



# right here

The Power of Local Healthcare | Lewistown Hospital



## **New Surgeries** at Lewistown Hospital

Spring 2011 Issue #2:

■ Bringing New Surgeries to Lewistown

■ The Lighter Side of Volunteering

■ Telemedical Brings Even Better Care

# Rehabilitation and Human Services degree

at the Penn State Learning Center



"I chose Penn State for a couple of reasons. I heard that they really cared about students and were willing to help."

—Angela Manbeck of Lewistown, rehabilitation and human services major at The Penn State Learning Center in Lewistown

### **The path to a counseling career**

Angela Manbeck went back to school at the Lewistown Center as an adult learner. Now this proud mom of three has her associate degree in letters, arts, and sciences and is working on a bachelor's degree in rehabilitation and human services. Someday she hopes to get her master's degree in psychology.

### **Penn State, close to home**

Angela loves the fact that The Learning Center in Lewistown gives her access to Penn State without having to spend too much time away from her children.

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## A word from the **president**



Thank you for taking time to read this issue of *Right Here* magazine. I am so honored and gratified to announce that this is the 16th issue of our quarterly publication. We have covered a lot of important topics in the past four years—information that our community needs to know. It is our commitment to continue to educate and inform the people of the Juniata Valley about the medical services available to them right here at Lewistown Hospital.

We are using this issue to announce several new services. You will read about a new sinus surgery we are performing as well as a new program we have initiated for mothers and newborns in our maternity unit.

This issue also discusses some new collaborative efforts that will help us to enhance the services we offer here at Lewistown Hospital. One is working with University Orthopedics, a practice from State College, to provide full orthopedic coverage for our emergency department once they are able to recruit another orthopedic surgeon. This will be a welcome addition to fill out our existing coverage. Plus, it is possible that this initiative also will allow us to perform some spine surgeries here in the future.

You will read about a collaboration with Geisinger to launch a new, exciting telemedicine service called eICU. We are the first community hospital in the state to have the technology that will allow us to draw on the expertise of Geisinger's intensivists (a sub-specialty physician who is an expert in caring for critically-ill patients). As a nurse, I can tell you that this technology is simply awesome and it will significantly improve the care we provide patients in our own ICU.

Telemedicine and collaborations are the future of healthcare. It is how the medical community will respond to the growing need for increasingly advanced services even in rural settings such as Lewistown.

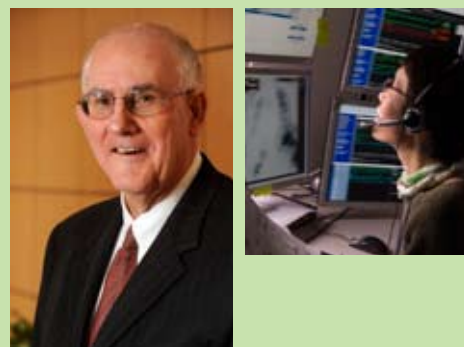
Finally, I want need to recognize a group that provides so much value and important work that furthers the mission of Lewistown Hospital, our volunteers. Our volunteers really are the silent backbone of our Hospital. Without the work that they do so selflessly, we would not be able to provide the care you have come to expect from your local hospital. Thanks to all of you!

If you would like to share your thoughts about our magazine or services offered by the Hospital, please go to [lewistownhospital.org/feedback](http://lewistownhospital.org/feedback) to let us know. I look forward to hearing from you.

Kay Hamilton  
President and CEO  
Lewistown Hospital



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# BRINGING NEW SURGERIES

## TO LEWISTOWN

### MORE NEW PROCEDURES RIGHT HERE IN LEWISTOWN

*At the heart of a community hospital's service is a basic need. That is, to bring the highest-quality medicine within easy reach.*

Benefits are many. Patients do better if they don't have to travel when ill. Many of them are happier staying close to home. They see more of their friends and families. It's easier for family doctors to stay involved in their treatment. Other community resources (like clergy and local social workers) are near at hand. Transport costs are limited. And any town is a better place to live when superior care is found there.

