Issues to Discuss With Your Doctor

- Your heavy bleeding and how it interferes with your life
- Your treatment options
- Success rates with each treatment
- Are you a candidate for NovaSure?

It may be difficult for you to discuss heavy periods with your doctor, but your doctor wants to know and can help. Your doctor can only help if he or she is aware of your problem. Join the growing number of women who have freed themselves from heavy periods, in about 90 seconds.*

NovaSure

- Quick, simple, safe, and effective procedure
- No hormones
- No hysterectomy
- Quick recovery time
- 97% of patients would recommend NovaSure to other women?

*The average treatment time is 90 seconds, and the entire NovaSure procedure typically takes less than 5 minutes to complete.

Knowing there's a simple, safe, and effective solution that takes about 90 seconds* may inspire you to start the conversation with your doctor about your heavy bleeding.

It's a conversation that could change your life.

*The average treatment time is 90 seconds, and the entire NovaSure procedure typically takes less than 5 minutes to complete.

For more information, talk to your doctor or visit www.NovaSure.com.
Introduction

This brochure is designed to inform you about the NovaSure® Endometrial Ablation System (NovaSure), the 90-second,* one-time procedure that successfully treats menorrhagia (heavy periods). Inside, we discuss the problem of menorrhagia, how NovaSure compares with the other treatment options, and how the procedure works.

Menorrhagia is a serious medical condition that affects almost 20% of women. That’s an estimated 10 million women.¹ So know that you’re not alone, and this brochure is here to help.

Menorrhagia is not something you have to put up with, and NovaSure may be the solution.

What is menorrhagia?

Menorrhagia (meh-nuh-RAH-jah) is defined as unusually heavy and/or long-lasting menstrual periods. If your period lasts a long time, or is so heavy that you need to change pads or tampons every 1 to 2 hours, then you may have menorrhagia.

Menorrhagia is more than just a problem with bleeding. It can have very disruptive effects on your family and social life, regular daily activities, and your mood.

Consider the following questions:

1. Do your periods last a long time?
2. Is your bleeding so heavy you need to change your pad or tampon every 1 to 2 hours?
3. Do you often wear a tampon AND a pad for more protection?
4. Do you need to change your pads at night, or do you stain your sheets?
5. Do you pass many clots? Are your clots sometimes as large as a quarter?
6. Are you tired all the time?
7. Do you wear dark clothing because you worry about having menstrual accidents?
8. Does your bleeding affect your work, social, athletic, or sexual activities?
9. Would your life improve if you had less bleeding or no bleeding each month?

If you answered “yes” to any of these questions, then you may have menorrhagia.

NovaSure is a procedure that can put an end to your heavy periods and the resulting symptoms. Ask your doctor if the NovaSure procedure is right for you.

*The average treatment time is 90 seconds, and the entire NovaSure procedure typically takes less than 5 minutes to complete.
How common is menorrhagia?

Menorrhagia occurs in 1 out of every 5 women. An estimated 10 million women suffer from heavy menstrual bleeding, yet only 2.5 million seek treatment each year.¹ The reason for this is that many women are embarrassed to discuss their periods; they think their bleeding is normal because it has always been that way, or they are afraid of the treatment options.

Heavy bleeding is a problem for many women at different stages of their lives, including women who have had a tubal ligation (had their “tubes tied”), women who have been prescribed hormones and have stopped taking them, or women approaching menopause. These events may cause changes in a woman’s bleeding. Your doctor can help you determine whether you may be suffering from menorrhagia. Talking with your doctor can bring you one step closer to relief.

What are the effects of menorrhagia?

Physical

The physical effects of menorrhagia may include:
- Heavy periods that last more than a few days
- Heavy bleeding that requires double protection or changing protection every 1 to 2 hours
- Large blood clots
- Bad cramping
- Fatigue or extreme tiredness
- Anemia
- Headaches
- Nausea

Social

Menorrhagia is more than just a physical condition; women are often forced to plan their lives around their heavy periods:
- More than 60% have had to miss social or athletic events²
- About 80% avoid sexual activities¹
- 33% have been forced to miss work²

Emotional

Menorrhagia can disrupt the lives of women in other ways as well. Among women with heavy periods:
- 77% have depression or moodiness¹
- 75% feel anxious²
- 57% feel a lack of confidence²

If you can identify with any of the symptoms, your doctor can help. Talking with your doctor will bring you one step closer to relief.

What Women Say About Menorrhagia

“Toward my 40s, my period started to dominate my life. I was bleeding every 19 days, heavily. I felt like I had just one good week every month in which I had energy.”

– Dr. Molly McBride, OB/GYN; Delaware

“Before the NovaSure procedure, it was hard to get up some mornings. Some days I had to get up to go to work, but I was weak and didn’t have the energy. I didn’t want to be around people. I was in pain. I didn’t want to eat or be around anyone.”

