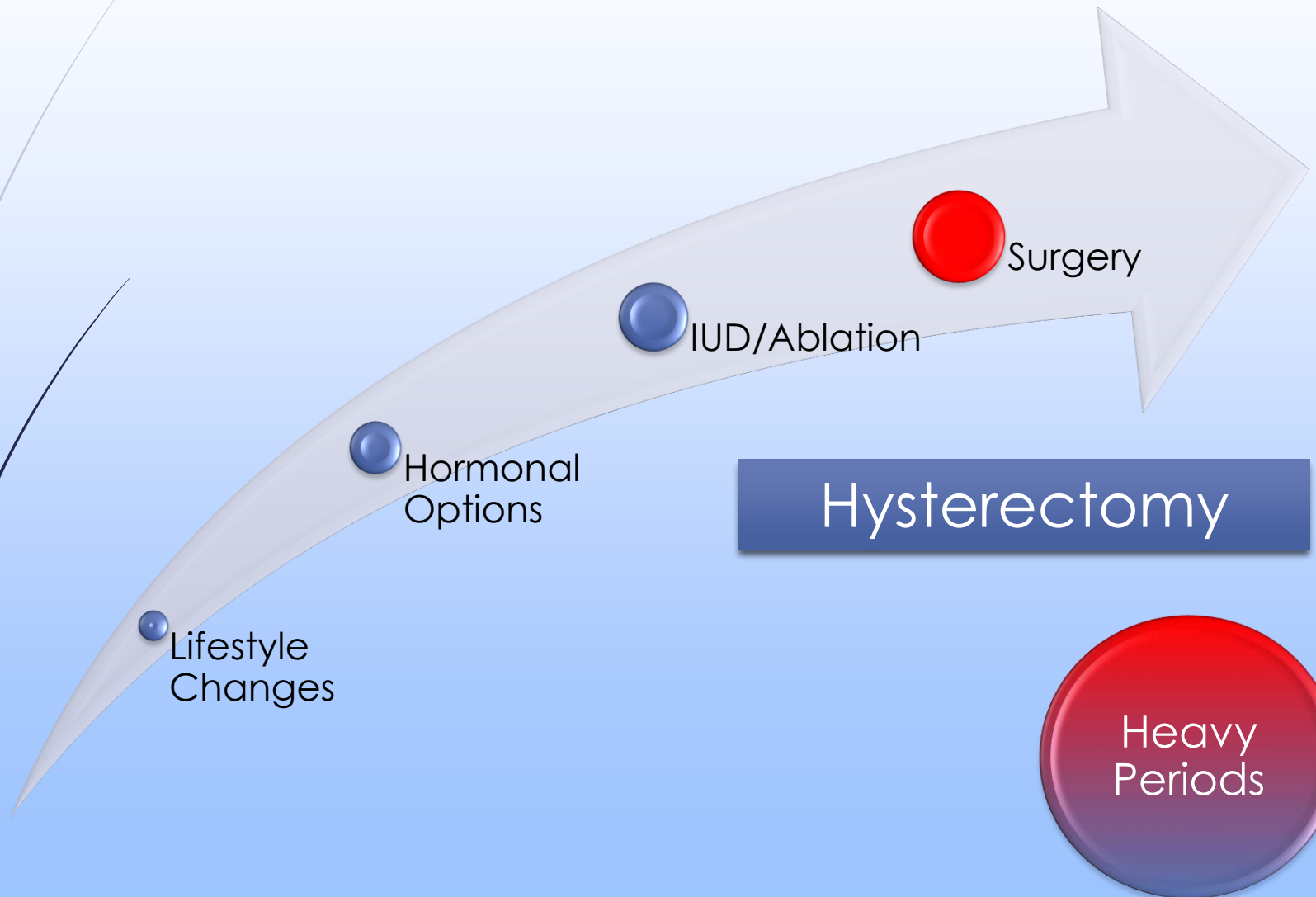
minerva
SURGICAL

**Pt's with heavy menstrual bleeding reduced to a normal level or less.*

What can we do about it?