Lewistown Hospital supports this local strength in many ways. We provide excellent emergency and intensive care. Our Telestroke program quickly connects neurologists at distant facilities with stroke patients here. Outstanding cancer and cardiovascular care is offered. The Hospital is well known for the strength of its imaging and lab services, and many other important procedures and services are available without leaving town. (Yet

another new example is described in this issue. See the story about eICU on page 4.)

The development of superb medicine in Lewistown continues. In recent months, important steps have been taken. The result: numerous new surgeries and procedures are now done here. Others are expected to be available here soon.

#### SINUS SURGERIES

Carlos Recalde, MD, is a specialist in ear, nose and throat surgery. He is bringing several new procedures to Lewistown. "We have so many excellent techniques now," he said. "We can take care of the majority of sinus problems. People who have these procedures get an almost immediate benefit. If we do them on a Friday, the weekend takes up much of their recovery. They can be back at work in four or five days. And the discomfort is really minimal."



Carlos M. Recalde, MD



Charles Zaleski Jr., MD

Dr. Recalde is especially enthusiastic about the new Navigator system. This enables surgeons to work on sinuses with pinpoint accuracy. "Sinuses can be very narrow," he said. "This works almost like GPS in a car. We might be removing polyps in the nose, for instance. The surgeon places the instrument in the nasal cavity, and he knows exactly where he's operating. It's very helpful in avoiding structures in the surrounding areas. Really, it's state of the art for this type of surgery."



Harry Dinsmore, MD

Another effective procedure introduced in recent years is balloon sinuplasty. This technology uses a small, flexible sinus balloon catheter. It opens blocked sinus passages, restoring normal drainage. First the sinus balloon is emplaced. Then it is inflated. It gently restructures and widens the walls of the passageway. And it does not damage the sinus lining. "The beauty of this," Dr. Recalde said, "is that it can mean you don't have to do extensive surgery."



Dennis Devita, MD

The doctor also described advances in ancillary sinus surgery. These procedures provide help to improve breathing. "Where there are problems with a deviated septum," he said, "they can be corrected at the same time."

**UROLOGY**

A new urologist has joined the Lewistown Hospital staff. Charles Zaleski Jr., MD, is board certified and has been practicing for more than 23 years. Dr. Zaleski will make a number of procedures regularly available to the people of the region:

- Transurethral resection of the prostate (TURP)—A procedure to remove part of an enlarged prostate gland.
- Ureteroscopy—the use of a special scope device to view and sometimes remove kidney stones in the ureters. It can be used with laser lithotripsy. A new machine at Lewistown enables this procedure. The process concentrates laser light to shatter the stones in place. Then they can be more easily removed.
- Cystoscopy—a diagnostic technique used to view the inside of the bladder and urethra. Cystoscopes can also be used in treating some urinary problems.

- TVT sling procedure—a treatment for stress urinary incontinence in women. TVT stands for tension-free transvaginal tape. It supports the bladder neck and urethra with a mesh-like tape.
- Many other procedures, including vasectomies, prostate biopsies, and penile and scrotal surgeries.

**ORTHOPEDIC SURGERY**

Two experienced Lewistown Hospital orthopedic surgeons, Dennis Devita, MD, and Harry Dinsmore, MD, have joined University Orthopedics Center (UOC). The addition of Drs. Devita and Dinsmore brings the total of orthopedic surgeons employed by UOC to fifteen. In April, UOC opened its new office location in Lewistown at 310 Electric Avenue, Suite 240, at the Electric Avenue Medical Center adjacent to Lewistown Hospital.

Plans are currently underway for UOC's two spine surgeons, Gregory Bailey, DO, and Joel Torretti, MD, to begin offering orthopedic spine services in Lewistown later this summer.

