



Safety and Effectiveness of Novasure Endometrial Ablation in the Outpatient Setting

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INTRODUCTION/BACKGROUND

Abnormal uterine bleeding is a common gynaecological symptom that describes irregularities in the menstrual cycle, it encompasses heavy menstrual bleeding, irregular menstrual bleeding and intermenstrual bleeding, affecting up to 30% of women during their reproductive years. Endometrial ablation is a safe, minimally invasive procedure that serves as a viable alternative to medical treatment or hysterectomy for abnormal uterine bleeding.

The NovaSure device is a second generation, non-hysteroscopic device that uses bipolar radiofrequency impedance-controlled system to evaporate endometrial tissue. It stands out for its quick treatment time, the absence of prior uterine pretreatment, and its flexibility to be performed at any point in the menstrual cycle.

OBJECTIVES/AIMS

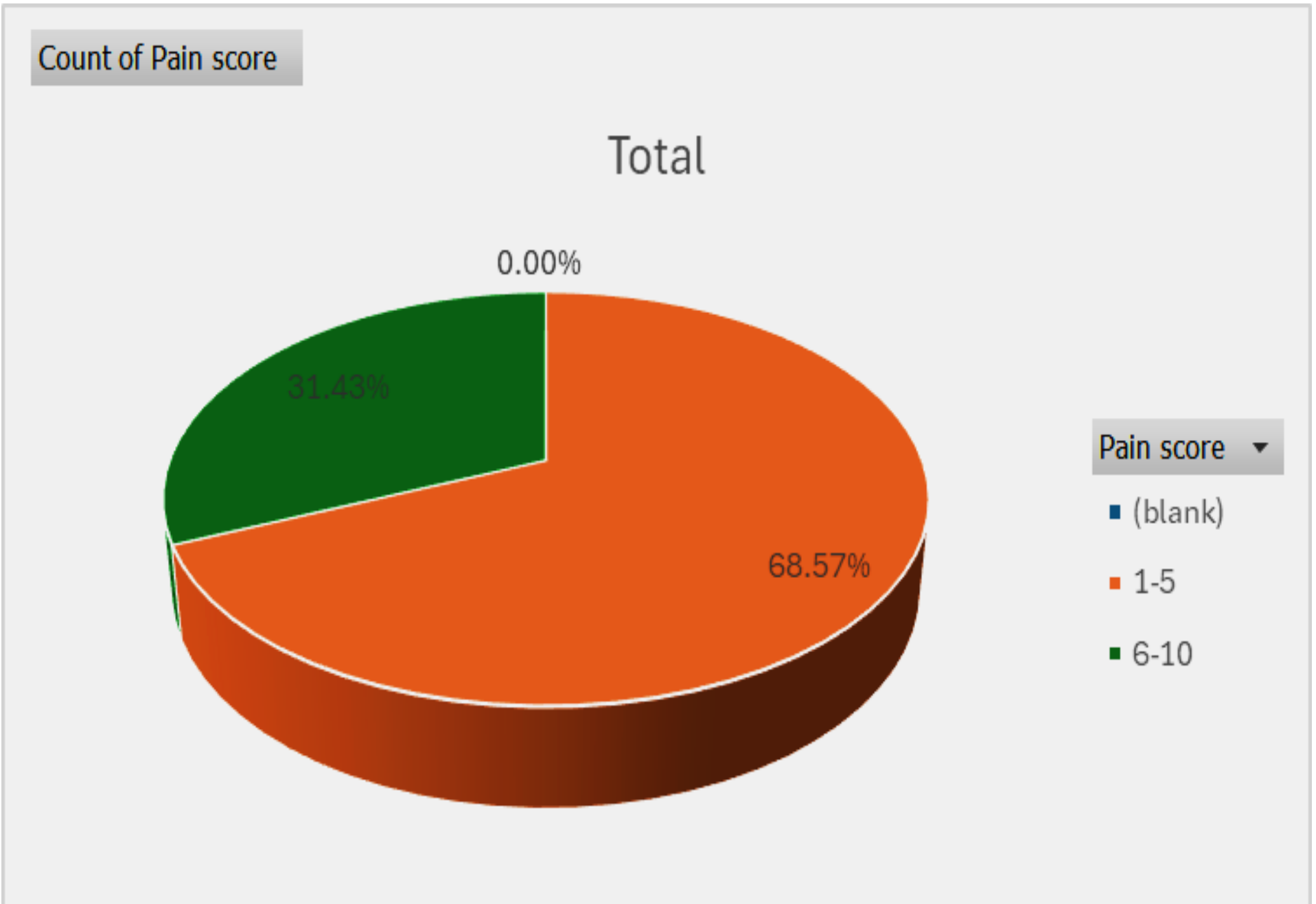
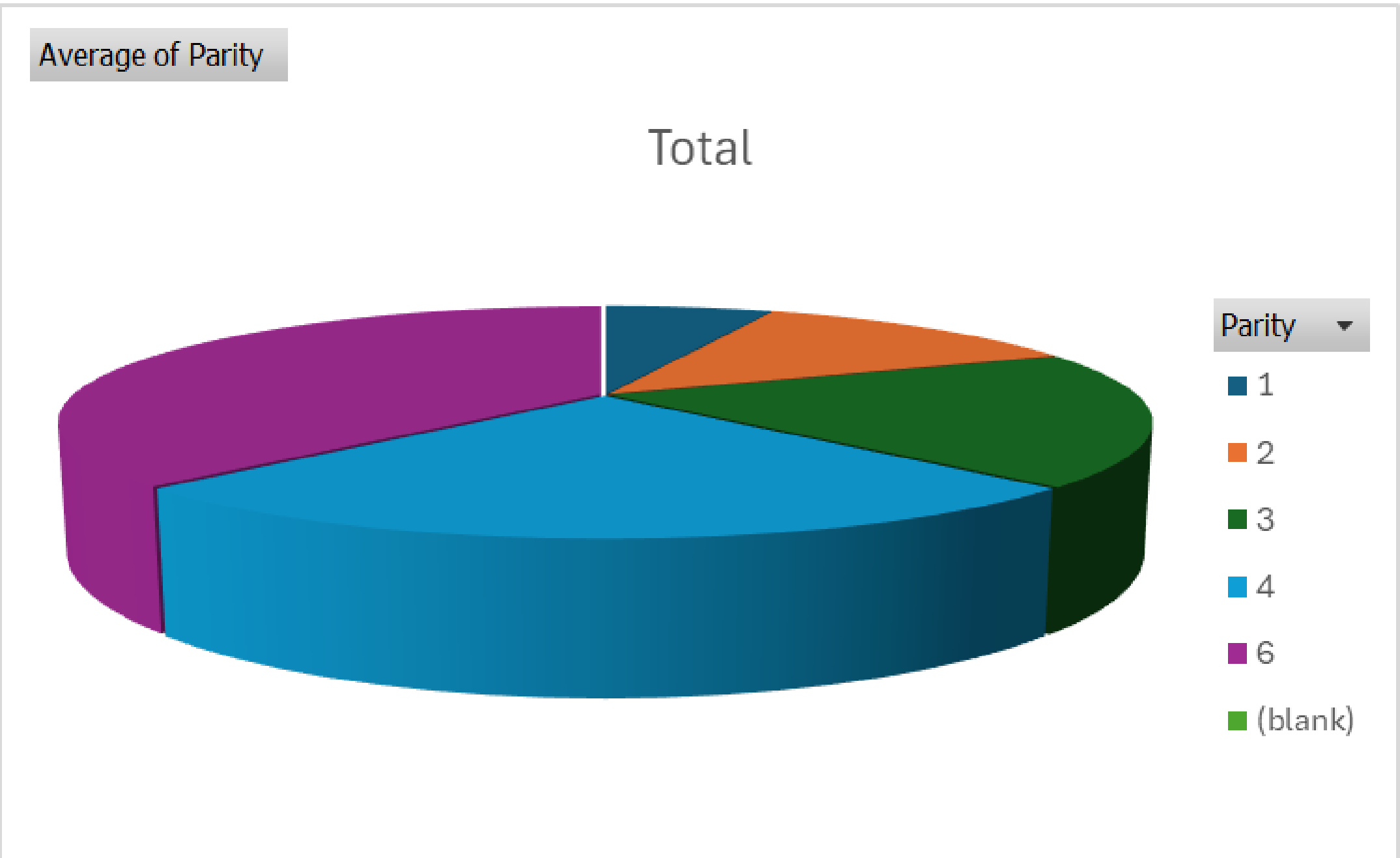
The aim of this study is therefore to gain further insight into the efficacy and outcome of the NovaSure endometrial ablation procedure.

