

## *Advances in Women's Health*

### *Cryogenic Therapy – A New Alternative to Hysterectomy*

John J. Zavaleta, M.D., F.A.C.O.G., a board-certified obstetrician/gynecologist with the Las Colinas Obstetrics Gynecology-Infertility Association, reports that as many as one in five American women suffer from menorrhagia (excessive menstrual bleeding), a condition that can limit their activities, impair quality of life and strain marital and family relationships. Many women with menorrhagia eventually receive hysterectomies, accounting for as much as 45 percent of all hysterectomies performed in the United States.

Women with menorrhagia experience protracted or unmanageable bleeding, often suffering in silence due to lack of awareness of treatments or reluctance to discuss the problem. Menorrhagia may also negatively impact a woman's general physical health and well-being. "More than two-thirds of women who bleed excessively are anemic as a result," pointed out Dr. Zavaleta. "Standard treatments like hormone therapy work with some women but are not tolerated well by others. Hysterectomy is a major surgery with a four- to six-week recovery period and long-term implications." Fortunately, a new, minimally invasive surgical procedure is now available which promises relief and hope for these women.

The new surgical therapy employs the Her Option Uterine Cryoblation Therapy System, a cryosurgical device recently approved by the U.S. Food and Drug Administration. In the Her Option therapy, cryogenic technology is used to freeze and remove the inner lining of the uterus (endometrium), the tissue responsible for excessive bleeding. The approach allows the uterus itself to be spared. "The Her Option therapy offers a safe, effective, less-invasive alternative to hysterectomy for women who have completed childbearing," explained Dr. Zavaleta. "The therapy is performed with a local anesthetic in approximately 12 minutes."

Dr. John J. Zavaleta is board certified by the American College of Obstetrics and Gynecology and has been a practitioner of women's healthcare for the past 18 years in Irving, Texas. He graduated from The University of Texas Southwestern Medical School in 1981, and then proceeded to do his residency at Baylor University Medical Center in Dallas. He has continued to perform many advanced procedures and has been instrumental in treatment advances through the years.

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