

# UPMC Susquehanna

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# Abnormal Uterine Bleeding (AUB)

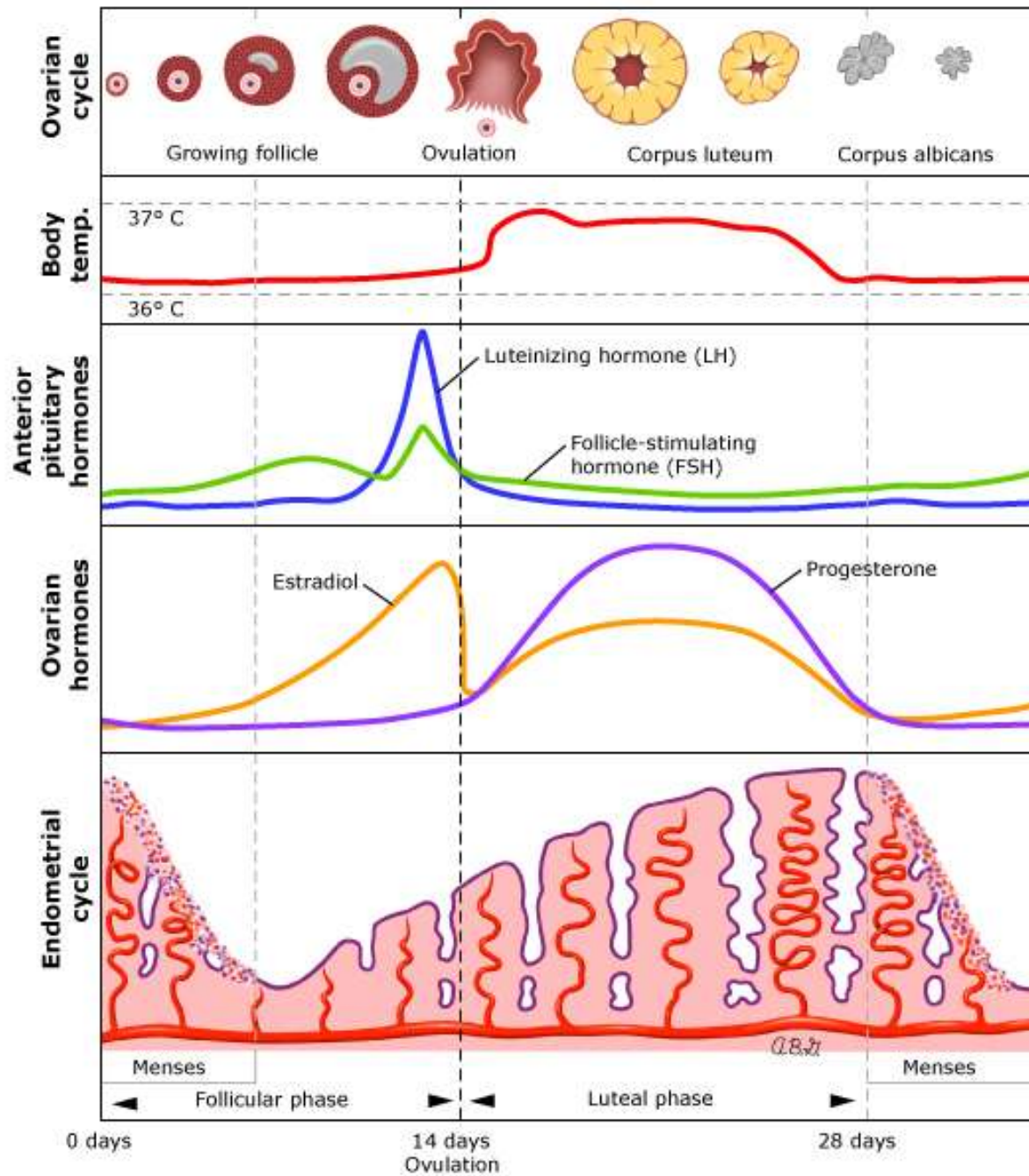
- **#1 reason to see your Gynecologist!**
- **AUB: Abnormal frequency, duration, or volume**
  - **Adolescence → Menopause**



# So what's normal?

- **Frequency: 28 – 35 days**
  - **Highly variable in teens and perimenopause**
- **Duration: 4-6 days**
- **Volume: ~30-40mL blood loss**