– Ladora, Mississippi
Choosing the Right Treatment for You

There are several different ways to treat your heavy periods. You and your doctor can decide which way is best for you. Each method has advantages and disadvantages that you need to think about. The chart below explains NovaSure and other common treatments for heavy periods with the advantages and disadvantages of each method.

<table>
<thead>
<tr>
<th>Treatment Options for Menorrhagia</th>
</tr>
</thead>
<tbody>
<tr>
<td>NovaSure Endometrial Ablation</td>
</tr>
<tr>
<td><strong>Description</strong></td>
</tr>
</tbody>
</table>
| **Advantages** | • More than 9 out of 10 women return to normal or lower than normal bleeding<sup>2</sup>  
• Typically takes less than 5 minutes  
• Can be done in the office or an outpatient setting  
• Does not require general anesthesia  
• Can be done at any time during the cycle without hormonal pretreatment  
• Recovery in 1 to 2 days  
• Removes lining but leaves uterus intact  
• 97% of women had not needed a hysterectomy 5 years after procedure<sup>3</sup> | • Reduces bleeding in about half of women<sup>4</sup>  
• Taken by mouth or injection  
• Reversible by stopping the pills or injections | • Reduces bleeding for a short time  
• 39% efficacy after 5 years<sup>7</sup>  
• Does not require taking pills  
• Inserted in-office  
• Fewer side effects than hormones taken orally  
• Reversible by removing IUD | • Reduces bleeding for a short time |
| **Disadvantages** | • Only appropriate for women who are finished having children  
• Surgical risks associated with minimally invasive procedure  
• Cannot be reversed | • May take up to 3 months before they start working<sup>4</sup>  
• Possible hormonal side effects (eg, depression, acne, headache, weight gain, breast tenderness, increased risk of cervical cancer)<sup>5</sup>  
• Ongoing cost  
• Must remember to take them  
• 77% of women eventually progress to a surgical solution<sup>6</sup>  
• Women with some medical conditions cannot take hormones | • May take up to 6 months before it starts working  
• Can cause bleeding between periods  
• Possible hormonal side effects (eg, depression, acne, headache, weight gain)<sup>8</sup>  
• Must be removed after 5 years  
• 42% of women require surgery within 5 years<sup>7</sup> | • Only appropriate for women who are finished having children  
• Risks of major surgery  
• Risks of general anesthesia  
• Recovery takes 2 to 8 weeks  
• Cannot be reversed |

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*The average treatment time is 90 seconds, and the entire NovaSure procedure typically takes less than 5 minutes to complete.*

For more information, talk to your doctor or visit www.NovaSure.com.
What is NovaSure?

NovaSure is an endometrial ablation (EA) procedure that provides a solution to heavy periods. NovaSure is also a minimally invasive outpatient treatment alternative to hysterectomy and a choice that avoids the potential side effects of hormone therapy. NovaSure delivers 90 seconds* of precisely controlled radio frequency energy through a thin handheld wand to remove (ablate) the lining of the uterus (endometrium). This is why it is called an EA procedure.

The NovaSure procedure is quick and simple. It can be done without general anesthesia in the doctor’s office or an outpatient setting. After the NovaSure procedure, 97% of patients do not experience pain.9 It is a minimally invasive procedure that does not require incisions and can typically be done in less than 5 minutes, which is less time than any other EA procedure. Also, unlike other EA procedures, NovaSure can be done at any time during the menstrual cycle and does not require that you receive hormonal pretreatment. Patients can go home the same day and are back to work in 1 or 2 days.

How does NovaSure work?

The NovaSure procedure can reduce or eliminate future menstrual bleeding by permanently removing the lining of the uterus through the quick delivery of radio frequency energy.

After slightly dilating your cervix and inserting a slender wand, your doctor will extend a triangular mesh device into your uterus.

The mesh device gently expands, conforming to the dimensions of your uterine cavity.

Precisely measured radio frequency energy is delivered through the mesh for approximately 90 seconds.

The mesh device is retracted back into the wand and both are removed from your uterus.

No part of the NovaSure device remains inside your body after the procedure.

*The average treatment time is 90 seconds, and the entire NovaSure procedure typically takes less than 5 minutes to complete.
What can I expect from NovaSure?

Most women see a great decrease in their level of menstrual bleeding. In a clinical study of NovaSure, 91% of women reported normal bleeding or less, and 41% reported no bleeding at all. Many women also had a significant reduction in painful periods and PMS symptoms such as irritability.

Before treatment with NovaSure, most women experienced problems such as feeling anxious, a lack of confidence, difficulty with work or daily activities, and a lack of energy. After treatment, significantly fewer women complained of these symptoms.