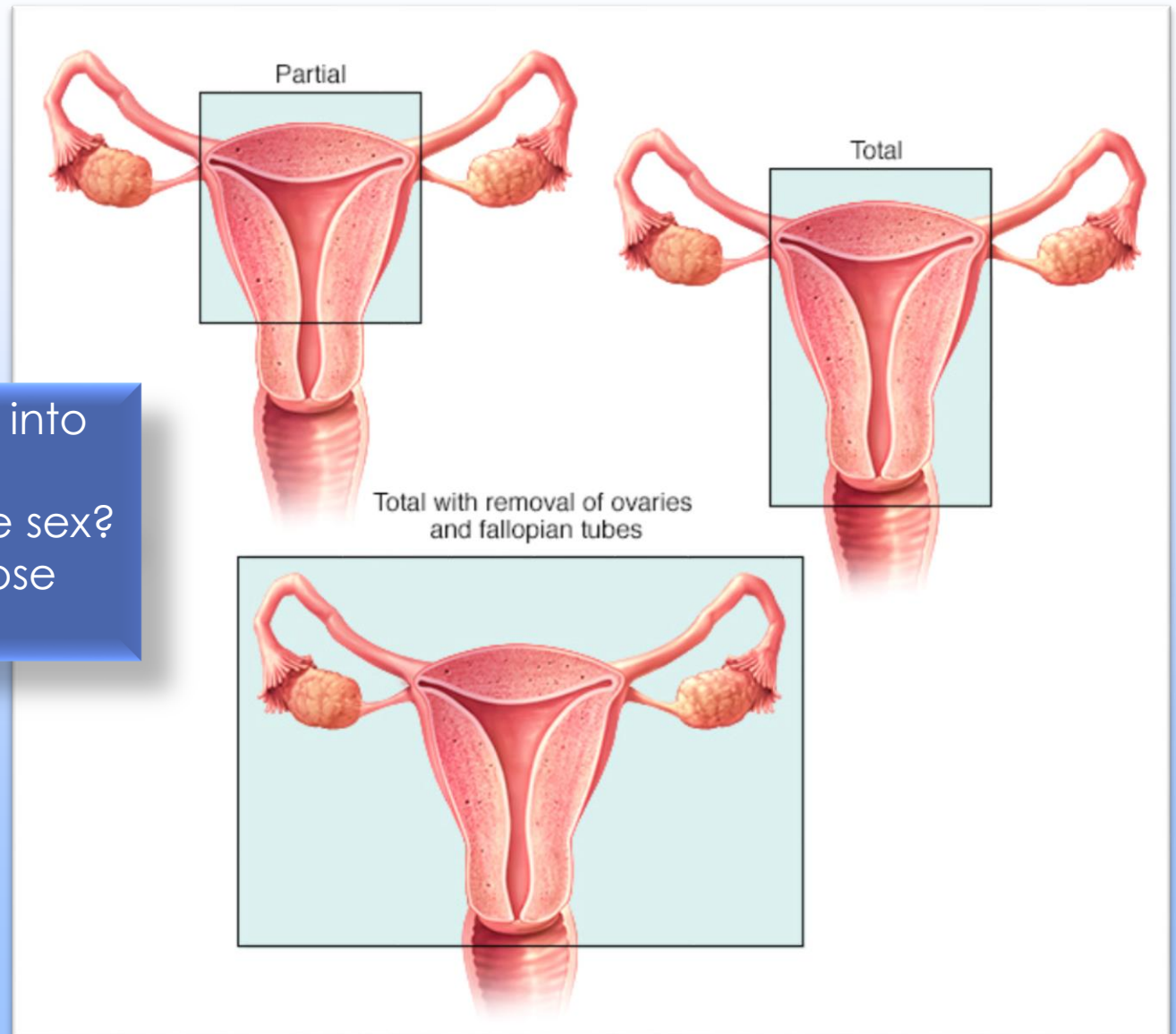


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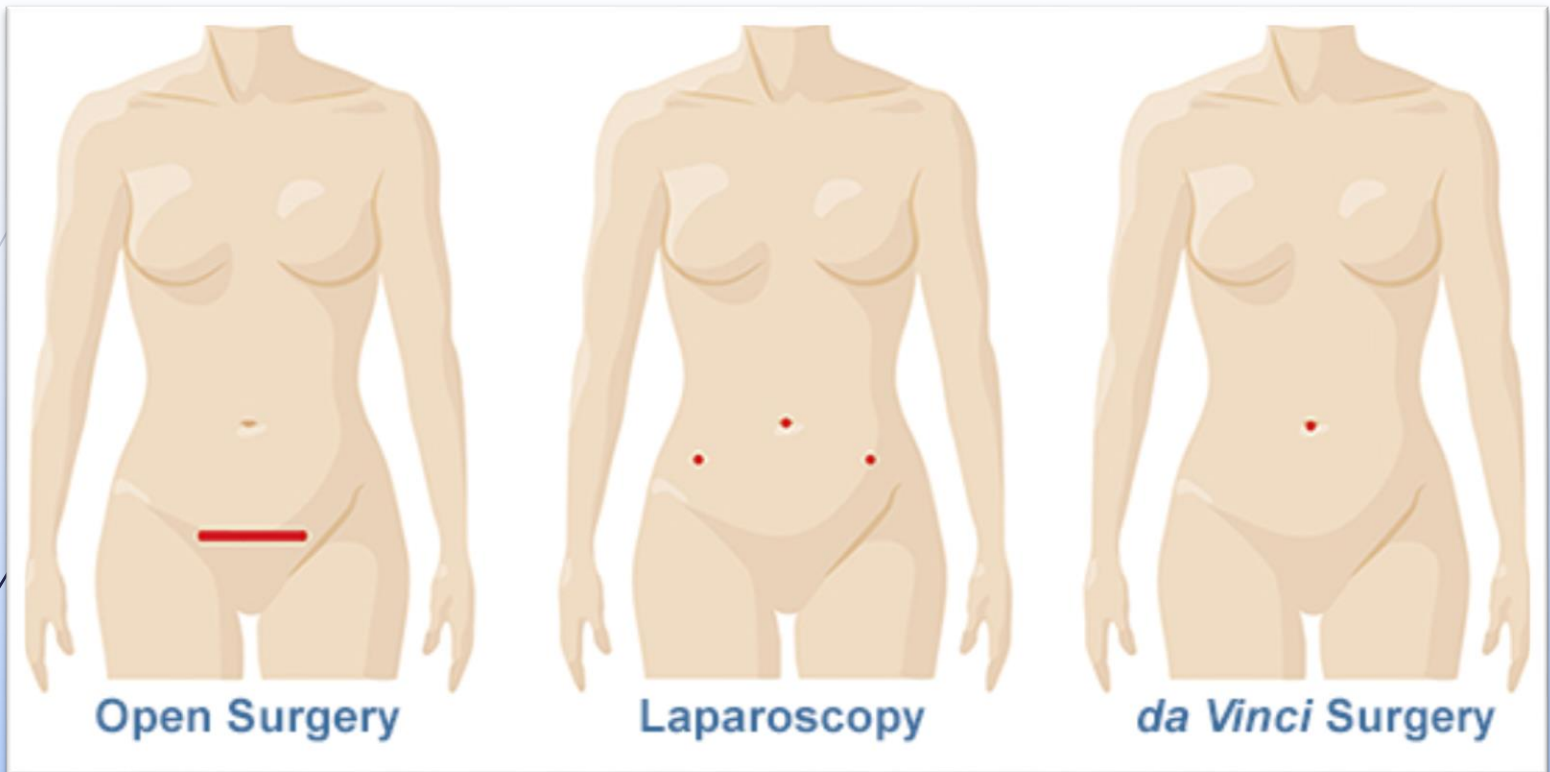


Myth Busters: Hysterectomy

1. Will this put me into menopause?
2. Will this change sex?
3. Will I get prolapse later?



Minimally Invasive Hysterectomy

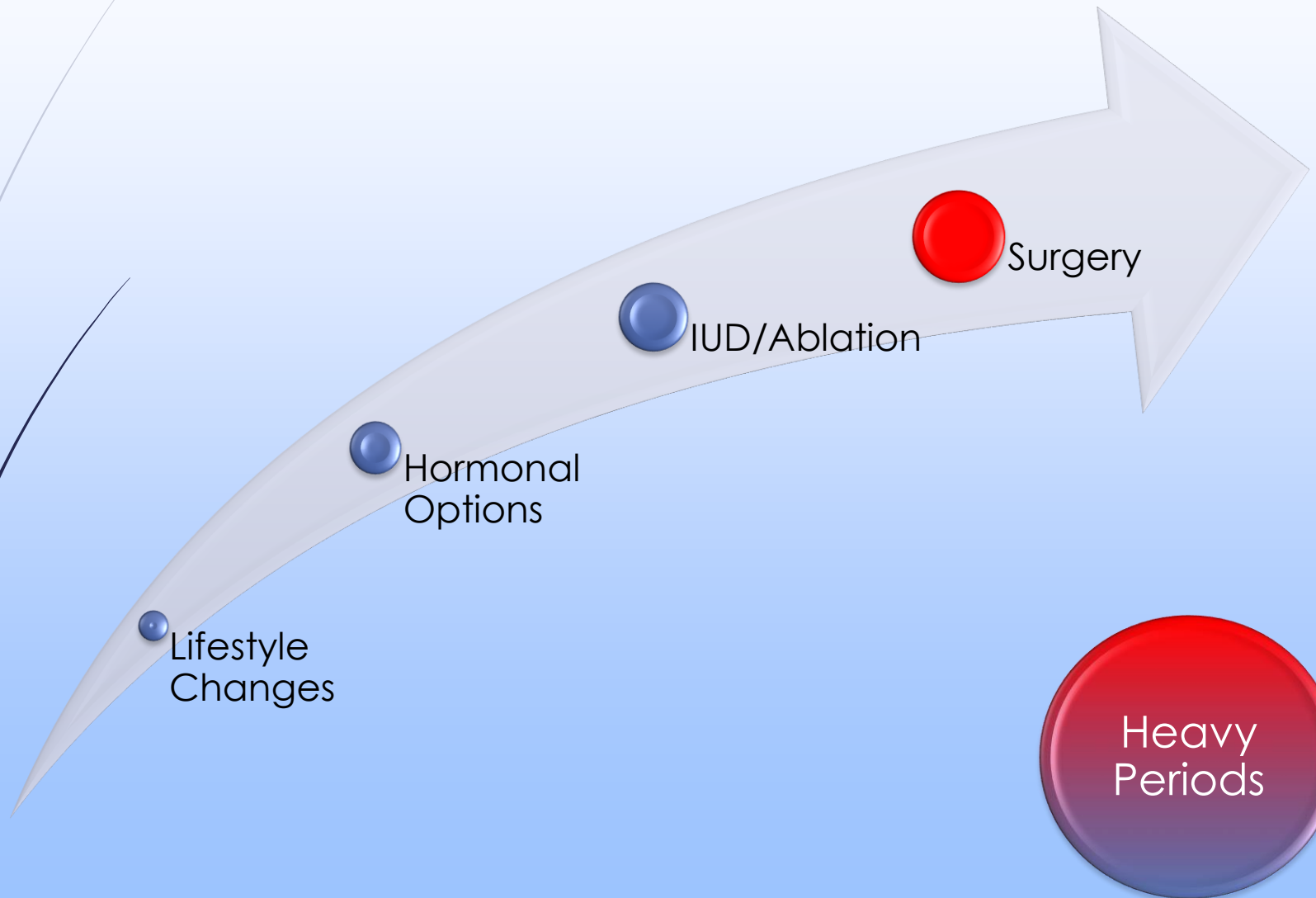


- More postop pain & narcotics
- 3-5 day hospital stay
- More operative blood loss
- Slower return to normal activity
- More wound infections
- Cosmetic issues



- Much less postop pain
- Maybe stay one night
- Less blood loss (drops)
- Back to life/work week 2
- Very rare wound infections
- Better cosmesis

What can we do about it?



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Where is the problem coming from?