Lewistown Hospital is committed to building comprehensive orthopedic care in the Lewistown area. Through the Hospital's efforts in forging a strong alliance with UOC, the residents of Mifflin County can seek the highest-quality orthopedic care right in their own community.

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# eICU:

*New telemedicine to bring even better care to the community*

It's a reality of today's medicine: what community hospitals need in order to provide excellent care may come from outside the community. It happens through telemedicine. Electronic links enable remote doctors to take part in examination, diagnosis and treatment.

Telemedicine is no longer the future of community medical care. Instead, it's the present. Lewistown Hospital has proved it before. The Telestroke program is an example. For more than a year, Telestroke has connected our doctors with neurologists off-site. Fast help from specialists serves patients when seconds count.

Now another telemedicine program is underway. It's called eICU, Electronic Intensive Care Unit. It's in place across the country at approximately 200 hospitals in 28 states. Some 300,000 patients

are monitored annually. Ten percent of adult patients have been involved.

Like Telestroke, it focuses specialist skills on the patient. That's true even when the specialist is miles away. And it's another transforming step in community medicine.

## Distance resources for intensive care

An ICU specialist is an intensivist. These doctors see only critically ill patients. Many hospitals lack staff members in this specialty. Larger hospitals that have them can share their staffers.

The arrangement benefits both hospitals. It requires devoted time from the intensivist. Also needed is the technology to make it happen.

Lewistown has signed on for eICU through Geisinger. (The arrangement relies on the VISICU eICU Program from Philips.)

The basic technology includes a live two-way TV link. This allows the intensivist to see the patient. It's also possible to converse directly with the patient and bedside doctors and nurses. All monitoring happens in both locations. The care is documented in both places, too.

Care is fully coordinated. Intensivists are on duty from 7 p.m. to 7 a.m. daily. (They're available as needed around the clock.) During their shifts, they sit with critical care nurses in a remote viewing "hub." From

there, they take part in many aspects of care. They actively consult with attending physicians. Equipment settings, medication, and procedures – the intensivists offer their skills wherever required.

“The intensivist has a lot to offer,” said Chris Mathews, Lewistown Hospital’s Vice President of Nursing Services. “So does the rest of the staff. One might ask, ‘Did you see this?’ An intensivist in this arrangement can actively guide the care.”

Geisinger’s eICU staff has 13 members, including are critical care nurses and doctors, and unit support personnel. The group complements Lewistown’s ICU staff.

**A proven, effective technique**

“This is great for the people Lewistown Hospital serves,” Mathews said. “If possible, we prefer to keep medically complicated patients here. These are people with overlapping problems. One issue affects another. You can have cascades of medical problems. “It’s better for patients and their families if they can get the complex care they need close to home.”

“It’s better for families that way, too. Their loved ones are right here.

“The new program means patients get attention from ICU specialists,” Mathews continued. “Some rural patients couldn’t easily find that kind of care. Often patients can be stabilized faster. Also, this kind of help can mean that intensive care stays are shorter. That’s important for several reasons.”

It’s good in its own right, she explains. It shortens recovery time. Specialist consulting supports this. But there’s more to the story. ICUs tend to be bright, noisy places. It can be hard to rest there. Also, the worst infections in any hospital are in the ICU. That’s where the sickest patients stay, often with hard-to-treat infections. If exposure is shorter, the chance of infection drops. (Lewistown Hospital has posted very low ICU infection rates.)

The flexibility of eICU improves scheduling, and the ability to keep patients close to home, mentioned above, makes a real difference. “We’ve looked at this in our Patient Satisfaction Advisory meetings,” Mathews said. “People are tremendously excited about this. There’s no question it’s better to keep families’ loved ones here.”

eICU also helps control costs. ICU care is among the most expensive a hospital provides. When patients can improve sooner and leave the unit, costs are reduced.

That’s significant. But quality of care counts most of all.

“Using eICU has been proven to reduce deaths,” Mathews said. “A year’s data from Geisinger proves that. It also shows that the program cuts a full day off the length of stay in the ICU.” With such positive results, eICU is another exciting example of the ways that technology and creative approaches can make our Hospital work better.

