

AUB

Abnormal Uterine Bleeding

Treatments for Intrauterine Fibroids



When it's not just a period

It may be

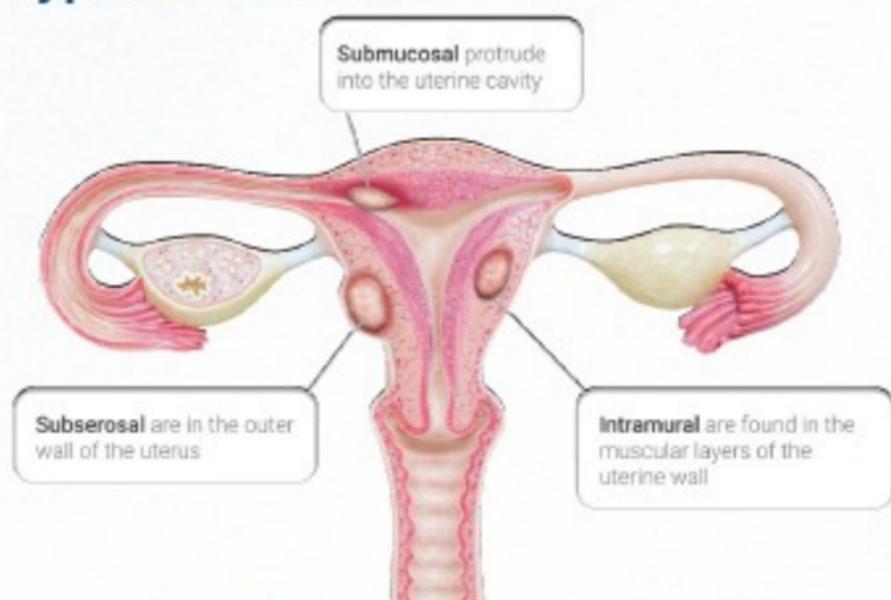
AUB

Abnormal Uterine Bleeding

What are Fibroids?

Fibroids, also called leiomyomas, are dense tissue growths that develop inside the uterus

Types of Fibroids



Signs and Symptoms of Fibroids



Unpredictable bleeding



Heavy periods



Pressure on bowels & bladder

- Pain in the abdomen, lower back or rectum
- Pain during sex or menstruation
- Fatigue from blood loss
- Enlarged abdomen
- Infertility

Medical Management

Hormone Therapy

Requires strict compliance



Potential side effects include¹:

- Weight gain
- Irregular bleeding
- Headaches
- Elevated blood pressure
- Risk for blood clots and stroke
- Mood changes
- Suicidal thoughts
- Hot flashes
- Bone density loss
- Hair thinning or loss
- Decreased sex drive

Minimally Invasive

Operative hysteroscopy or hysteroscopic myomectomy

Minimally invasive procedures to view and remove fibroids



"This feels just right"

Benefits of operative hysteroscopy/ hysteroscopic myomectomy

- ✓ No incisions
- ✓ No hormones
- ✓ No implants
- ✓ 1-2 day recovery
- ✓ Preserves uterus
- ✓ Improves fertility outcomes²
- ✓ Removal of fibroid(s)
- ✓ Relief of fibroid-related symptoms

S^YMPHION[®]
Operative Hysteroscopy System

Minerva Surgical offers treatments for fibroids. Talk to your doctor about the right treatment for you.

Results and patient experience may vary. To learn more, including a full list of indications, contraindications, warnings and precautions visit www.minervasurgical.com/safety/

More Invasive Surgeries

Laparoscopic Myomectomy, RF Ablation (Lap-RFA) or Hysterectomy



• Laparoscopic:

- May require incision(s)
- 1–2 week recovery³
- Pain or cramping in your stomach³
- Lap-RFA does not completely remove fibroids causing delayed symptom relief⁴
- Lap-RFA is not recommended for those planning to conceive⁵

• Hysterectomy:

- Requires incision
- 6–8 week recovery
- Removal of uterus
- Early onset of menopause due to disruption of hormones
- Complaints of mood swings and decreased sex drive
- Linked to long term serious health risks



13%

increased high blood pressure⁶

33%

increased risk coronary artery disease⁶

18%

increased obesity⁶

Questions to discuss with your doctor

- Do my fibroids have to be treated?
- What are the advantages and disadvantages of the treatments options?
- What is the expected recovery time?
- How soon will I have relief from my symptoms after treatment?
- Am I a good candidate for a Symphion® treatment?



Learn more at [AUBandMe.com](https://www.aubandme.com)

minerva®

The Uterine Health Company

1. Oriahnn homepage. Updated 2021. Accessed August 2022. https://www.oriahnn.com/?cid=ppc_ppd_msft_Oriahnn_BV_severe_uterine_fibroids_treatment_Phrase_USGYNUF200420&msclkid=b2811916caba180726187b4824fa0c33.
2. Freytag D, Günther V, Maass N, Alkatout I. Uterine Fibroids and Infertility. *Diagnostics (Basel)*. 2021;11(8):1455. Published 2021 Aug 12. doi:10.3390/diagnostics11081455.
3. AAGL Bulletin. Laparoscopic Radiofrequency Ablation of Fibroids. Updated 2019. Accessed August 2022. <https://www.aagl.org/patient/Laparoscopic-Radiofrequency-Ablation-of-Fibroids-AAGL.pdf?msclkid=55bee485c00511ecab049853b5e1deac>.
4. Bradley LD, Pasic RP, Miller LE. Clinical Performance of Radiofrequency Ablation for Treatment of Uterine Fibroids: Systematic Review and Meta-Analysis of Prospective Studies. *J Laparoendosc Adv Surg Tech A*. 2019;29(12):1507-1517. doi:10.1089/lap.2019.0550.
5. Stewart, Elizabeth A. Laughlin-Tommaso, Shannon K. Patient education: Uterine Fibroids (Beyond the Basics). Updated September 28, 2021. Accessed August 2022. <https://www.uptodate.com/contents/uterine-fibroids-beyond-the-basics>.
6. Laughlin-Tommaso, S., Khan, Z., Weaver, A., Smith, O., Rocca, W. & Stewart, E. (2018). Cardiovascular and metabolic morbidity after hysterectomy with ovarian conservation: a cohort study. *Menopause*, 25 (5), 483-492. doi: 10.1097/GME.0000000000001043.

Federal law (USA) restricts this device to sale by or on the order of a physician. Rx only.

© 2022 All rights reserved.

Minerva, Minerva The Uterine Health Company and Symphion are registered trademarks of Minerva Surgical, Inc.

K0150 Rev. B