Painful
Periods

- ▶ Primary Dysmenorrhea
 - ▶ That's how it's always been...
- ▶ Secondary Dysmenorrhea
 - ▶ The past: Scar tissue & Infection
 - ▶ Endometriosis



Endometriosis

(sueks)

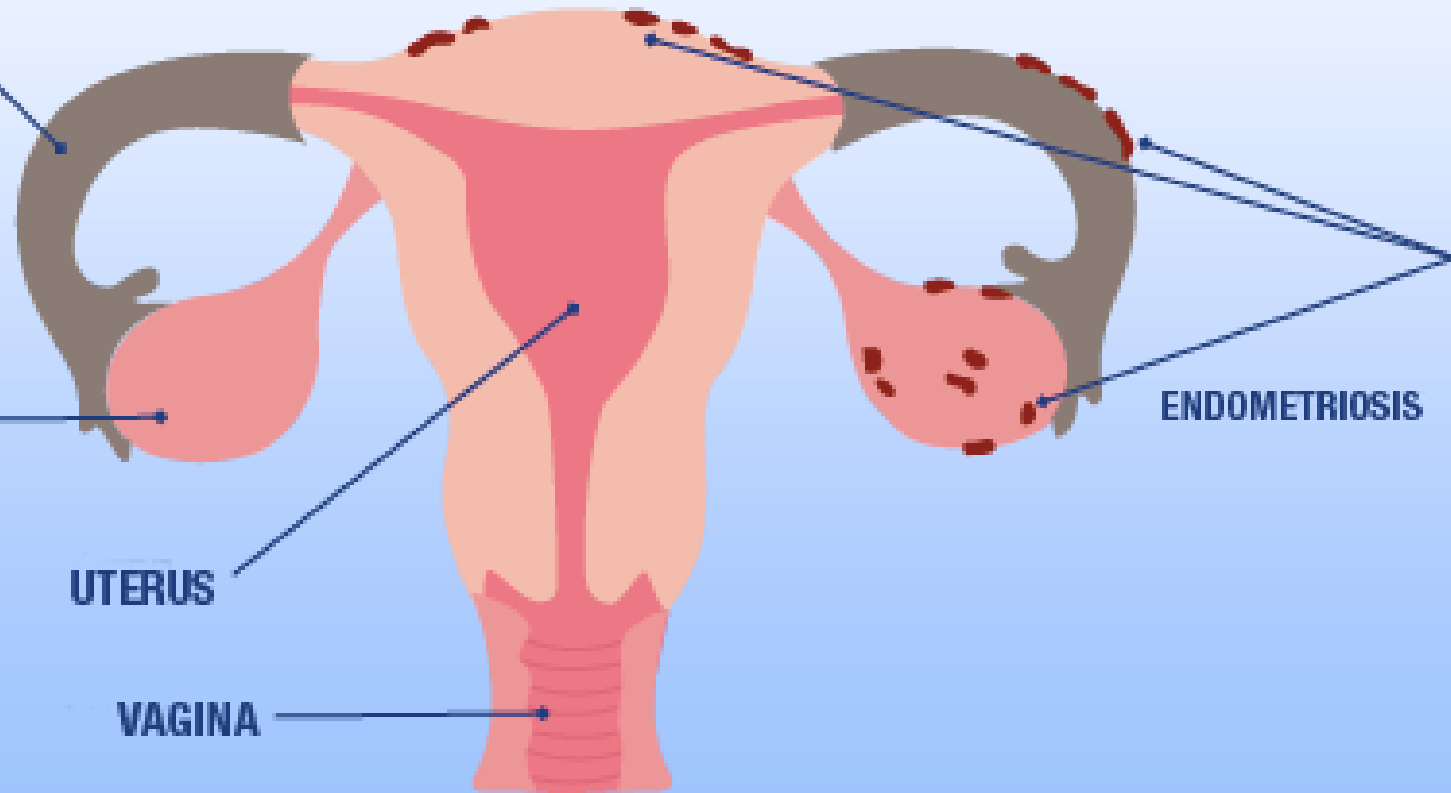
FALLOPIAN TUBES

OVARY

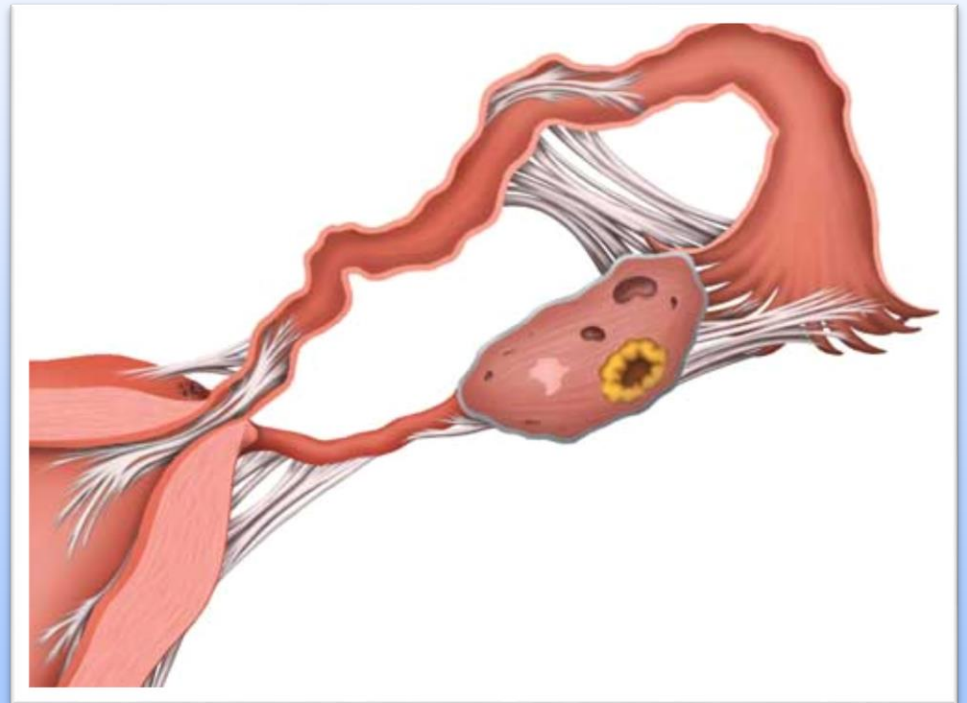
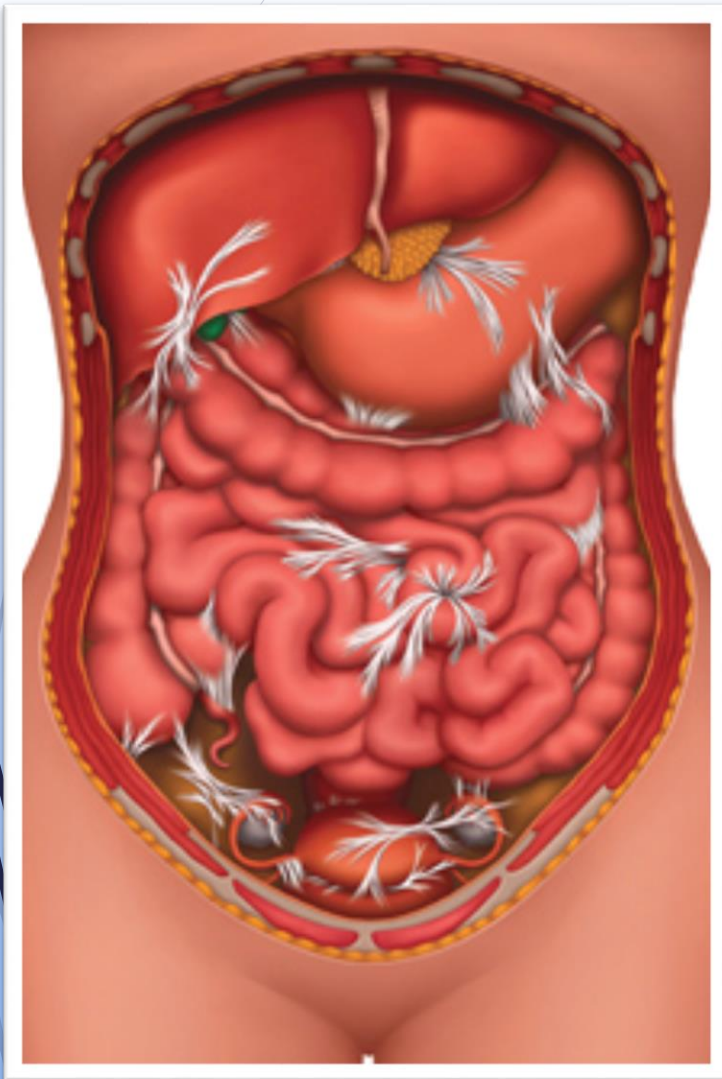
UTERUS