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## Some eICU Advantages at a Glance

**For patients**

- quicker discharge
- fewer complications
- treatment near family

**For nurses**

- reduced stress through immediate response/support of dedicated intensivists

**For families**

- treatment of loved ones close to home
- comfort of knowing that a second set of eyes is watching over the patient

**For doctors**

- greater scheduling flexibility
- confidence in high-quality care after hours

JanieandLarryWelshans



# *The Lighter Side* **of Volunteering**

One rule about volunteer work is always wise to follow. Here it is: *Make it fun.*

Janie Welshans, star volunteer, gets this. Janie's a mainstay of local charitable work. She does a lot of organizing. And she never forgets that things go best when participants enjoy it all.

Janie is Lewistown Hospital's supervisor of environmental services. She manages the housekeeping and linens departments. She's responsible for the main hospital and satellite locations. Forty-seven people work for her. In 27 years on the job, she says with a smile, she's "seen those buildings come and go."

She's given a big off-hours time commitment to the Hospital, and like many other givers, she works for other good causes as well.



**Service with a smile**

Volunteer work is seriously important to Lewistown Hospital. But that doesn't mean anything about it has to be glum.

You'll find Janie upbeat on most subjects. But she's seldom more "up" than when she talks about volunteering.

"You have to make it fun," she said. "So let's say we want to get women involved in an event. How about Bag Bingo? We offered these Vera Bradley purses and 31 other products. And the event was very popular! We sold out of tickets. It pulled in women from all over the area."

"Or let's say we're having a basket sale. We pick a theme. Then maybe we take it a little over the top. If it's chocolate, we put together a basket three feet high and three feet across. If it's games, we fill a kid's red wagon up with a hundred of them."

Getting people's attention is a specialty of Janie's. She's been doing it as a member of the Hospital Friends' board for more than three years. She's worked hard to help grow the Friends Legacy Endowment Fund. And her record includes all sorts of successful volunteer gambits.

She's worked on the Hospital's holiday market. ("That's a great one for the employees here," she said. "People love to shop while they work.") She's taken a hand in cookbook sales. She's sat on many management committees.

"It's all about where you can make the next dollar," Janie says. "So you're constantly brainstorming. To me it's a real pleasure to help with the fund-raisers and with decision making."

**Keeping it in the family, taking it to the community**

Janie's husband, Larry, shares her involvement. "I try to drag him along on everything I do," she said.

Local fans will recognize Larry as one half of the bartending team that hosts the Larry and Barry Happy Hour radio promotion Tuesday evenings at J. P. Edward's in Burnham. Those who take part in volunteer work will remember him from the community's Kid Connection, former Community Days, and his work on in-hospital memorabilia displays. "Mainly I support everything Janie does," he said. "I work on her coattails."

With Larry backing her up, Janie has also reached out with service in a variety of charities in the larger community. For 10 years she's chaired the Hospital's team for United Way Day of Caring. This event sends teams across Mifflin County. They identify needs and meet them. It's anything from painting a playground shelter to laying a tile floor in a library. Other examples of her community efforts are the About Kids program for the Mifflin County Kiwanis and the Pancake Festival affiliated with the local Christmas parade.

Janie's especially proud of her work with Habitat for Humanity. It's not just that she loves the hammer-swinging, hands-on aspect of homebuilding. What's even more gratifying is seeing the effect it has on deserving families. "It's so cool to hand over a key," she said. "I just love it."

"I don't really think about this as volunteering," Janie said. "It's just sort of what I do. And you know, sometimes it isn't that hard."

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# Belonging *and* Acting

*The impact of your  
Lewistown Healthcare  
Foundation membership*

*Look around you in your Juniata Valley hometown. There are always many demands on your giving. Many of these charities are worthy and significant. But few count more than the Lewistown Healthcare Foundation.*

Now or later, all of us need medical care. We all want the best possible care, and your participation is critical in meeting that goal. By joining the Foundation, you support the technology, facilities and services that quality care depends on. Your involvement also helps ensure that everyone who lives here has access to the best possible care.

