

NEWS RELEASE



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For Immediate Release

Thermal Ablation is Alternative to Hysterectomy

Dr. Frank LaBarbera, Board Certified OB/GYN at Halifax Regional

ROANOKE RAPIDS, NC – (April 20, 2012) – Dr. Frank LaBarbera enjoys the education portion of his profession, and he believes women should understand they have less radical alternatives when it comes to a remedy for heavy periods.

Severe vaginal bleeding is called “menorrhagia.” In many cases the bleeding has a known cause. In other cases, the cause is unknown. The medical threshold for menorrhagia is losing more than 80 mL of blood in each menstrual cycle. Many physicians now tend to define this condition by how much it affects your daily life: causing pain, mood swings, and disruptions in work, sexual activity and other activities.

One option to treating menorrhagia, short of hysterectomy, is thermal ablation.

“Thermal ablation is a relatively simple procedure, much less radical than hysterectomy,” Dr. LaBarbera explains. “The patient can actually return to work by the day following the procedure.”

Ablations include any variety of techniques that can be used to remove a thin lining of the uterus. These are alternatives only if the patient is done with childbearing. This procedure stops the menstrual flow in many women, but in others the flow is reduced to normal or lighter levels.

Thermal ablation involves the placement of a balloon inside the uterus. Heated fluid is put into the balloon, which expands until its edges touch the uterine lining. The balloon remains in place for about 10 minutes, during which time the heat destroys the endometrium, or uterine lining.

Dr. LaBarbera says the benefits of the procedure include no incision, minimal bleeding, and a much shorter recovery time than traditional hysterectomies.

Dr. Frank LaBarbera practices at Women's Health Specialists at 1381 Medical Center Drive, Roanoke Rapids and is accepting new patients. To make an appointment, call 252-535-1414.

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