VAGINA

ENDOMETRIOSIS

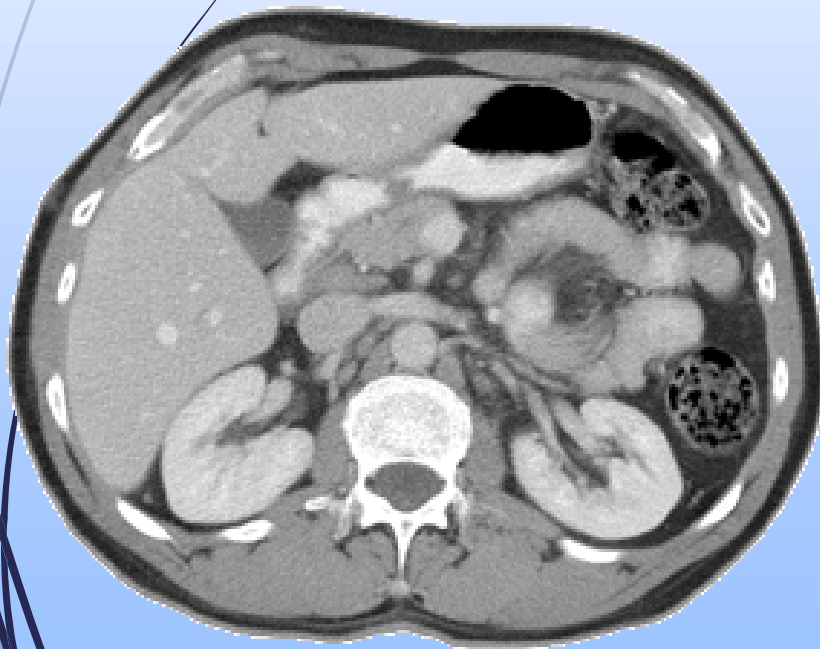


The Past: Scar Tissue & Adhesions

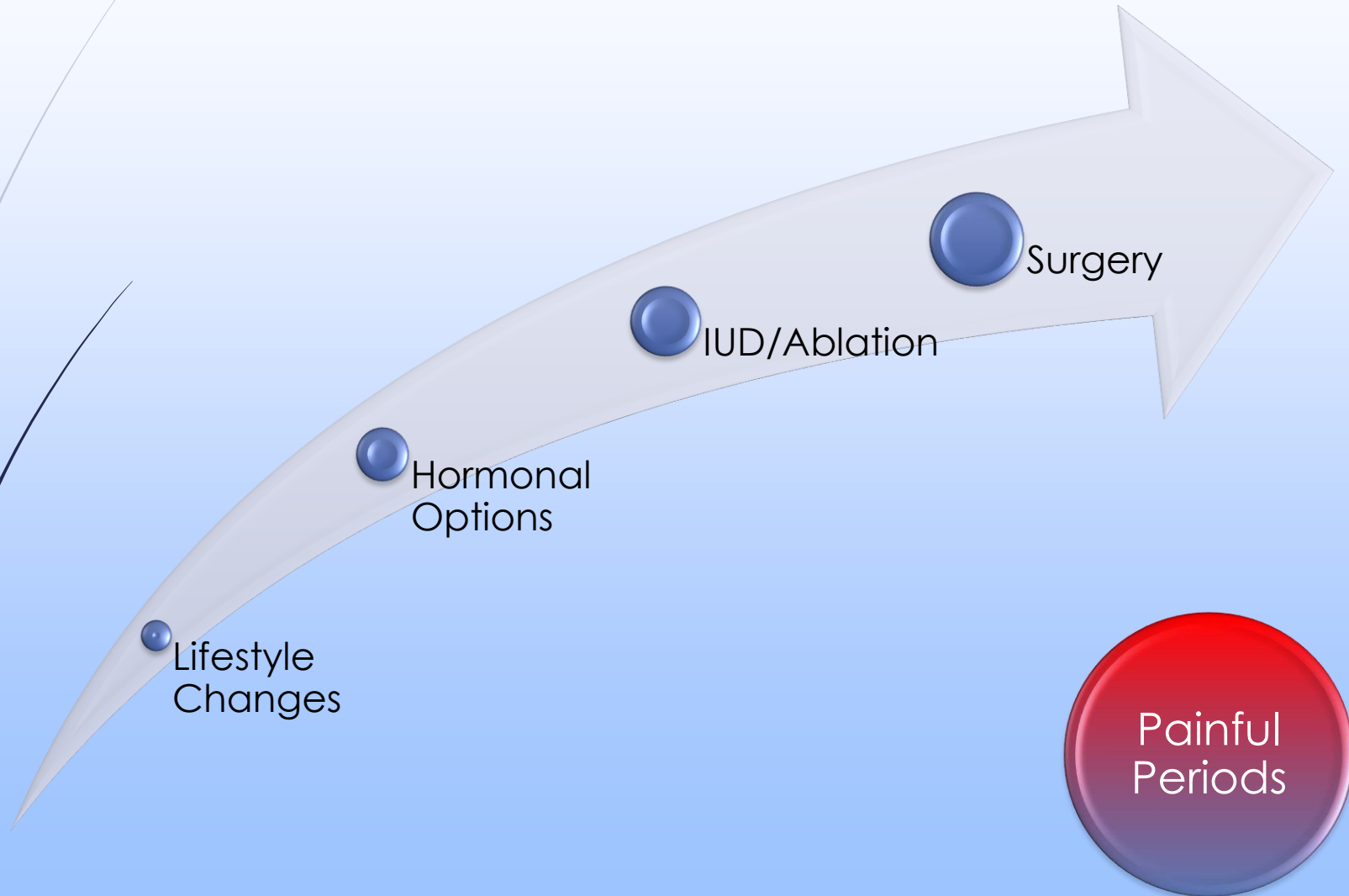


How do we figure out what's going on?

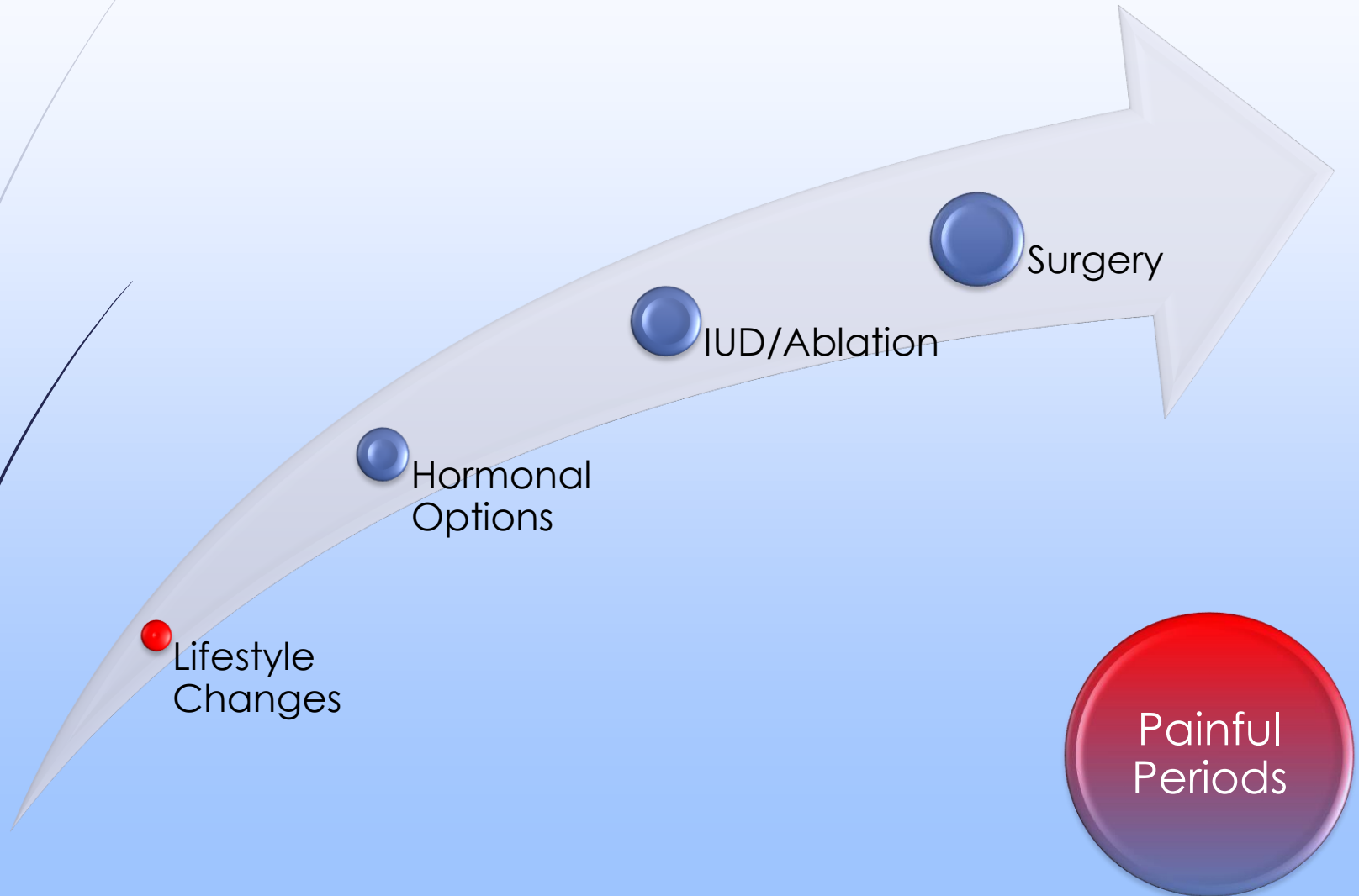
- ▶ Careful History and Physical Exam
- ▶ Imaging: Pelvic US, CT or MRI of the pelvis