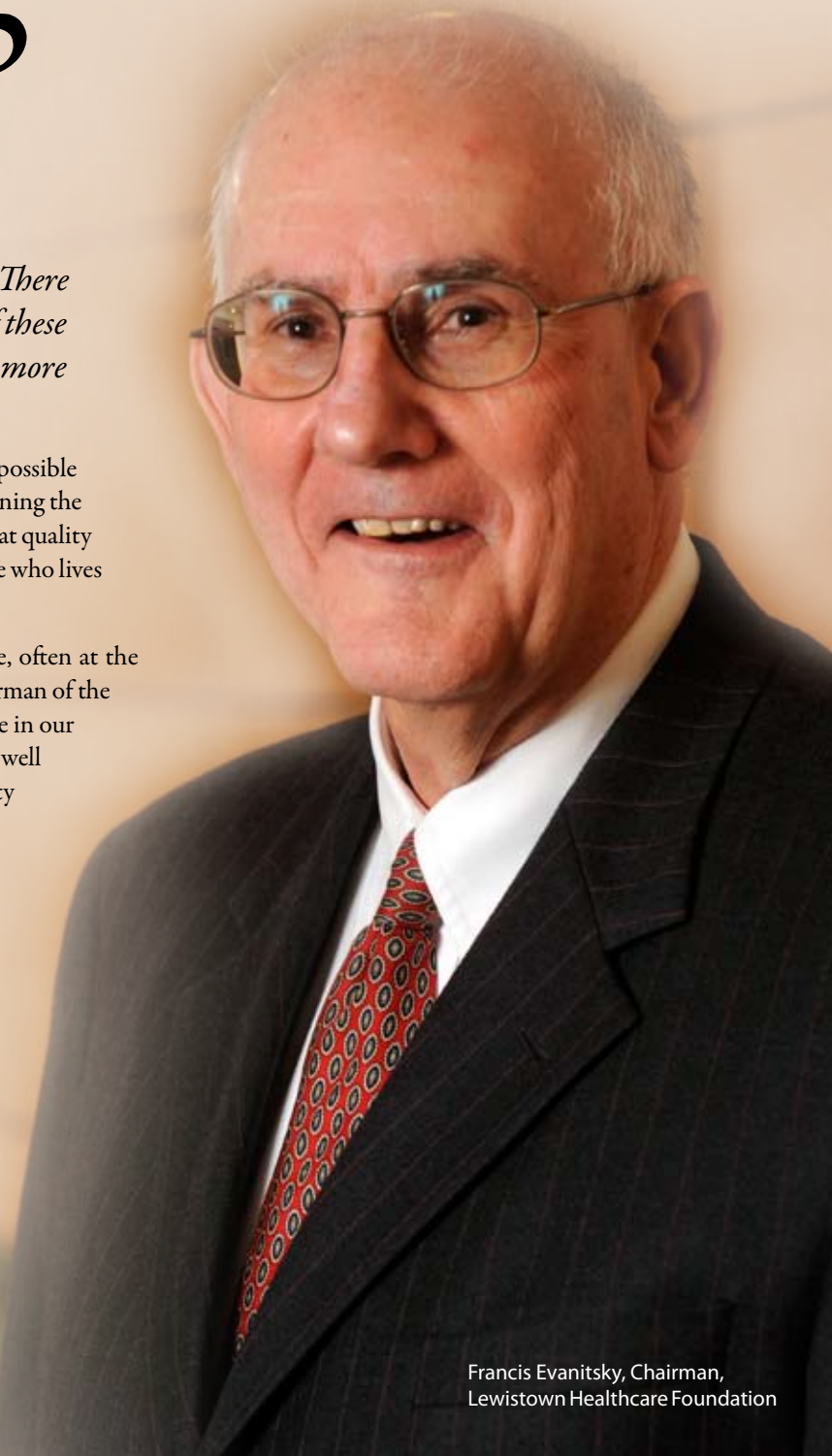
“Lewistown Hospital is in the business of taking care of people, often at the most vulnerable times in their lives,” said Francis Evanitsky, Chairman of the Foundation Board. “But we also are here to help make the people in our community healthier. Our impact and service to the community go well beyond the Hospital walls. We partner with many other community organizations to make our region a better place to live.”