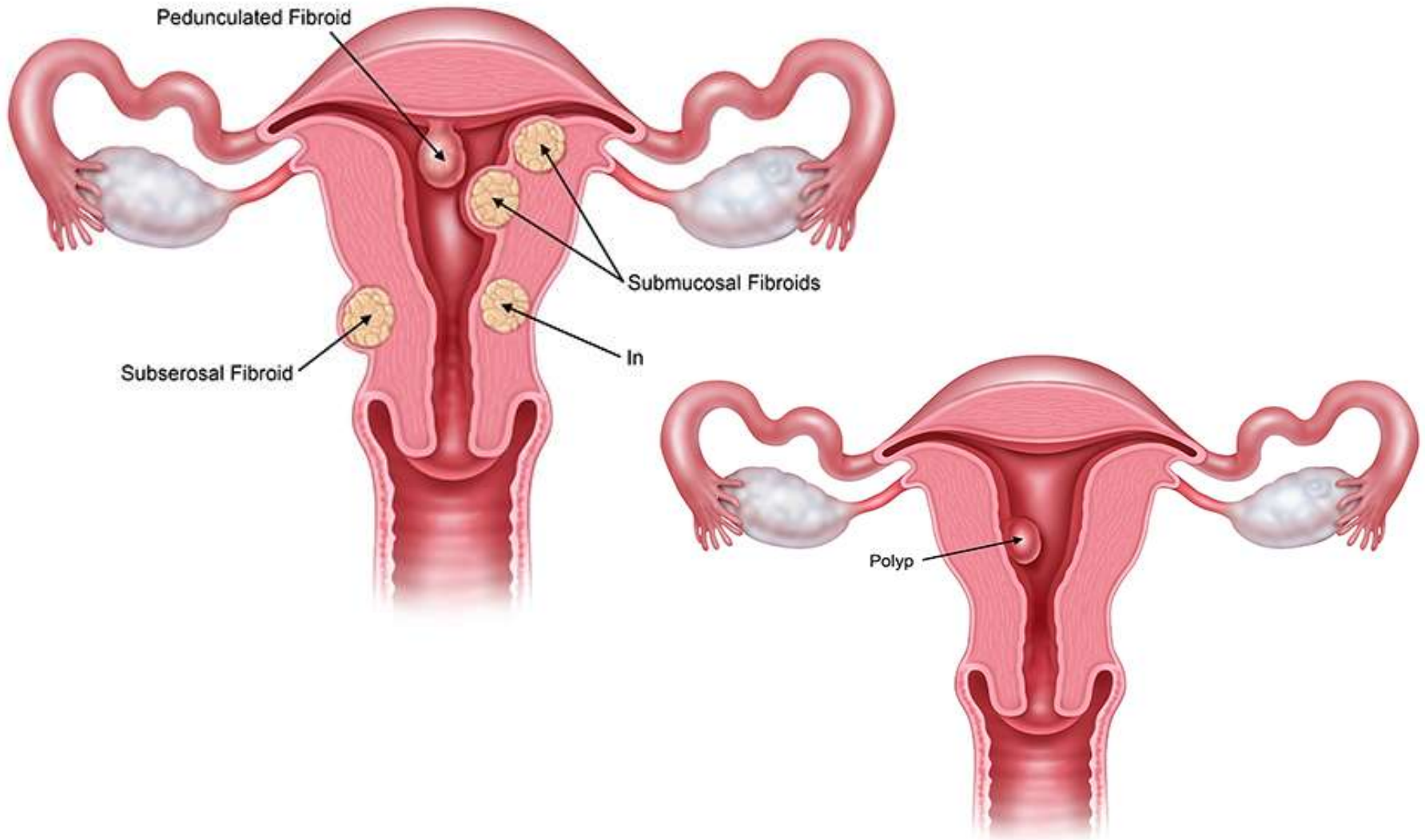


# What causes AUB?

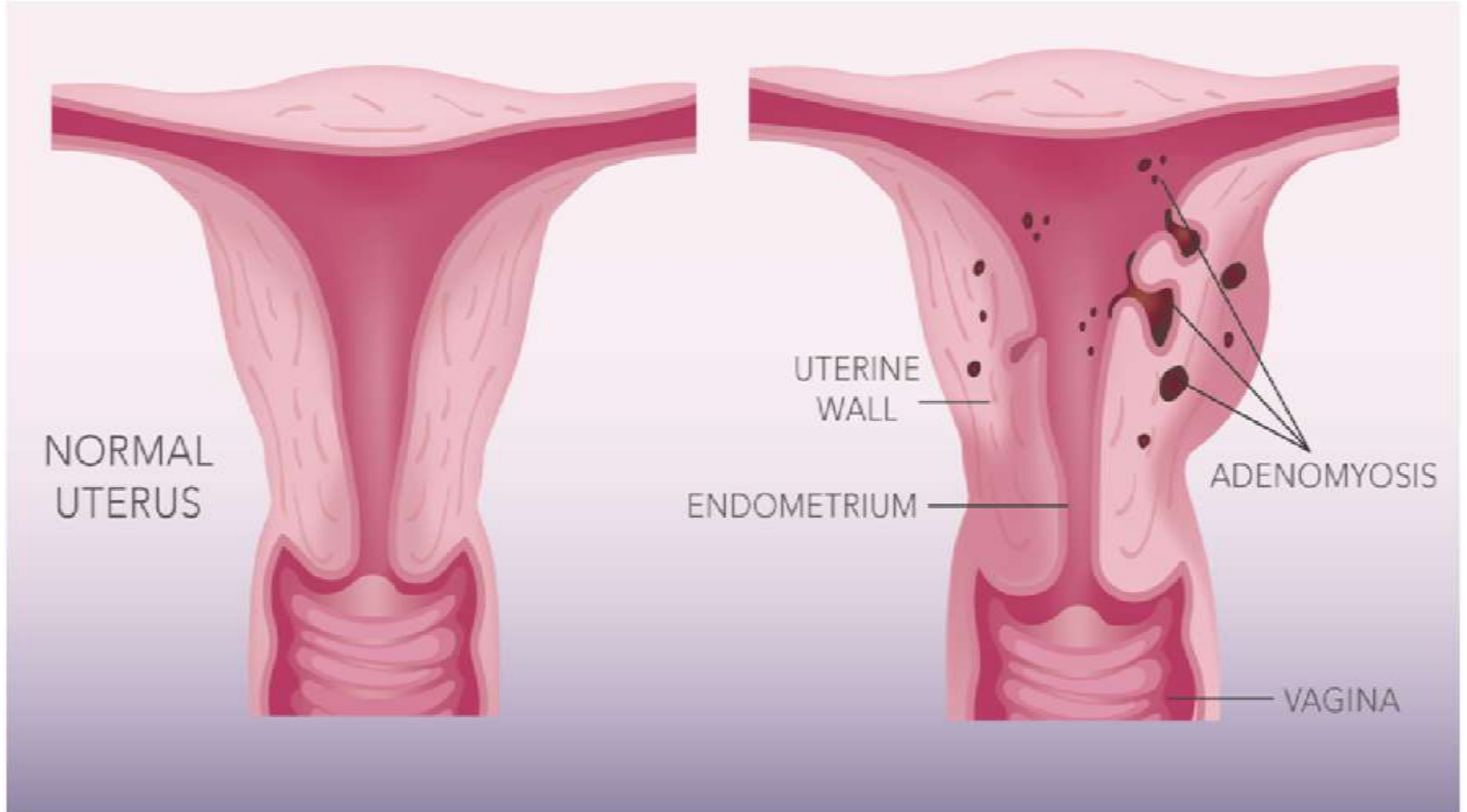
- **Hormonal**
  - PCOS
  - Perimenopause
  - Thyroid disease
- **Structural**
  - Uterine fibroids
  - Uterine polyps
  - Adenomyosis
- **Cancer**



# Fibroids & Polyps



# Adenomyosis



# Diagnosis

1. **History**
2. **Physical exam**
3. **Bloodwork**
4. **Imaging**
5. **Uterine biopsy**