What can we do about it?



What can we do about it?



What can we do about it?

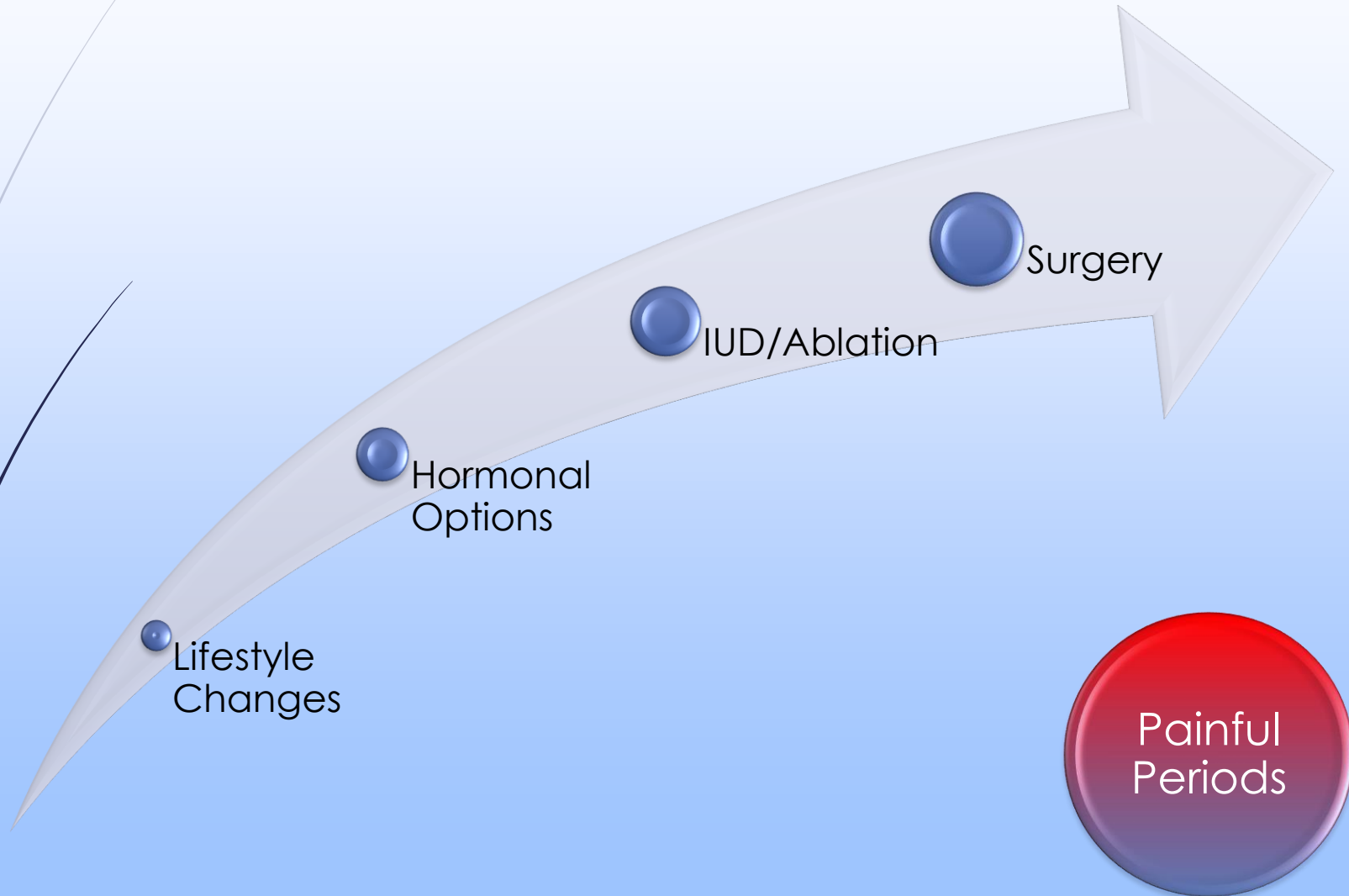
- Exercise & Weight-loss
- Anti-inflammatory diet
- NSAIDS
- Physical Therapy

 Hormonal
Options

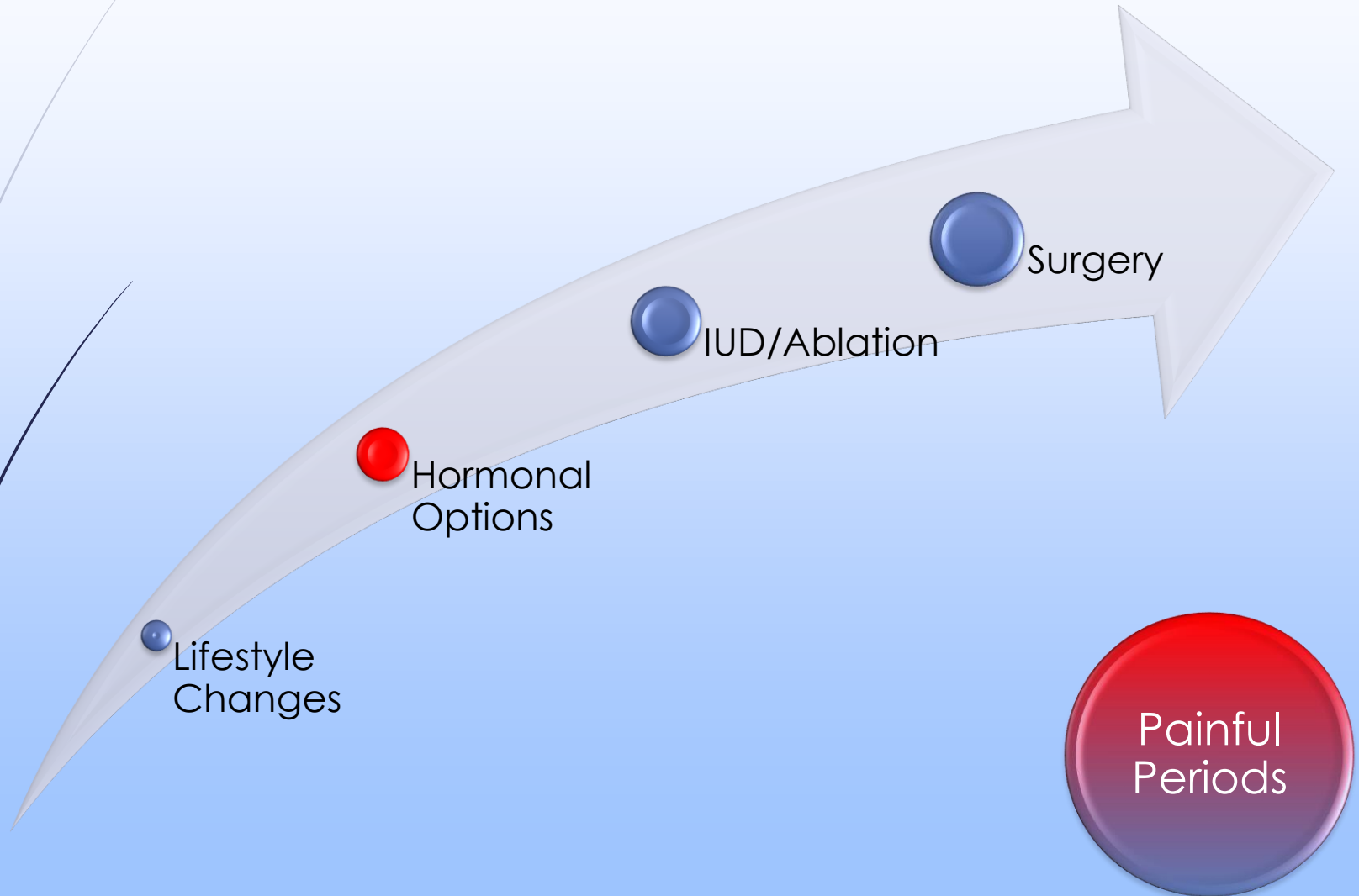
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What can we do about it?