METHOD

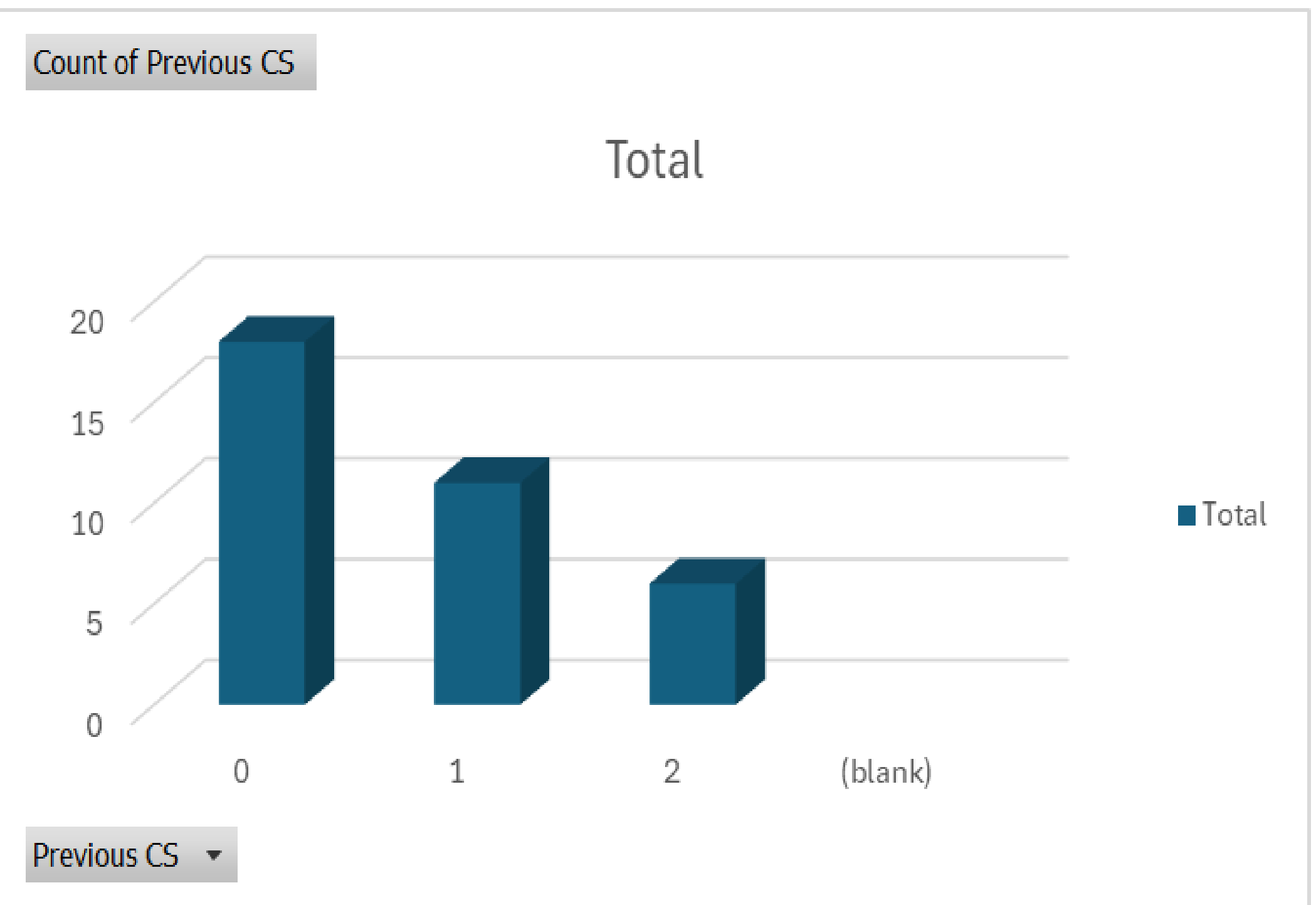
A retrospective study was conducted on 38 women who underwent NovaSure endometrial ablation in our outpatient clinic. Patient data collected from electronic medical records included age, parity, uterine axis, pain scores, and patient-reported outcomes during follow-up appointments, as well as any further treatment needed after the ablation procedure. The primary outcome measures were the effectiveness of the ablation during follow-up, patient satisfaction with the treatment and the rate of subsequent hysterectomy