**How can my  
AUB  
be treated?**



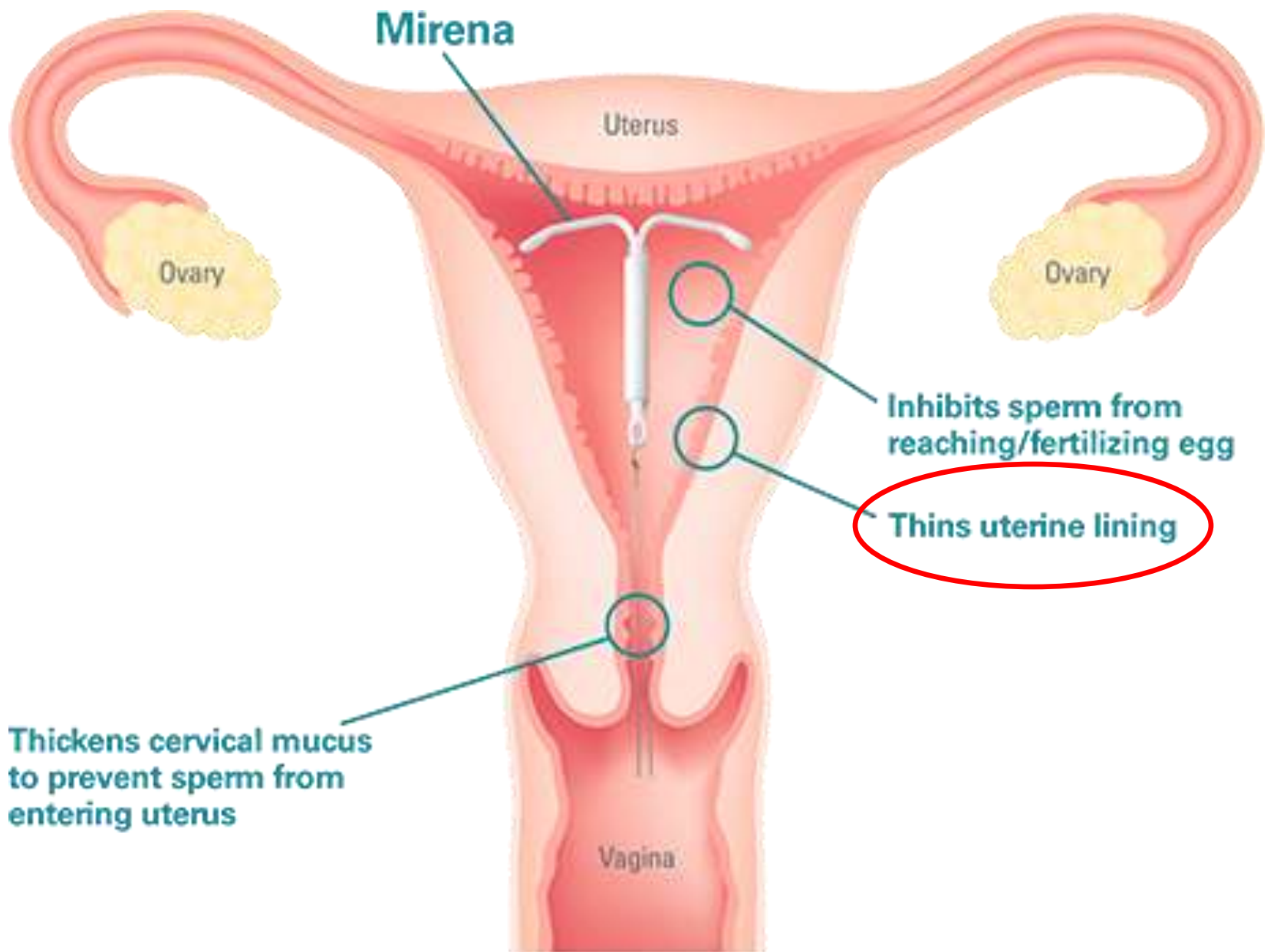
# Treatment Options

## 1) Medical Management

Medications targeted towards regulating, reducing, or suppressing menstrual bleeding

1. Hormonal contraceptives
2. Mirena IUD
3. Tranexamic acid





**Mirena**

Uterus

Ovary

Ovary

Inhibits sperm from reaching/fertilizing egg

Thins uterine lining

Thickens cervical mucus to prevent sperm from entering uterus

Vagina



**Utako Okamoto**  
**1 April 1918 – 21 April 2016**

# Treatment Options

## 2) Surgical Management

- **D&C, polypectomy**
- **Endometrial ablation**
- **Myomectomy**
- **Hysterectomy**
- **Uterine artery embolization**



