



# Complete Women Care, Inc.

Comprehensive Medicine • Skilled Doctors • Women's Intuition

Voted America's Top OB/GYN Practice by  
Consumers' Research Council of America  
For The Past 5 Years!

April 2011

## COMPLETE WOMEN CARE NEWSLETTER

Volume 23

**At Complete Women Care**  
Our mission is simple. We want to be the best OB-GYN practice in your community.

Our goal is to provide professional care with a warm, personal touch. We are here to help you, make you healthier and to bring a smile to your face. You are our best friend and dear family member.

Welcome to Complete Women Care!

### Complete Women Care

**Lakewood**  
3650 E. South St.  
#403  
Lakewood, CA  
90712  
562-634-8812

**Long Beach**  
2840 Long Beach Blvd. #330  
Long Beach, CA  
90806  
562-424-8422

### Pelvic Surgeries & How We Can Help You!

Pelvic surgery can be performed through an incision in the vagina, through an incision in the abdomen, or through a series of small incisions in the abdomen through which the surgeon places a laparoscope and instruments.

The goal of all pelvic surgeries is to give the patient her best chance at improving quality of life including sexual intercourse, if desired.

Below are the few types of pelvic surgeries that Complete Women Care offers to help their patients:

#### Hysteroscopy D & C

What it's for: Used to diagnose or treat many conditions that cause abnormal bleeding from the uterus. It also can be used to help detect cancer of the uterus. It also may be done when a woman is having a miscarriage or after she has had one.

Description: The cervix is slowly opened (dilated), usually by medication. Tissue lining the uterus is removed, either with an instrument called a curette or with suction. In most cases, the tissue then will be sent to a laboratory for examination.

#### Endometrial Ablation

What it's used for: To treat many causes of heavy bleeding. An Endometrial Ablation destroys a thin layer of the lining of the uterus and stops the menstrual flow in many women. In some women, menstrual bleeding does not stop but is reduced to normal or lighter levels. If an ablation does not control heavy bleeding, further treatment or surgery may be required.

Description: The following methods are those most commonly used to perform Endometrial Ablations.

- Hydrothermal - Fluid is inserted into the uterus through an instrument (hysteroscope). The fluid is heated and stays in the uterus for about 10 minutes. The heat destroys the lining.
- Novasure – A probe is inserted into the uterus through the cervix. The tip of the probe expands into a mesh-like device that sends radiofrequency energy into the lining. The energy and heat destroy the endometrial tissue, while suction is applied to remove it.

#### Hysterectomy

### **San Pedro**

1360 W. 6th. Street  
#165  
San Pedro, CA  
90731  
310-832-2369

### **Naples**

5865 Naples Plaza  
Long Beach, CA  
90803  
562-343-2814

What it's used for: A way of treating problems that affect the uterus (uterine fibroids, endometriosis, chronic pelvic pain, abnormal uterine bleeding and cancer).

Description: Hysterectomies can be performed in three ways - vaginal (through the vagina), open (through the abdomen) or laparoscopic (through small incisions in the abdomen). There are also different types of hysterectomies:

- Total hysterectomy - The uterus and cervix are completely removed.
- Partial hysterectomy - Only the top part of the uterus is removed.
- Hysterectomy (either total or partial) with removal of the ovaries and fallopian tubes.

### **Bilateral Tubal Sterilization**

What it's used for: Permanent method of birth control.

Description: Tubal sterilization works by surgically blocking or cutting the fallopian tubes. Through a small cut, the fallopian tubes are closed by clipping, blocking, or cutting them, or by sealing them with electric current. Two popular types of sterilization are: Essure and Adiana.

An instrument (hysteroscope) is placed through the cervix into the uterus and Adiana or Essure (both tiny, soft inserts) are inserted through the scope into each fallopian tube. It causes scar tissue to build up, which blocks the fallopian tubes and prevents the sperm from reaching the egg.

If you have any current problems that you feel one of these surgeries can help with, please call us to make an appointment and ask one of our physicians for more information.

### **CWC on the Web!**

Official Website: <http://www.completewomencare.com/>

Patient Portal: <https://953.portal.athenahealth.com/>

Facebook: <http://www.facebook.com/pages/Complete-Women-Care/77959319108>

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