RESULTS

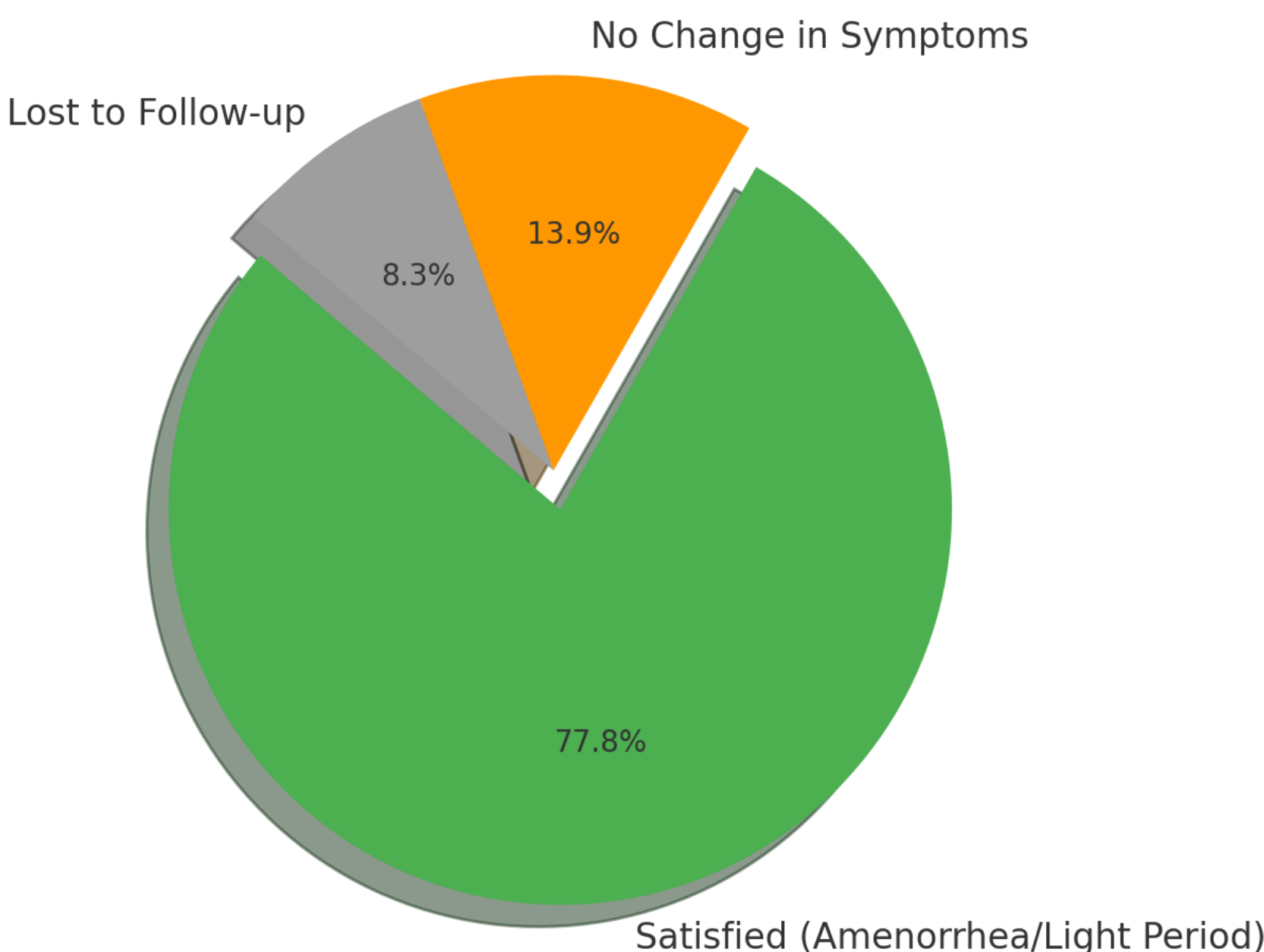
The mean age of the participants was 46 years (range 26-52) and the mean parity was 2.31 (range 1-6). The primary indication for the procedure was heavy menstrual bleeding in all 36 women, and 47% (17/36) of them had a history of caesarean section.



The pain scores during the procedure showed that 68.57% of women reported a score less than 5, while the remaining 31% had a score greater than 5, with a maximum of 8/10 recorded. Overall, 77% (28/36) of the women were satisfied with the procedure. 5 of the women who reported their dissatisfaction underwent subsequent hysterectomy for persistent heavy menstrual bleeding.



Patient Outcomes After NovaSure Ablation (3D Effect)



DISCUSSION

NovaSure is a minimally invasive, non-hormonal procedure used to treat heavy menstrual bleeding in women not responding to medical treatment and not seeking future fertility. It uses radiofrequency energy to destroy the endometrial lining and has shown high effectiveness, with symptom reduction rates up to 77% in our study.

The procedure is generally safe with rare complications. In our study, no adverse events were reported among 36 patients and a history of caesarean section did not affect outcomes or safety. NovaSure's built-in safety features and quick recovery time with minimal discomfort make it a preferred option over more invasive surgeries like hysterectomy.

CONCLUSIONS

NovaSure endometrial ablation is a highly effective and safe intervention for the management of HMB, offering rapid and durable symptom relief. Its applaudable outcomes and ease of use make it a preferred choice among clinicians and patients. However, careful patient selection remains crucial to maximize benefits and minimize risks.

REFERENCES

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