

Her Option Information Sheet

Stop heavy periods—cold.

Her Option[®] is a safe and effective ablation procedure that uses sub-zero temperatures (cryoablation) to reduce heavy periods to normal levels.

The cold temperatures destroy the endometrium (uterine lining), the part of the body responsible for menstrual bleeding. With the endometrium reduced or eliminated, there's less tissue to shed each period. The result? Dramatically less menstrual bleeding.

Talking to your doctor

The best way to take control of your heavy periods is to talk to your doctor. Tell him or her how abnormal uterine bleeding affects your life. For better insight into your symptoms, share this information sheet at your next visit.

Additional printable discussion materials include our Heavy Bleeding Quiz, Menstrual History and Doctor Discussion Guide.

Find a doctor

To find a doctor in your area that performs Her Option Office Cryoablation therapy visit

www.heroption.com/FindaDoctor

or call **1-800-328-3881** ext. **6261**

Benefits of Her Option

- Sub-zero temperatures provide natural analgesic effect.
- No IV sedation required.
- No surgery or disruption of natural hormones.
- Available in the comfort of a doctor's office.
- Ultrasound guidance lets physicians monitor treatment progress.
- Quick recovery period—most women return to normal activities the next day.

About cryoablation

Cryoablation is a time-tested treatment with proven success in treating many medical conditions. Gynecologists are very familiar with the therapy and all its possible applications.

Other ablation processes work through energy or heat. But cryoablation uses sub-zero temperatures to reduce or eliminate the uterine lining. The natural analgesic affect of these low temperatures minimizes patient discomfort during the procedure. Plus, ultrasound guidance during the procedure lets physicians monitor the therapy as it happens, offering an additional level of safety.

Cryoablation offers additional long-term benefits, including:

- minimal scarring (this feature may help physicians identify future issues more quickly)
- improvement of pain and mood related to PMS

Who should consider Her Option?

Her Option is so effective that when asked two years after their treatment, 91% of patients were very or extremely satisfied with treatment results.¹

Her Option Office Cryoablation Therapy may be the right choice for patients who:

- are pre-menopausal
- are past childbearing
- experience heavy bleeding due to benign causes
- have a normal pap smear and no uterine abnormalities

A physician should evaluate heavy bleeding symptoms, as well as individual health needs and medical history to determine the best treatment for a patient's heavy periods.

Risk information

Every medical treatment has risks and complications. Her Option is not recommended for everyone. Physicians must evaluate symptoms, health needs and medical history to determine if it's right for a particular patient.

A patient will NOT be a candidate for Her Option if she:

- intends to become pregnant
- uses an IUD
- suffers from uterine cancer
- suffers from an active urinary tract infection or pelvic inflammatory disease
- has certain types of uterine abnormality

Insurance coverage information

Most private insurances cover Her Option Office Cryoablation Therapy. Because it's an office based treatment, be sure to check with your insurance provider prior to the procedure. In some cases a small office co-pay is all that's required.