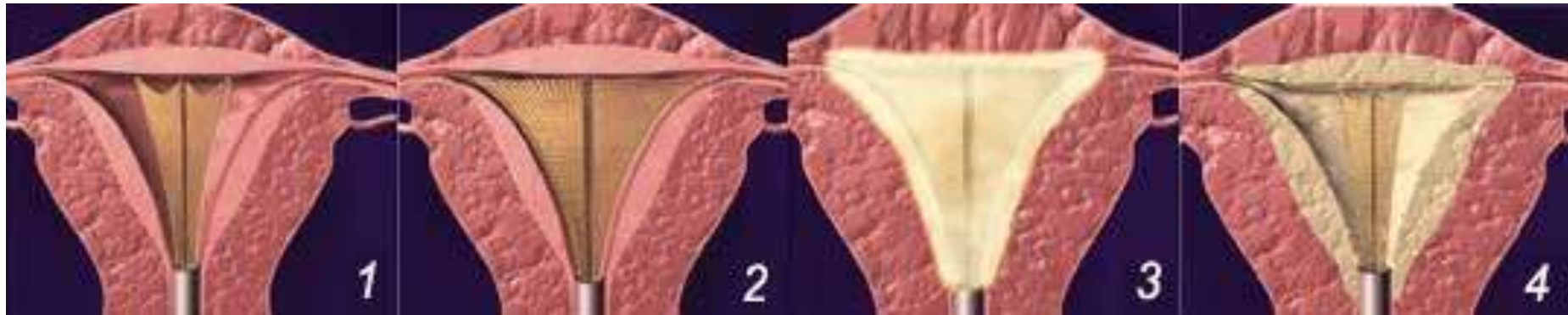
# D&C, Polypectomy



*My-Sure*<sup>®</sup>  
Tissue Removal Simplified



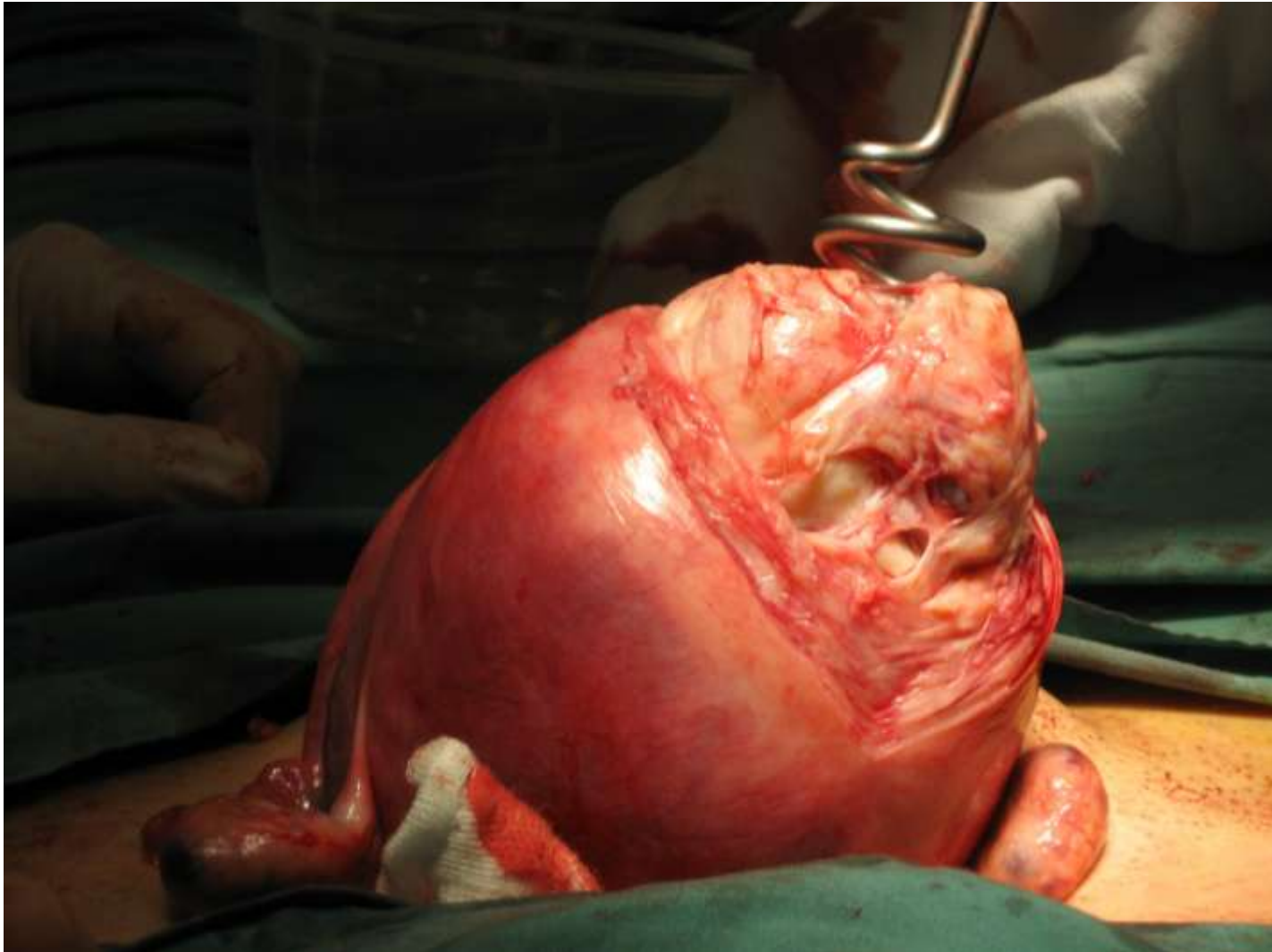
# Endometrial Ablation



*NovaSure*<sup>®</sup>

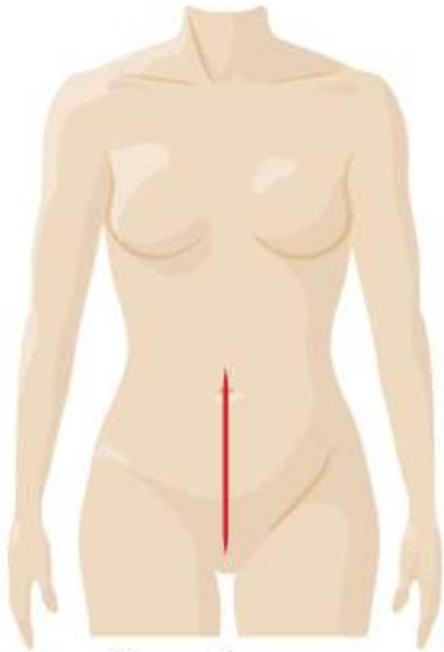


