

**Redefining
Hysterectomy**
every
woman
should know
about LSH



If you're like most women, the thought of a hysterectomy* means a long recovery and visible scar. Fortunately, this is changing, as more women like you learn there are newer, minimally invasive techniques that are more patient-friendly. The newest, called Laparoscopic Supracervical Hysterectomy (LSH), is truly redefining hysterectomy.

*Surgical removal of the uterus



“**H**aving the LSH meant I didn't have to put my life on hold.”

—Theresa, 45

The LSH alternative to Open Abdominal Hysterectomy...

LSH causes less trauma to the body than the traditional “open” hysterectomy. It was developed to reduce pain, minimize scarring, and shorten recovery time. The procedure can be done on an outpatient basis, which means a woman can be home resting comfortably within 24 hours and back to her normal activities in less than a week.

Did you know...

Each year 600,000 women in the United States undergo hysterectomies to treat a range of conditions including fibroids, menorrhagia, endometriosis and pelvic support problems, as well as some cancers of the uterus and cervix.



“I was totally surprised by how little pain I felt after having the LSH. It was truly remarkable”

—Kathryn, 47

The LSH procedure uses a thin, lighted telescope-like instrument called a laparoscope, which acts like a video camera, along with small surgical instruments that are all inserted through three to four tiny incisions (less than ¼ inch each) in the navel and abdomen. Using the instruments, the surgeon carefully separates the uterus

from the cervix and removes it through one of the openings. The cervix, the bottom part of the uterus, is left intact. Because this type of surgery does not require the surgeon to make a large abdominal incision, you will not have the same kind of visible scar typical with most traditional, “open” surgeries.

Some research suggests that preserving the cervix may help to reduce the risk of pelvic floor prolapse, urinary incontinence and other complications associated with total hysterectomies. However, with the cervix in place, it means that following an LSH, you must be willing to continue getting annual Pap smears to screen for cervical cancer. In addition, this procedure may not be appropriate if you have large or numerous fibroids.

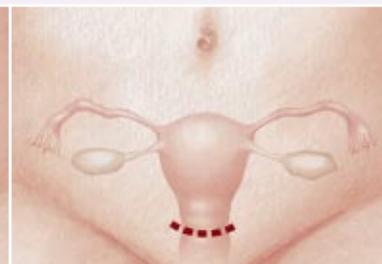
Three to four tiny incisions in the navel and abdomen



Thin, lighted laparoscope is inserted through incisions



Uterus is separated from the cervix and removed



The cervix remains intact after surgery



Finding out if LSH is right for you...

A hysterectomy is generally an elective procedure, not an emergency, so you have the time to explore and thoroughly understand all of your options, including LSH.

The numbers tell the story...

TYPE OF HYSTERECTOMY	INCISION SITE	AVERAGE HOSPITAL STAY	AVERAGE RECOVERY TIME
Total Abdominal	Abdomen (4- to 6-inch incision)	3-6 days	6 weeks (42 days)
Laparoscopic Supracervical (LSH)	Tiny incisions in the abdomen/navel (less than 1/4 inch)	1 day or less	6 days

Taking the next step...

To learn more about LSH and to share this brochure with a friend, visit www.LSHinfo.com. The website includes helpful questions to ask your doctor about the procedure and tips for finding a surgeon who performs it.

www.LSHinfo.com

RISKS:

As with all surgery, hysterectomy involves risk, including potential blood loss, infection and damage to other internal organs.

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