

# Considering Surgery for Uterine Fibroids?

Learn why **da Vinci® Surgery** may be the best treatment option for women who want a uterine-sparing procedure

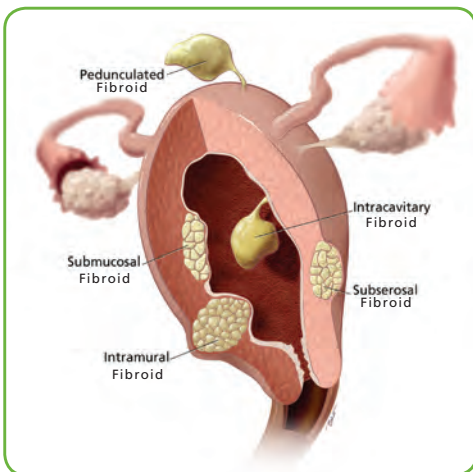


**da Vinci.**  **Surgery**

## The Condition(s): Uterine Fibroids

A uterine fibroid is a common type of benign (non-cancerous) tumor that develops within the uterine wall. Uterine fibroids occur in up to one third of all women and are actually the leading reason for hysterectomy (removal of the uterus) in the United States.<sup>1</sup> Uterine fibroids occur in 20-40% of all women during reproductive years.<sup>2</sup>

Uterine fibroids may grow as a single tumor or clusters. They often increase in size and frequency with age, but may also revert in size after menopause. While not all women with fibroids experience symptoms, these may include excessive menstrual bleeding, pelvic pain and difficulty getting pregnant.



Uterus with fibroid tumors

<sup>1</sup>Myers ER, Barber MD, Gustilo-Ashby T, Couchman G, Matchar DB, McCrory DC. Management of uterine leiomyomata: what do we really know? *Obstet Gynecol.* 2002 Jul; 100(1):8-17. Review. <sup>2</sup>Wallach EE, Vlahos NF. Uterine myomas: an overview of development, clinical features, and management. *Obstet Gynecol.* 2004 Aug;104(2):393-406. Review.

## The Treatment:

### Myomectomy

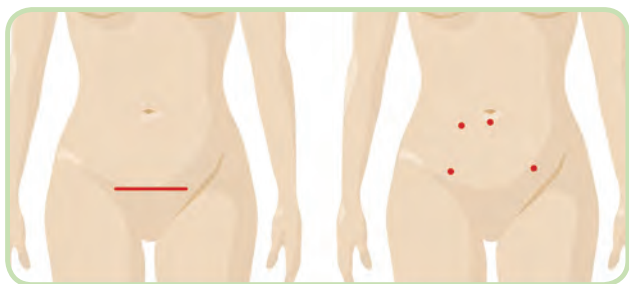
A common alternative to hysterectomy for fibroids is myomectomy, the surgical removal of fibroid tumors and a procedure considered standard-of-care for removing fibroids and preserving the uterus.<sup>3</sup> It therefore may be recommended for women who wish to become pregnant.

Myomectomy is most often performed through a large abdominal incision. After removing each fibroid, the surgeon repairs the uterus to minimize potential bleeding, infection and scarring. Proper repair is critical to reducing the risk of uterine rupture during a future pregnancy.<sup>4</sup>



Fibroid embolization is a newer, non-invasive treatment available but, there are limited studies showing its long-term success.

Another approach, laparoscopic myomectomy, offers a minimally invasive alternative to open surgery but is usually not an option for women with large fibroids, multiple fibroids or with fibroids in difficult-to-reach areas.<sup>5</sup>



Open Surgery  
Incision

*da Vinci*  
Myomectomy Incisions

A recent clinical study concluded that *da Vinci* Myomectomy may overcome many of the challenges surgeons face when using a minimally invasive approach to remove uterine fibroids.<sup>6</sup>

*da Vinci* Myomectomy:

## A Less Invasive Surgical Procedure

If your doctor recommends surgery to treat uterine fibroids, you may be a candidate for a uterine-preserving, minimally invasive procedure – *da Vinci* Myomectomy. Using the most advanced technology available, *da Vinci* Myomectomy enables surgeons to perform this delicate operation with unmatched precision, vision and control using only a few small incisions.

For women who want a uterine-sparing procedure, *da Vinci* Myomectomy offers numerous potential benefits over open abdominal surgery, including:

- › Significantly less pain<sup>7</sup>
- › Less blood loss and need for blood transfusions<sup>7</sup>
- › Shorter hospital stay<sup>8</sup>
- › Faster recovery and quicker return to normal activities<sup>7</sup>
- › Less scarring<sup>7</sup>

As with any surgery, these benefits cannot be guaranteed, as surgery is patient- and procedure-specific.



## The Enabling Technology: *da Vinci* Surgical System

The *da Vinci* Surgical System is designed to provide surgeons with enhanced capabilities, including high-definition 3D vision and a magnified view. Your doctor controls the *da Vinci* System, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside your body. Though it is often called a “robot,” *da Vinci* cannot act on its own. Instead, the surgery is performed entirely by your doctor.



Together, *da Vinci* technology allows your doctor to perform complex procedures through just a few tiny openings. As a result, you may be able to get back to life faster without the usual recovery following major surgery.

The *da Vinci* System has been used successfully worldwide in hundreds of thousands of procedures to date.

<sup>3</sup>Bonney V. The techniques and results of myomectomy. *Lancet*. 1931;220:171-177. <sup>4</sup>Di Gregorio, A., Maccario, S., Raspollini, M., Centro A.R.T.E.S. Torino, via Lamarmora 33 Turin, Italy. The role of laparoscopic myomectomy in women of reproductive age. *Reproductive biomedicine online*, Volume 4 Suppl 3, 2002, Pages 55-58. <sup>5</sup>Hurst, B.S., Matthews, M.L., Marshburn, P.B., Laparoscopic myomectomy for symptomatic uterine myomas. *2005 Fertility and Sterility* 83(1), pp. 1-23. <sup>6</sup>Senapati S, Advincula A. Surgical techniques: robot-assisted laparoscopic myomectomy with the *da Vinci*® surgical system. *J Robotic Surg* (2007) 1:69–74. [www.hopeforfibroids.org/Advincula\\_Myomectomy\\_JRS\\_3-07\\_871636.pdf](http://www.hopeforfibroids.org/Advincula_Myomectomy_JRS_3-07_871636.pdf). <sup>7</sup>[www.brighamandwomens.org/patient/robotics/](http://www.brighamandwomens.org/patient/robotics/). <sup>8</sup>Robotic gynecologic surgery. Visco, A.G., Advincula, A.P., 2008 *Obstetrics and gynecology* 112 (6), pp. 1369-1384

Your doctor is one of a growing  
number of surgeons offering  
*da Vinci* Surgery for  
**Uterine Fibroids.**

For more information about  
*da Vinci* Myomectomy and to find a  
*da Vinci* Surgeon near you, visit:  
**[www.daVinciSurgery.com](http://www.daVinciSurgery.com)**