By taking part, you gain a voice in what the Foundation does and how it does it. You help set the agenda. You help make it all happen.

As a resident, you belong to the community. As a member of the Lewistown Healthcare Foundation, you show what that belonging means with effective action.

## **What the Foundation is and does**

The Foundation is the Hospital's parent corporation. It's a nonprofit charity. Its purpose is to support outstanding medical care here. Community volunteers on the 15-member Foundation Board are basic to this support. They manage the Foundation, the Hospital and associated companies. All these entities deliver excellent healthcare in our area.



Francis Evanitsky, Chairman,  
Lewistown Healthcare Foundation

Across four counties, 80,000 people rely on the Hospital and its affiliates. As a member of and contributor to the Foundation, you enable this vital mission. The Foundation is nothing more or less than committed members of the community. Because of them, healthcare in our area is individualized, economical and of high quality.

The services provided by Lewistown Hospital and its affiliates fill a true need for the people of our community. If this care was not available here, our families and our neighbors would have to go a long way to receive it.

**Joining and participating**

Every member in good standing is entitled to a vote. The more those members get involved, the better we understand and respond to community needs. Eligibility requirements are simple. Anyone can join who lives or works in the following counties, townships or boroughs:

- Anywhere in Mifflin County.
- Anywhere in Juniata County.
- In Huntington County: Brady, Mill Creek, Mapleton, Mount Union, Shirley, Shirleysburg, Cromwell, Rock Hill, Orbisonia, Dublin, Tell and Shade Gap.
- In Snyder County: West Beaver, McClure, Spring, Adams, Beavertown, Beaver and West Perry.

*“Now, more than ever, we need your support to maintain Lewistown Hospital as a valued and vital community resource”*

Remember that you must renew your membership by June 30, 2011, to vote at the annual Foundation meeting in September. New members will be eligible to vote after their second year.

“Now, more than ever, we need your support to maintain Lewistown Hospital as a valued and vital community resource,” Francis Evanitsky emphasized. “Your membership makes a difference!”

*To join, visit [www.LewistownHospital.org/LHF](http://www.LewistownHospital.org/LHF) for more information and a printable membership application. Or call our Development Office at (717) 242-7365.*

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Danielle Force

## Lewistown Hospital

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Wall

Lewistown Hospital · Top Posts

Danielle Force checks in often on Facebook. She's always interested in what's posted by friends and relatives. But Force doesn't stop there. Most days she also sees what's new from Lewistown Hospital. It's a Facebook presence she likes—and Likes.

Force actively supports the Hospital. For three years she's belonged to the Friends of Lewistown Hospital. She's their VP of Fundraising and Finance and also sits on the Executive Board. Her volunteerism fits her working life.

"I wanted to help the community," she said. "I work in healthcare. So joining the Friends seemed like a perfect match."

### An easy way to stay in touch

About eight months back, Force started watching the Hospital's new Facebook page. It was an exciting change. As a friend, she knew that things happen all the time at the Hospital. The page is updated nearly every day with health information, news and events.

Just by clicking the Like button, Force arranged to be notified whenever updates appeared. She finds out about them on her wall. It's been a big help to her as a board member. She believes any member of the community would find it beneficial.

"I saw a posting on Facebook about the Surgical Center's open house," she said. "I passed the word around to patients and staff at work. Someone went in and met Dr. Edward Ridings there. That was beneficial."