# Myomectomy





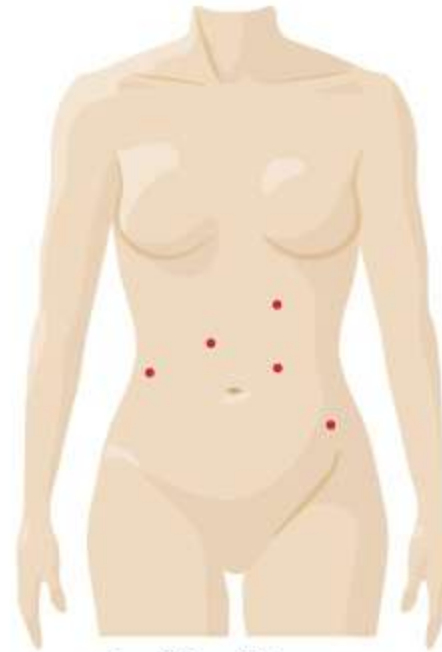
# Hysterectomy



Open Surgery  
Incision



Laparoscopy  
Incisions



*da Vinci* Surgery  
Incisions





# The Women's Journal

November December 2013

The Only Educational Journal in Central Pennsylvania for Women

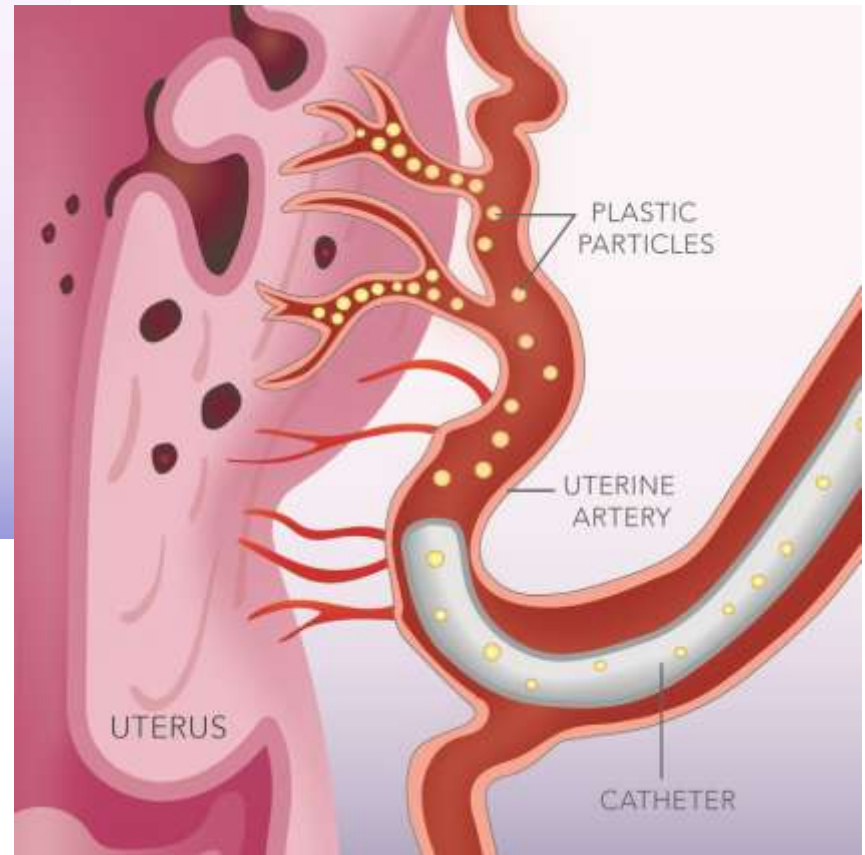
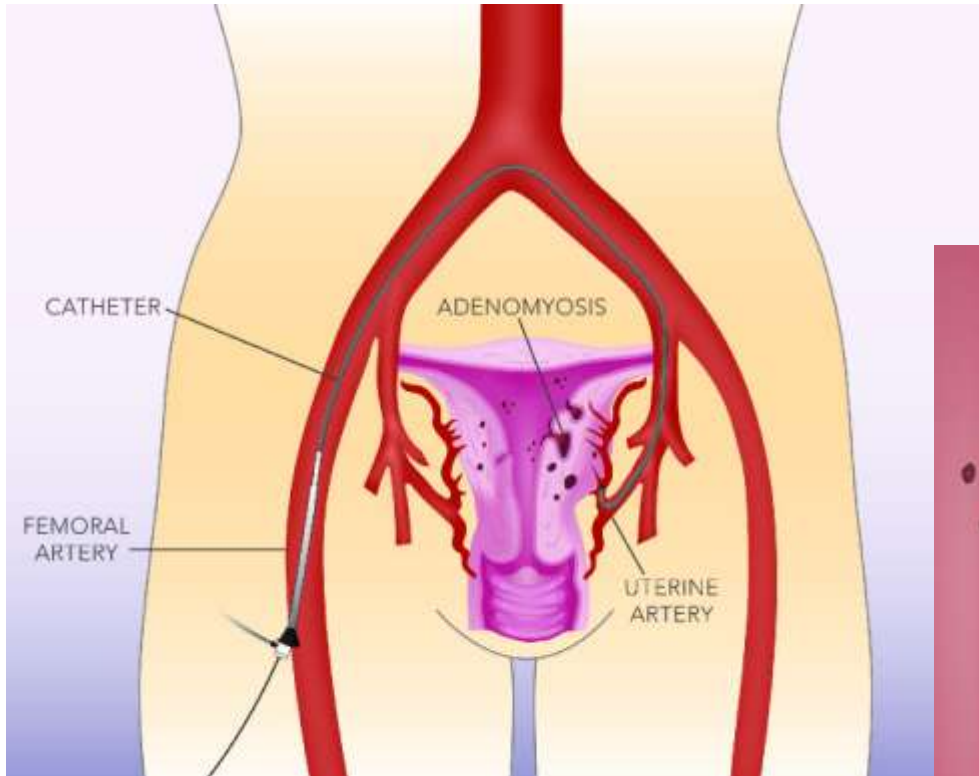
TAKE ONE ITS FREE!

Take 2 & give  
1 to a friend!



Susquehanna Health Offers a Less Invasive  
Option for Gynecologic Surgery...pg 11

# Uterine Artery Embolization



# Questions?

