Considering Surgery for Uterine Fibroids?

Learn why da Vinci® Surgery may be the best treatment for women who want to preserve their uterus.
The Condition:

Uterine Fibroids

A uterine fibroid is a common type of benign (non-cancerous) tumor that can grow inside and also outside the uterus. Uterine fibroids are most common in women ages 30 to 40, but can occur at any age.\textsuperscript{1} An estimated 20 to 80% of women develop fibroids by age 50.\textsuperscript{2} Uterine fibroids are the most common reason a hysterectomy is performed.\textsuperscript{2}

Uterine fibroids may grow as a single tumor or in clusters. They often increase in size and frequency with age, but may shrink after menopause. Not all women experience symptoms due to fibroids. When symptoms are present, they may include excessive menstrual bleeding, pelvic pain, frequent urination and difficulty getting pregnant.


\begin{figure}
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\includegraphics[width=\textwidth]{fibroids.png}
\caption{Uterus shown with five types of fibroid tumors. The tumors are named for their location relative to the uterine wall.}
\end{figure}
Myomectomy is a common alternative to hysterectomy for treating fibroids. Myomectomy surgically removes fibroid tumors while leaving the uterus in place. Myomectomy is often recommended and considered the standard of care for women who want to become pregnant or keep their uterus for other reasons.²,³

Myomectomy is often performed using traditional open surgery, meaning a large incision is made in the lower abdomen. After removing each fibroid, the surgeon repairs the uterus to minimize potential bleeding, infection and scarring. Proper repair of the uterus is critical to reducing the risk of uterine rupture (tearing) during pregnancy.³
A recent study found that da Vinci Myomectomy can provide a minimally invasive option even to overweight patients.⁴

Uterine fibroid embolization is a newer, non-invasive treatment in which blood vessels to the uterus are blocked. This stops the blood flow that allows fibroids to grow. Possible side effects include bleeding, infection and difficulty getting pregnant.¹

Laparoscopic myomectomy is another minimally invasive alternative to open surgery but is usually not an option for women with large, multiple, or difficult-to-reach fibroids.³
If your doctor recommends surgery to treat uterine fibroids, you may be a candidate for da Vinci Myomectomy - a minimally invasive, uterine-sparing procedure. Using state-of-the-art technology, da Vinci Myomectomy requires only a few tiny incisions so you can get back to your life. da Vinci enables surgeons to perform this delicate operation with superior vision, precision, dexterity and control.

**da Vinci Myomectomy** offers many potential benefits over traditional open surgery, including:

- Less blood loss\(^4,5,6\)
- Shorter hospital stay\(^4,5,6,7\)
- Less narcotic pain medicine required\(^7\)
- Small incisions for minimal scarring\(^8\)

When compared to traditional laparoscopic surgery, da Vinci offers women the following potential benefits:

- Greater likelihood your surgeon can remove heavier fibroids\(^5\)
- Fewer complications during surgery\(^9\)

As with any surgery, these benefits cannot be guaranteed, as surgery is unique to each patient and procedure.

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The Enabling Technology: 
*da Vinci* Surgical System

The *da Vinci* Surgical System is designed to provide surgeons with enhanced capabilities, including high-definition 3D vision and a magnified view. Though it is often called a “robot,” *da Vinci* cannot act on its own. The surgery is performed entirely by your doctor. He or she controls the *da Vinci* System, which translates all hand movements into smaller, more precise movements of tiny instruments inside your body.

Together, *da Vinci* technology allows your doctor to perform complex procedures through just a few tiny openings. As a result, you may be able to get back to life without the usual recovery following major surgery.

The *da Vinci* System has been used successfully worldwide in hundreds of thousands of procedures to date.
All surgeries, including da Vinci Surgery, involve risk of major complications. Before you decide on surgery, discuss treatment options with your doctor. Understanding the risks of each treatment can help you make the best decision for your situation.

For more information and to find a da Vinci Surgeon near you, visit: www.daVinciSurgery.com