"I think it's great that the Hospital's doing this," she continued. "What's on the page isn't always on radio ads or in the paper. This is the best place to find information. Sometimes it's the only place. That makes it a wonderful, wonderful tool. I visit almost every weekday. Other board members are also taking advantage of it."

### A true social network

Force says this information helps unite Lewistown Hospital supporters. "People have made comments on it. A lot of them find it as useful as I do. I'd encourage anyone who's interested in the Hospital or its events to Like the page. It's the best way to get all kinds of information."

There's another sense in which the page is useful. Facebook enables instant feedback. That helps those who manage the postings. They learn at once what supporters of the Hospital want to know. The page also links to other sources of healthcare information. One click gets visitors there.

"This is a great way to communicate instantly," Force said. "It's always there. It's good for the Hospital and the community."



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*New neighbors...old friends*





University Orthopedics Center (UOC) is pleased to announce that Dr. Dennis Devita and Dr. Harry Dinsmore have joined UOC. They will continue to practice excellent orthopedic care from our new location at 310 Electric Avenue in Lewistown which is adjacent to the Lewistown Hospital.

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# In with the New at The Family Place

New beginnings are an everyday thing at The Family Place in Lewistown Hospital. Now our maternity unit delivers a range of choices in birth plans. The same is true of the precious hours after a new arrival.

Patient Care Director Stacey Osborne is pleased. "We're offering more family-centered care," she said. "We're focused on patient satisfaction. Many more birth plan options are available to families. Patients wanted this. We had to push ourselves, but it was the right thing to do. We've made changes in policy and practice, and our obstetricians and pediatricians were very much on board."

## Responding to changes

The Family Place hasn't changed physically in recent years. Still, the differences in how things are done are clear. One example is the current emphasis on early bonding. Especially as cesarean sections have become more frequent, this has been a challenge.

"Mothers and babies need to stay together after birth," Osborne said. "We encourage breastfeeding within the first hour. It used be that mother and child might be apart for observation that lasted several hours. Now we do that while they're together." Skin-to-skin contact is also encouraged between mothers and infants.

"As always, we welcome a support person through the whole process. We've changed our visitation policy so now there's a place for anyone the patient chooses," Osborne said. "The non-traditional is now traditional. Society is changing. We had to change, too."

Every aspect of the birth process and the time afterward is addressed at The Family Place. Mothers have always been encouraged to nurse their babies. Now enhanced breastfeeding services are offered. A lactation consultant is available as well as two breastfeeding counselors and two breastfeeding consultants. They provide help and guidance before and after discharge from the unit. Mothers can enroll in our Breastfeeding Basics class. (Information for nursing mothers is available on our Facebook page. Search The Family Place at Lewistown Hospital.)

Just as important to expectant mothers and couples are prepared childbirth classes. Funds from last year's Hospital golf tournament support this program. The childbirth classes are provided at no charge for patients planning to deliver at Lewistown Hospital.

The Family Place also has four car seat technicians. Their work covers not just infant seats but all types of child restraint. Also provided are free child seat safety inspections held monthly at the Hospital and by appointment.



## Classes supporting informed care and family involvement

Among the other classes offered:

- **Sibling Class.** Letting new brothers and sisters know what to expect is helpful. It promotes harmony in the family. Children's anxieties are eased, and they may deal more comfortably with the changes coming to their households. Children between ages 2 and 10 are welcome.
- **Cesarean Class.** This class helps prepare moms and couples for Caesarean delivery. It explains when a cesarean may be called for. It also covers many aspects of the operation and recovery, and describes characteristics of newborns delivered this way.
- **Safe Sitter Class.** This program provides medical information to boys and girls ages 11 to 13. It helps them develop safe babysitting skills. It also teaches them how to deal with emergencies.
- **Breastfeeding Basics.** This reviews the advantages and challenges of breastfeeding.

Also offered at The Family Place are bereavement services.

