

"I'M SO EXCITED TO SEE WHAT THE FUTURE BRINGS. HAVING HAD THE NOVASURE PROCEDURE HAS MEANT THE WORLD TO ME"

Lisa's Story



Lisa had never suffered with heavy periods before she had her two children over 25 years ago. It wasn't until a few years after her children were born that she noticed her periods were gradually getting heavier. "I'd have a normal, monthly cycle on the dot every month for about five days," said Lisa, "and, over time, they gradually got worse. My periods would be very heavy and continuous for three days (I'd be flooding and need double sanitary pad protection), then they would be light for a couple of days before my period finished. I just felt so tired all the time and lethargic. I work as a healthcare support worker in the gynaecology department of a very busy NHS hospital in Hampshire, so you'd think I would seek advice from my fellow colleagues, but, no, I just carried on, almost embarrassed to say anything! At work, though, it was just becoming a joke and this last year I was constantly having to visit the toilet and wasn't able to get on with my job. I just knew I had to do something about it. It was also beginning to affect my home life as my husband and 21-year-old son, who is living at home with us, were really worried about me. I'd let my condition go on for years and years, just far too long."

Continuing, Lisa recalls "Even in my position at work, I really didn't think that anything could be done about it and I would just have to put up and shut up! I did go and see my GP a few times, but each time I was told either to take hormone tablets or have a coil fitted. I didn't want a coil because I fell pregnant with my son when I had a coil fitted previously! I was not offered any other treatment options at all. Working in gynaecology, I'd been seeing all the new minimally-invasive procedures that women were having in our outpatients clinic in Portsmouth and thought this could help me! I spoke to one of the Consultant Gynaecologist's, Mr Francis Gardner, after reading an information

booklet on the NovaSure® endometrial ablation procedure that explained the procedure gently takes away the lining of the womb to greatly reduce, or even stop, heavy menstrual bleeding altogether. After reading the booklet, I thought, hang on a minute, I have five of the symptoms listed for heavy menstrual bleeding! Mr Gardner advised that I would really benefit by having a NovaSure. I spoke to him, originally, three months ago and I finally made my mind up when my bleeding was so horrendous I was nearly sent home from work!"

At aged 44, Lisa had the NovaSure procedure under local anaesthesia in the outpatient clinic.

"Honest to God" said Lisa "I had my belly button pierced a few years ago and nearly passed out with the pain, but having the NovaSure procedure, I didn't feel a thing! I had no pain whatsoever, I felt absolutely nothing! The procedure takes less than two minutes anyway, so I hardly noticed it had been done! I stayed for half-an-hour afterwards, had a cup of tea and then came home. Apart from having mild stomach cramps when the medication wore off, I had no bleeding whatsoever."

"I'm excited to see what the future brings. Having had the NovaSure procedure has meant the world to me! I don't have to suffer with heavy periods any longer and I'm now really looking forward to my holiday this year as, previously, it was always such a nightmare being away from home and having to cope with my heavy bleeding whilst I was away."

"I would urge any woman who is going through similar symptoms as me, to see their GP and ask to be referred to their local gynaecologist, who can talk you through what's best for you. Don't leave it for 25 years like I did!"