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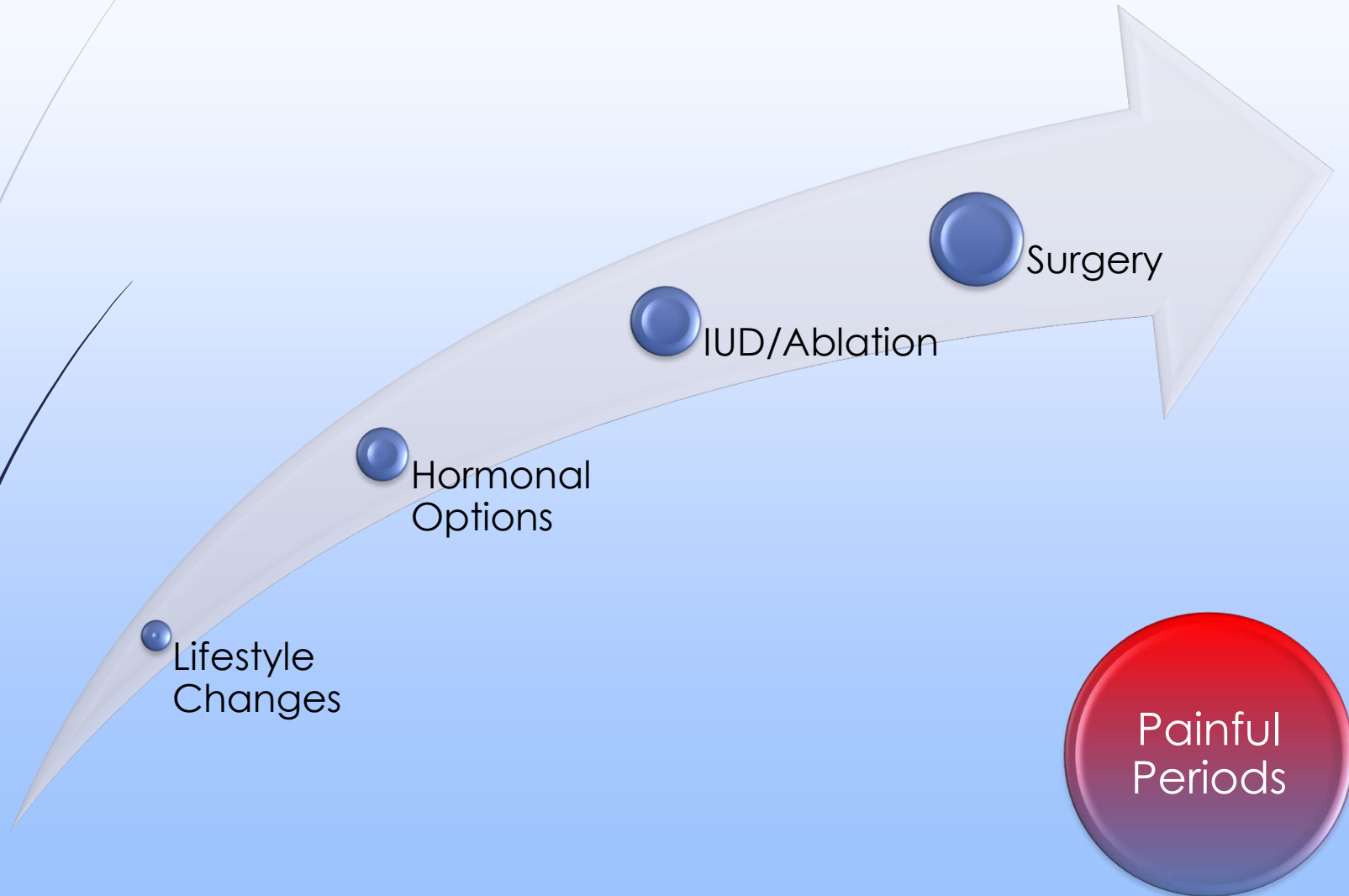
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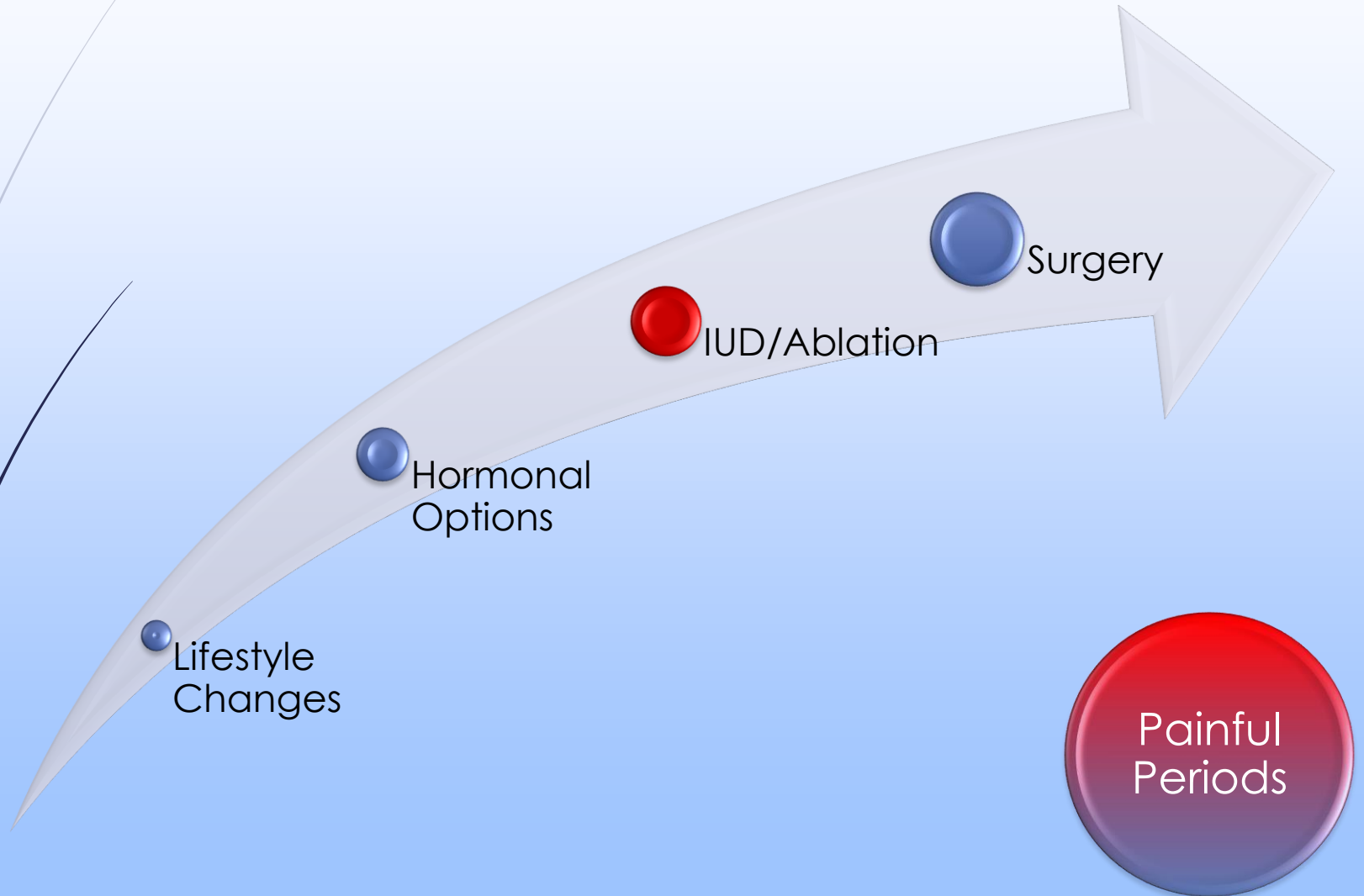
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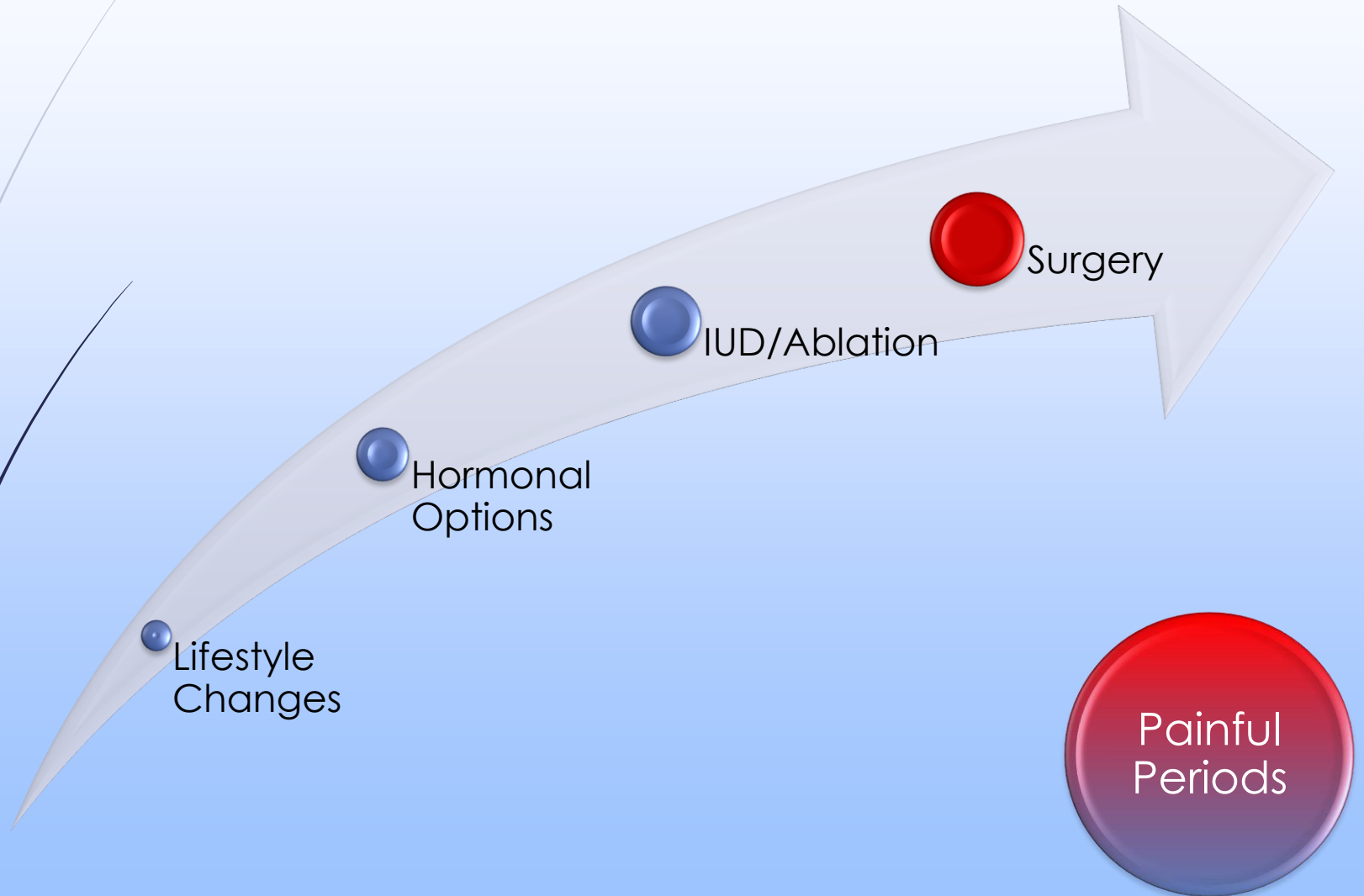
What can we do about it?