The next major initiative for The Family Place involves a new view of care. In the past, moms and babies each had their own nurse. A new approach is Mother/Baby Care where the same nurse cares for mom and baby. This provides for the pair together. The same nurses, for instance, see them both. The result is better care. It's being developed at Lewistown Hospital right now.

"The changes we are making are all about meeting the expectations of the parents," Osborne said. "It's all about what we do for families. It's all right here."

# Lewistown Hospital Medical Services

Lewistown Hospital: (717) 248-5411 or (800) 248-0505

Advanced Life Support (Medic 29).....	(717) 242-7429	Imaging Services.....	(717) 242-7282
Bone Health Center.....	(717) 242-7702	Laboratory Services.....	(717) 242-7607
Breast Care Center.....	(717) 242-7229	Maternity Services	
Cancer Care.....	(717) 242-7297	(The Family Place).....	(717) 242-7660
Cardiovascular Care.....	(717) 242-7171	Nutrition Services.....	(717) 242-7269
Case Management Services.....	(717) 242-7350	Pain Management Clinic.....	(717) 242-7121
Diabetes Resource Center.....	(717) 242-7198	Pharmacy (Total Life Care)	
Emergency Services.....	(717) 242-7180	Belleville.....	(717) 935-2341
Family Health Associates		Lewistown.....	(717) 242-7390
Family Practice Locations		McAlisterville.....	(717) 463-3558
Belleville.....	(717) 667-9030	Mifflintown.....	(717) 436-8278
LeMed Suite 270.....	(717) 242-7332	Sexual Assault Forensic	
McAlisterville.....	(717) 463-2121	Examiner (SAFE) Program.....	(717) 242-7185
Mifflintown.....	(717) 436-5578	Sleep Center.....	(717) 242-7040
MOB 5 (Lewistown Hospital).....	(717) 242-7340	Surgical Center.....	(717) 242-7597
Specialty Care		University Orthopedics Center.....	(717) 248-5200
Center for Weight Management and Nutrition	(717) 242-7090	Sound Healing Institute.....	(717) 242-7348
General Surgery.....	(717) 242-7981		
Pulmonary Medicine/Sleep Medicine.....	(717) 242-2711		
Urology.....	(717) 242-7761		



Control the bleeding. Restore your life.

## Stop your period from controlling your life.

Are your periods controlling your life? You, like 1 in every 5 women, may suffer from excessive menstrual bleeding. NovaSure is a quick, safe, and simple medical procedure to lighten or stop your periods permanently, without the side effects of hormones or the risks of hysterectomy.

Over 1 million women have been treated with the NovaSure procedure.<sup>1</sup> In a clinical study of women who had received the NovaSure procedure, 9 out of 10 reported they had normal, light, or no periods.<sup>2</sup> NovaSure typically takes less than 5 minutes to complete,<sup>2</sup> and most women experience mild or no pain during or after the procedure.<sup>3</sup> You can go home immediately afterward and most women return to regular activities within 1-2 days.

**Call your OB/GYN about NovaSure or visit [www.novasure.com](http://www.novasure.com) for more information.**

Only women with excessive menstrual bleeding who are finished having children may be candidates for the NovaSure procedure. As with any medical procedure, there are risks to be considered. In a small percentage of patients, side effects of the NovaSure procedure included cramping, nausea/vomiting, discharge, and spotting. Talk to your doctor for further information about the full benefits and risks of the NovaSure procedure. 1. Data on file, Hologic, 2009. 2. Cooper J, Gimpelson R, Laberge P, et al. A randomized, multicenter trial of safety and efficacy of the NovaSure system in the treatment of menorrhagia. J Am Assoc Gynecol Laparosc. 2002;9(4):418-428. 3. Laberge PY et al; Assessment and Comparison of Intraoperative and Postoperative Pain Associated with NovaSure and ThermoChoice Endometrial Ablation Systems. J Minim. Invasive Gynecol. 2003; 10(2): 223-232



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