Deciding to seek treatment is the first major step in your journey to freedom from heavy periods. But with so many different treatment options, it can be daunting to figure out which is right for you. This comparative chart of the most common treatment options can help you go to your doctor prepared with questions and a basic understanding of the solutions available.

This is not intended to be medical advice and is not an exhaustive list of treatment options. Please consult your medical professional for specific advice regarding your health and treatment.

### Hysterectomy

Major surgical procedure for women finished with childbearing that involves the removal of the uterus. This should be a last resort treatment option for women who do not respond to other treatments.

- Permanently eliminates problem bleeding
- Requires general anesthesia
- 2-8 week recovery time
- Non-reversible, lose fertility
- May cause early onset of menopause

### Global Endometrial Ablation

Procedure that removes the uterine lining while preserving the uterus to reduce or eliminate bleeding. This is an option for women who are finished with childbearing.

- One-time, five minute procedure
- Can be performed in-office
- Rapid recovery
- Minimally invasive

### Hormone Releasing Intrauterine Device (IUD)

A hormone releasing system (device) placed in the uterus to prevent pregnancy for up to 5 years, which can also decrease heavy menstrual blood loss.

- Reduces/eliminates problem bleeding combined with contraceptive
- Long-term effectiveness (5 years)
- Retain fertility (when IUD removed)

### Tranexamic Acid Tablets

An anti-fibrinolytic medication that helps to normalize blood clot breakdown within the uterus to control heavy bleeding.

- Non-invasive
- Self administered
- Retain fertility throughout

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**Efficacy**

- **Hysterectomy**
  - 100% success rate
- **Global Endometrial Ablation**
  - 77.7% successful reduction in bleeding (1 yr)
  - 36% elimination of period (amenorrhea rate)
- **Hormone Releasing Intrauterine Device (IUD)**
  - 24% decreased uterine bleeding (1 yr)
  - 20% elimination of period (amenorrhea rate)
- **Tranexamic Acid Tablets**
  - 66% experienced a 1/3 reduction in menstrual blood loss (1 yr)

**Adantages**

- **Hysterectomy**
  - Permanently eliminates problem bleeding
- **Global Endometrial Ablation**
  - Successful reduction in bleeding (1 yr)
  - Elimination of period (amenorrhea rate)
- **Hormone Releasing Intrauterine Device (IUD)**
  - Reduces/eliminates problem bleeding combined with contraceptive
  - Long-term effectiveness (5 years)
  - Retain fertility (when IUD removed)
- **Tranexamic Acid Tablets**
  - Non-invasive
  - Self administered
  - Retain fertility throughout

**Disadvantages**

- **Hysterectomy**
  - A high cost, major invasive surgery
  - Requires general anesthesia
  - 2-8 week recovery time
  - Non-reversible, lose fertility
  - May cause early onset of menopause
- **Global Endometrial Ablation**
  - Non-reversible
  - Contraception required, due to danger of pregnancy post procedure
  - Requires local/general anesthesia
- **Hormone Releasing Intrauterine Device (IUD)**
  - May take up to 6 months to provide relief from heavy bleeding
  - Replaced every 5 years
  - Hormonal side effects and intermenstrual bleeding are common
- **Tranexamic Acid Tablets**
  - Two tablets taken 3 times a day
  - May increase the chance of blood clots, stroke or heart attack
  - Will not eliminate period entirely

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For more information on heavy periods and potential treatment options, visit WeHateHeavyPeriods.com.

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**REFERENCES**

5. Lysteda Prescribing Information.

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