What can we do about it?



What can we do about it?



Surgery for Dysmenorrhea

- Diagnostic laparoscopy
- Treatment of endometriosis
- Removal of scar tissue

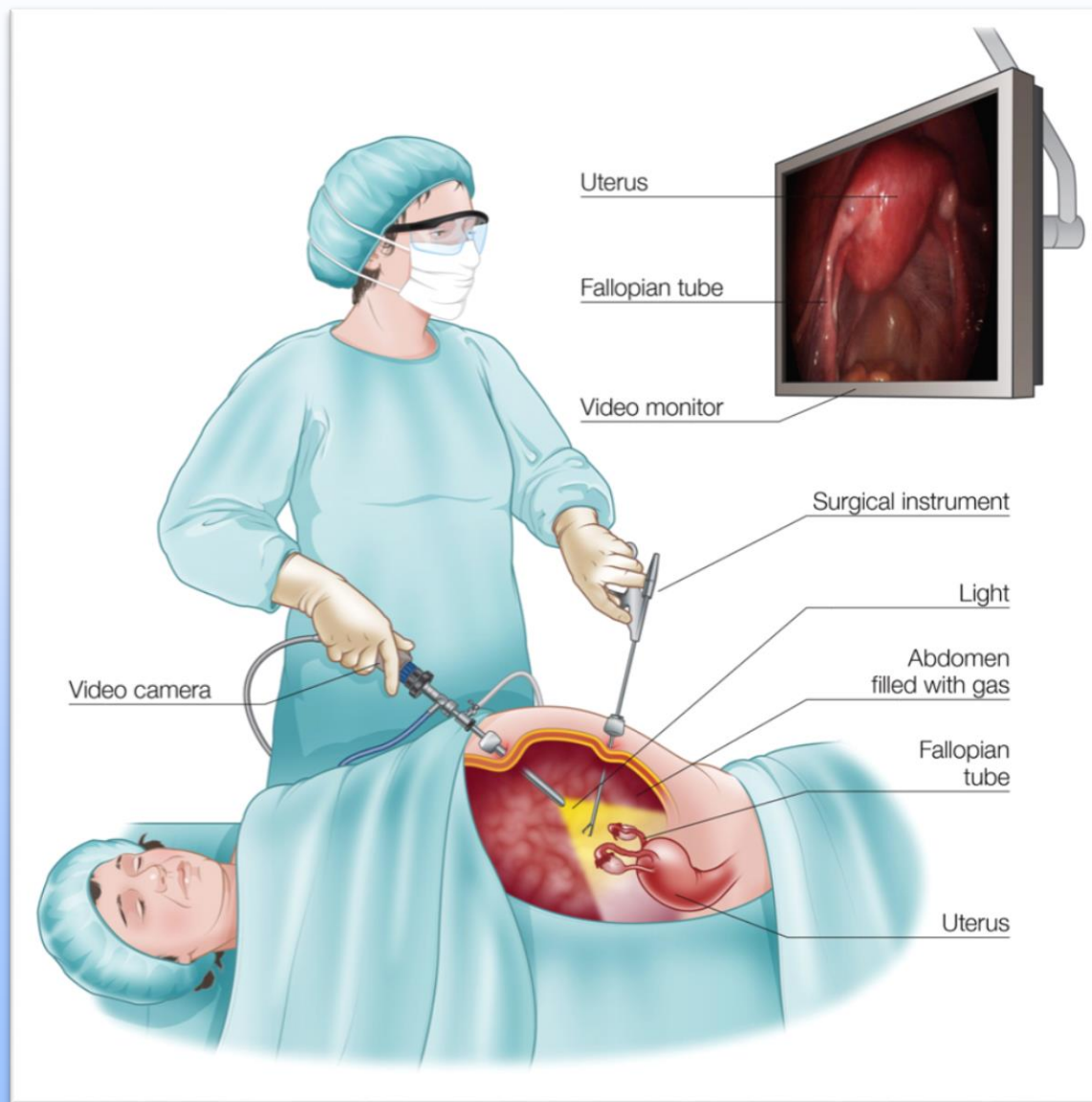


- Removal of single tube & ovary
- Hysterectomy

DaVinci Robotic Surgery



Traditional Laparoscopy

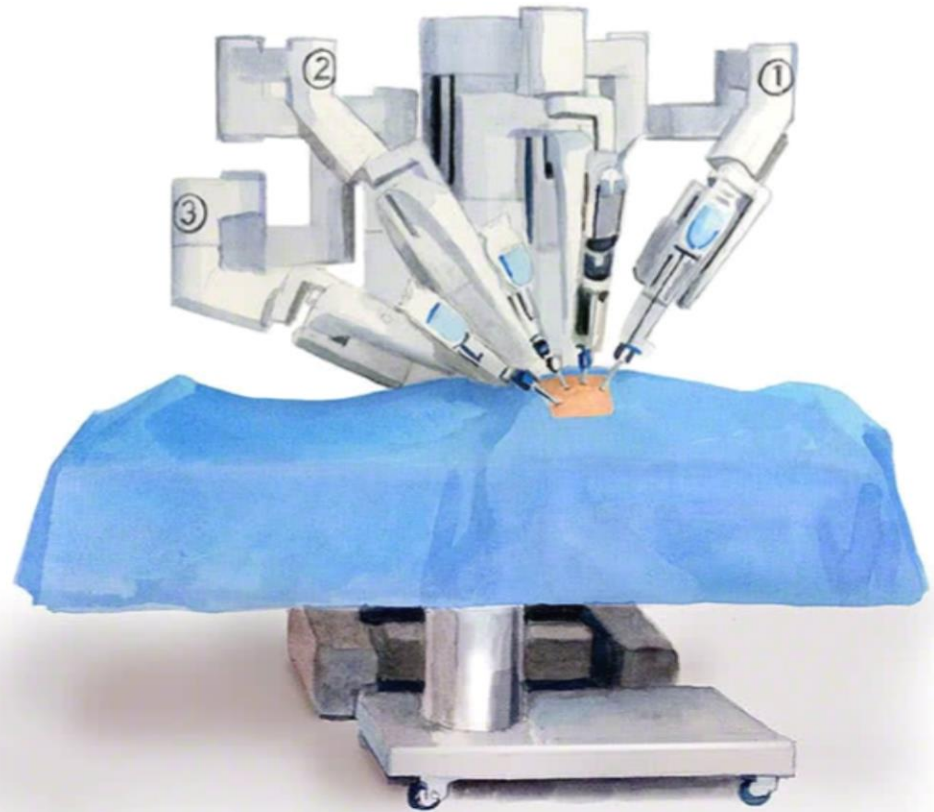


Robotic Surgery

Surgeon console



Interactive robotic arms



McKAY

Benefits of Robotic Surgery: Enhanced 3DHD Visualization



Benefits of Robotic Surgery: Wristed Movements



Benefits of Robotic Surgery: Scaled, Refined Movements



Benefits of Robotic Surgery: An Entire Extra Hand...



Benefits of Robotic Surgery: Dual surgeons, Remote Procedures



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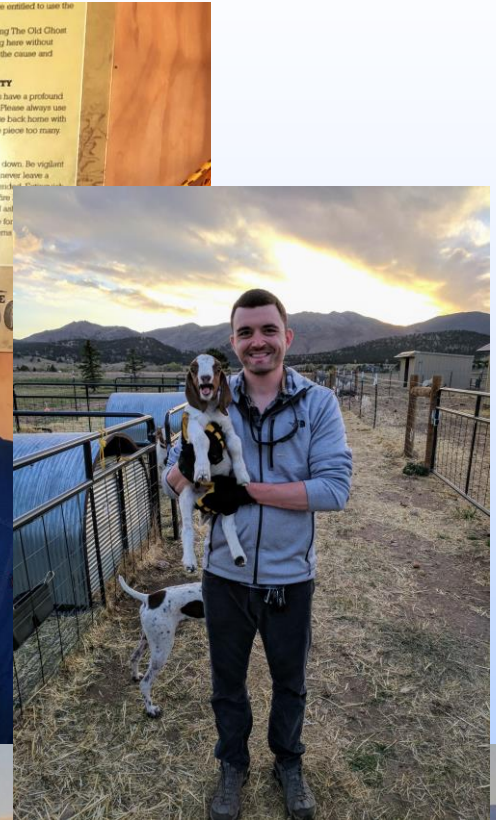
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Summary

- ▶ **Heavy, irregular or painful periods are extremely common, and extremely under-recognized and under-treated.**
- ▶ **They can significantly impact a patient's life.**
- ▶ **There are natural, hormonal and surgical options that are effective.**

Thank You!



Your fun conduct plays a massive role in others' enjoyment. Please respect the needs of other hut users and make a special effort with noise and considerate use of communal space. Please also don't be tempted to shed weight