

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 | Global Endometrial Ablation <i>(Data represents the NovaSure® procedure)</i> | Hormone Releasing Intrauterine Device (IUD) <i>Mirena® (levonorgestrel-releasing intrauterine system)</i> | Tranexamic Acid Tablets <i>Lysteda™ (tranexamic acid, USP)</i> |
|----------------------|--|--|---|---|
| What It Is | 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. | 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. | 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. | An anti-fibrinolytic medication that helps to normalize blood clot breakdown within the uterus to control heavy bleeding. |
| Efficacy* | 100% ¹ | 77.7% ³ Successful reduction in bleeding (1 yr) 36% ³ Elimination of period (amenorrhea rate) | 24% ⁴ Decreased uterine bleeding (1 yr) 20% ⁴ Elimination of period (amenorrhea rate) | 66% ⁵ experienced a 1/3 reduction in menstrual blood loss (1 yr) |
| Advantages | <ul style="list-style-type: none"> Permanently eliminates problem bleeding | <ul style="list-style-type: none"> One-time, five minute procedure³ Can be performed in-office Rapid recovery Minimally invasive | <ul style="list-style-type: none"> Reduces/eliminates problem bleeding combined with contraceptive⁴ Long-term effectiveness (5 years)⁴ Retain fertility (when IUD removed)⁴ | <ul style="list-style-type: none"> Non-invasive⁵ Self administered⁵ Retain fertility throughout⁵ |
| Disadvantages | <ul style="list-style-type: none"> A high cost, major invasive surgery Requires general anesthesia 2-8 week recovery time Non-reversible, lose fertility May cause early onset of menopause² | <ul style="list-style-type: none"> Non-reversible³ Contraception required, due to danger of pregnancy post procedure³ Requires local/general anesthesia | <ul style="list-style-type: none"> May take up to 6 months to provide relief from heavy bleeding⁴ Replaced every 5 years⁴ Hormonal side effects and intermenstrual bleeding are common | <ul style="list-style-type: none"> Two tablets taken 3 times a day⁵ May increase the chance of blood clots, stroke or heart attack⁵ Will not eliminate period entirely⁵ |

We Hate Heavy Periods.™

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

REFERENCES: 1. Dickersin K, Munro MG, Clark M, Langenberg P, Scherer R, Frick K, et al. Surgical Treatments Outcomes Project for Dysfunctional Uterine Bleeding (STOP-DUB) Research Group. hysterectomy compared with endometrial ablation for dysfunctional uterine bleeding: a randomized controlled trial. *Obstet Gynecol.* 2007;110(6):1279–89. [PubMed] 2. Siddie N, et al. The effect of hysterectomy on the age at ovarian failure: identification of a subgroup of women with premature loss of ovarian function and literature review. *Fertil Steril.* 1987; 47:94-100. 3. NovaSure Instructions for Use. 4. Mirena [package insert]Wayne, NJ: Bayer HealthCare Pharmaceuticals Inc.; 2007. 5. Lysteda Prescribing Information.

*Efficacy/Success Rates are defined:
For Hysterectomy: Elimination of menstrual bleeding following removal of uterus via abdominal, vaginal, laparoscopic or robot-assisted laparoscopic approach. For Global Endometrial Ablation: Effectiveness was measured based on patient reported blood loss. This method records the number of tampons or sanitary towels (pads) used and the degree to which they are stained with blood. For Hormone Releasing Intrauterine Device: Effectiveness was measured based on weight of patient-used sanitary products by collecting tampons or sanitary towels (pads) for laboratory analysis. For Tranexamic Acid Tablets: Effectiveness was measured based on weight of patient-used sanitary products by collecting tampons or sanitary towels (pads) for laboratory analysis.