### Improvement of Menstrual Pain and PMS Symptoms After the NovaSure Procedure

<table>
<thead>
<tr>
<th>Symptom</th>
<th>% affected before NovaSure</th>
<th>% affected 12 months after NovaSure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Painful periods</td>
<td>57</td>
<td>21</td>
</tr>
<tr>
<td>PMS symptoms</td>
<td>65</td>
<td>36</td>
</tr>
</tbody>
</table>

### What People Are Saying About NovaSure

“I tell patients that there is about a 90% chance we can reduce their periods and put them back in control of their life. Patients are amazed at how effective this procedure is.”

—Dr. Ted Anderson, OB/GYN; Tennessee

“I tried an IUD, which can make your menses lighter. It did make my period lighter, but I found that I had a lot of discharge and daily spotting. The discharge was annoying. That went on for several months. The doctors kept saying, ‘Well, you know, it’s a side effect.’”

—Penny, New York

“I felt so relieved that there was another choice besides hysterectomy!”

—Lynn, Michigan

“I had the NovaSure procedure done about 9 months ago. I have not had one spot of bleeding since. I don’t think about my period anymore. I don’t have PMS. I am a new person. Better than ever.”

—Dr. Molly McBride, OB/GYN; Delaware

### Changes in Patients’ Lifestyles Because of the NovaSure Procedure

<table>
<thead>
<tr>
<th>Answered “Always,” “Frequently,” or “Sometimes”</th>
<th>% before NovaSure</th>
<th>% after NovaSure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you lack confidence due to your period?</td>
<td>57</td>
<td>16</td>
</tr>
<tr>
<td>Do you have a problem working due to your period?</td>
<td>66</td>
<td>10</td>
</tr>
<tr>
<td>Do you spend less time at work or other activities?</td>
<td>61</td>
<td>9</td>
</tr>
<tr>
<td>Do you feel anxious due to your periods?</td>
<td>75</td>
<td>24</td>
</tr>
<tr>
<td>Do your periods cause you to miss social activities?</td>
<td>63</td>
<td>9</td>
</tr>
<tr>
<td>Do your periods cause you to miss athletic activities?</td>
<td>66</td>
<td>9</td>
</tr>
<tr>
<td>Are you unable to work outside your home due to your periods?</td>
<td>33</td>
<td>6</td>
</tr>
<tr>
<td>Do you have less energy or a total lack of energy?</td>
<td>84</td>
<td>24</td>
</tr>
</tbody>
</table>

For more information, talk to your doctor or visit www.NovaSure.com.
Are women satisfied with NovaSure?

Twelve months after NovaSure, 93% of patients were satisfied with the results, and 97% said they would recommend NovaSure to a friend.2

Nearly 7 out of every 10 EAs are NovaSure procedures, making NovaSure the menorrhagia treatment most preferred by physicians and patients alike.10

Could the NovaSure procedure be right for me?

Women with menorrhagia who are finished having children may be candidates for the NovaSure procedure. Your physician may perform diagnostic tests to be sure that there is no other cause for the heavy periods. Your Pap test and endometrial (lining) biopsy must be normal.

Can I still become pregnant after the NovaSure procedure?

There is still a small chance of becoming pregnant, so it is necessary to use some form of birth control after your NovaSure procedure. Pregnancy may be dangerous for mother and child after any EA treatment.

Safety and Risks

After EA with NovaSure, you may feel some cramping and pain; this is normal. In most cases it may last for a few hours. You may have watery and/or bloody discharge after your NovaSure procedure. It could start anywhere from immediately after the procedure to a couple of weeks afterwards. The discharge might last only briefly or continue for up to a couple of months. It could even come and go, and may increase after certain activities. This is quite normal and can be expected with any EA procedure.

Your doctor will explain the risks of all treatment options. Some of the risks associated with EA procedures are making a hole in the uterus, bleeding, infection, or injury to organs within the stomach or around the uterus. These problems are very rare.

Tell your doctor if you have a cardiac pacemaker or any other electrical device in your body.

You should call your physician if you develop a fever higher than 100.4°F, worsening pelvic pain that is not relieved by ibuprofen or other prescribed medication, nausea, vomiting, shortness of breath, dizziness, bowel or bladder problems, and/or a greenish vaginal discharge.

What Women Say About Life After NovaSure

“The freedom that the NovaSure procedure has given me has made my heavy periods a distant memory, a complete nonissue in my busy life.”

– Kristin, Michigan

“It’s given me a chance to have my life back because I’m not bleeding and I don’t have to worry about that, and I can wear white, I can wear khaki, I can wear light colors, which I could not do before. Since the NovaSure procedure, I have not had a period. And that’s been like a blessing to me.”

– Penny, New York

“I can go wherever I want and whenever I want now.”

– Jean, California

“NovaSure has given me the precious gift of time — the time to enjoy each and every day to the fullest.”

– Mary, Minnesota
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