by leaving partially consumed food and supplies behind - your gourmet gift to those that follow is to leave the hut and its supporting facilities clean and in the state you would hope to find it yourself. Close all doors and windows when you leave.

These huts require booking before you embark on your trip. Display your booking receipt to rightfully claim your booked hut and ensure that swelter, injury or discomfort is avoided.

Be vigilant and never leave a hut unattended. If you are unable to attend, please notify the farm staff as soon as possible.

aware that Summer Sleepout users are entitled to use the communal facilities in this hut too. For these are our only means of maintaining The Old Chert Road. If for some reason you are staying here without having contributed, please do right by the cause and make a retrospective payment.

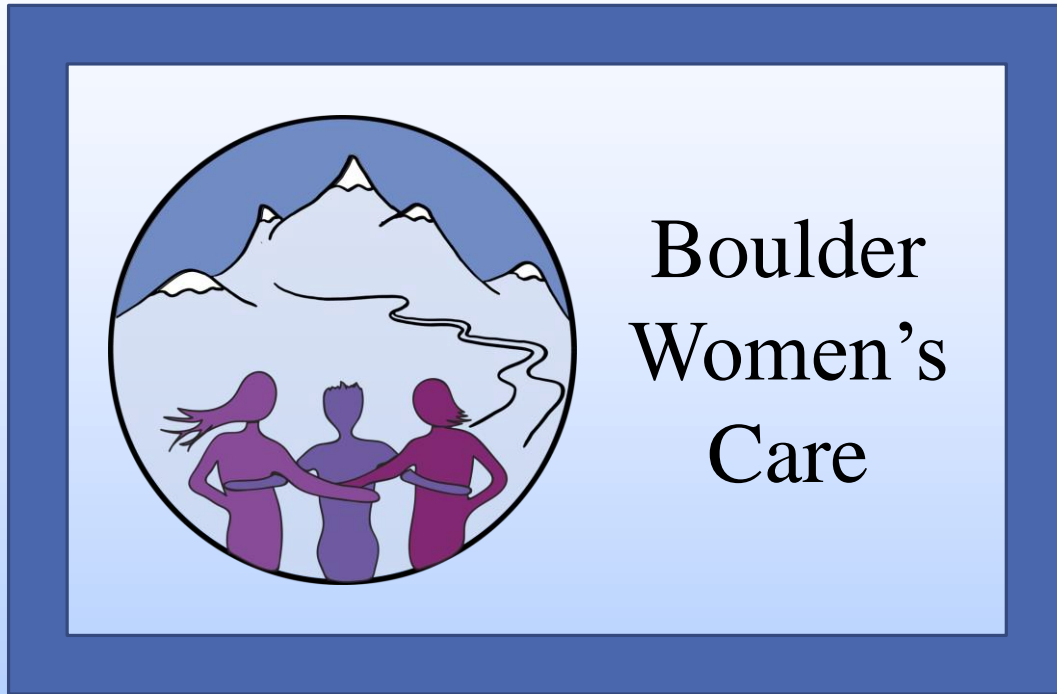
ENVIRONMENTAL RESPONSIBILITY
The unconcerned effects of hut users can have a profound impact on the surrounding environment. Please always use the toilet facilities and take ALL your waste back home with you. One piece of waste discarded in one place has many...

LIGHTHEARTED RANCH

Located at the base of the foothills in beautiful Boulder, Colorado.

MEET OUR GOATS

For More Information...



<http://www.bch.org/Locations/Boulder-Womens-Care>

303.441.0587