

WomenTALK

A Periodic Bulletin From The Office of Kimberly Moran Turner, M.D. & Associates

Freedom from Heavy Period in Just 20 Minutes

By Kimberly Moran Turner, M.D.

Most women learn about menstruation when they are teenagers —hearing that menstruation occurs about every 28 days, lasts four to five days, and is no big deal. For millions of women, however, menstruation is not that simple. Many women experience periods that last longer than seven days and may be accompanied by profuse bleeding, clotting, and severe cramping. The clinical name for this type of excessive menstrual bleeding is menorrhagia.



For those who have menorrhagia, there is nothing simple about menstruation. Menorrhagia affects quality of life, and can lead to anemia, or low blood counts. Chronic anemia is an unhealthy condition which can lead to chronic fatigue, dizziness, and even blood transfusions.

More than 27 million women are affected by menorrhagia. Women often complain to their gynecologic or primary care providers about menorrhagia. In the past, many of these women had hysterectomies. Thankfully, that is no longer the case.

A hysterectomy is a major surgical procedure and has the risk of causing a variety

of complications, including pre-mature menopause. It is certainly not an option for very young women.

There is a new procedure, which is providing relief to thousands of women suffering from heavy bleeding.

It is called the Her Option cryoablation.

Cryoablation uses sub-zero temperatures to reduce or eliminate the excessive menstrual flow by destroying the uterine lining, or endometrium. When the lining is altered in this way, the menstrual flow is much lighter or sometimes non-existent.

The in-office procedure of cryoablation takes 20 to 30 minutes, and is virtually pain free. This procedure does not affect your uterus or ovaries, just the endometrial lining so your hormone levels remain unaffected. There is no weight gain, mood swings, irritability or surgical scars to heal.

I am pleased to announce that I started offering this new procedure earlier this year and report great success.

Here's how it works:

While in the office, a slim probe is inserted vaginally through the cervix and into the uterus. Valium and an injectable form of ibuprofen are given before the procedure to reduce anxiety and cramping. Once in place, the probe freezes tissue

symmetrically around the tip. Most women report some cramping or a mild pressure during the procedure, but almost no pain. The majority of women return to their regular activities the same day.

There are other ways to ablate the endometrium, but I feel that cryoablation is a safe and easy way to avoid going to the hospital, getting a general anesthetic, and still have a great reduction in abnormal bleeding. The cryoablation is very safe since the uterus is monitored during the procedure with ultrasound. The ultrasound assures me that there is no damage outside of the uterus during the procedure.

According to American Medical Systems, the company which provides the Her Option equipment, 96 percent of patients would recommend this procedure to a friend, with 91 percent saying they are extremely satisfied 24 months after the procedure. In addition to a reduction in bleeding each month, many women who have had the Her Option cryoablation procedure report a reduction in PMS symptoms, including fatigue, irritability and cramping.

For more information on the Her Option cryoablation procedure, contact our office.

And, in case you're wondering, most insurance companies cover the procedure, except for surgical deductibles and copays.

Prevent Cervical Cancer! Vaccinate Now!

As you have read in this newsletter or heard on the news, more than 90 percent of cervical cancer cases result from the Human Papilloma Virus (HPV). The FDA recently approved a new vaccination that has been found to prevent HPV infection and dramatically reduce the risk of acquiring cervical cancer. It is recommended for young girls, especially before they become sexually active, but older teens and young women are encouraged to call our office for more information and to schedule an appointment for the vaccination. **Mothers, we encourage you to think about getting your pre-teen and teen daughters vaccinated. Call us to learn more.**

Did You Know?

Pregnant Women
Flu season is here. It is recommended that you get a flu shot, which is safe, except during your first trimester.

Call us for details.

From the Desk of Dr. Turner

I am pleased to announce that our practice is continuing to grow—much more rapidly than expected. I would like to thank my old patients for continuing to come from Baltimore and Dr. Price's patients for continuing to trust me with their health.

In order to keep up with the practice's rapid growth, and at the request of many of our patients, we have added additional evening and Saturday appointment hours. Many of you have already met Mrs. Laura Burnham, CRNP, who was hired in October, 2005. As Laura's schedule continues to be fully booked, I decided to hire another nurse practitioner. Mrs. Sandra Wittholz, CRNP, started seeing patients mid-October, 2006. She is exclusively available on Monday and Wednesday evenings as well as Saturday mornings.

Sandra, as well as Laura, has an extensive background as a Labor and Delivery nurse, and has also worked as a nurse practitioner through planned parenthood in Maryland, and a private practice in Chicago.

Having these two very experienced nurse practitioners has allowed us to keep up with the growth of the practice and still deliver highly personalized care. Additionally, having these terrific women in the practice has allowed me to be more available to the hospital for both obstetrical and gynecologic surgery. I no longer have to cancel routine appointments when I'm called away for emergencies. Both nurse practitioners are highly capable of handling your in-office care.

Rest assured, however, that I am still committed to what made me start this practice—providing each patient with personal care. I encourage you to schedule your routine office appointments with either of these two qualified health care providers while knowing there is a daily review of each patient chart by me, so I am well aware of each patient's problems and progress.

While expanding the staff will undoubtedly make scheduling (and keeping) appointments more convenient for most patients, please know that if you prefer to discuss any particular problems or issues with me personally, I am still available for office hours. I thank you, in advance, for your continued patience, as we learn how to grow the practice.

NEWS NOTES

Welcome to Erin Newhouse, our new receptionist, who used to work with Dr. Price when she was a teenager. Erin learned how to deliver great customer service having worked as a waitress for the Cheesecake Factory. She is a young, energetic, patient woman who is eager to learn about the challenges of helping to run a private medical office.

WINTER SEMINARS

Jan 22nd

Nutrition's Role In Anti-Aging
& Women's Health Issues

Feb 26th

What's New In Contraception

March 26th

New Alternatives to a Hysterectomy
& Heavy Periods

All seminars will be held at the Hawthorn Center in Hickory Ridge Village (6175 Sunny Spring). From Broken Land Parkway, turn left onto Hickory Ridge Road, drive 1 mile and turn left at Sunny Spring. The Hawthorn Center is 1 1/2 blocks south on the left. Please call us to RSVP by the Thursday before each seminar so we can assure adequate seats. We are asking for a \$5 donation per person for the Domestic Violence Center of Howard County, but this is not required. All seminars are scheduled for 7:00 pm.



We Need Your Email Address

Please provide our office with your email address so we can continue to provide you with valuable women's health information, such as this newsletter. Periodically, we will also send you invitations to seminars or announcements of other important health-related events. Please take a minute to either call our office (410-715-1060) or email us so we have your most current information. Send email updates to the following address: update@drkimberlyturner.com. Thank You!

See inside for details.
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What's New In Contraception
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WINTER SEMINARS

Obstetrics • Gynecology • High Risk Pregnancies • Board Certified
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