

PARVEEN S. VAHORA MD PA

DYSFUNCTIONAL UTERINE BLEEDING

Fact Sheet

What is Dysfunctional Uterine Bleeding (DUB)?

DUB is a common condition that affects approximately one out of five (22 percent) of healthy menstruating women and more than 10 million American women annually. It occurs because of a hormonal imbalance, and is distinct from other types of excessive menstrual bleeding because it is unrelated to fibroids, infection or disease.

DUB commonly results from a hormonal imbalance in adolescents in the years following the onset of menstruation and in women who are approaching menopause, aged 35 to 45.

DUB accounts for 20 percent of the 600,000 hysterectomies performed annually in the U.S.

What treatment options are available for DUB?

Drug therapy frequently is prescribed DUB, and may reduce but not eliminate menstrual bleeding. The effectiveness of therapy depends on continued dosing; symptoms return once the treatment has stopped.

Dilatation and curettage (D&C) is a procedure where the top layer of the uterine lining is scraped away to help reduce bleeding. The effectiveness of D&C is usually limited to the first few menstrual periods after the procedure. In addition, women often undergo multiple D&C procedures for the treatment of excessive menstrual bleeding.

- more -

- 2 -

* For the purposes of this fact sheet, dysfunctional uterine bleeding will be discussed. For information about structural causes of abnormal uterine bleeding, please refer to the Fibroid and Polyp fact sheet.

PARVEEN S. VAHORA MD PA

Endometrial Ablation destroys the lining of the uterus to stop or reduce menstrual bleeding. It is an outpatient procedure and can be performed under local anesthesia. It is not recommended for women who want to have children. There are different types of ablation techniques:

- **Hysteroscopic Endometrial Ablation.** Traditional endometrial ablation techniques, such as rollerball, loop resection and resectoscope, use a hysteroscope to view the uterus and an energy source to ablate or remove the uterus lining. These procedures usually require a high level of physician skill and can be performed in 30 to 60 minutes. Most women will return to normal activities in two to three days.
- **Uterine Balloon Therapy** is a simple procedure that was introduced in 1997. It uses a balloon catheter that is inserted into the uterus and inflated with a small amount of sterile fluid. The fluid is then heated and the temperature maintained for eight minutes, causing the endometrial lining to break down. The catheter and balloon are removed and the uterine lining sloughs off. The procedure does not require a high level of physician skill. Most women return to normal activities the next day.

Hysterectomy is the surgical removal of the uterus. It is a major surgery that is usually performed under general anesthesia. Several days in the hospital and up to six weeks recovery are most common.

#