



HEADING TOWARD A SOLUTION

First your gynaecologist will conduct a thorough medical examination in order to diagnose the cause of your heavy periods. Appropriate treatment options will be offered upon examination results.

WHAT IS Cavaterm™ ?

Cavaterm™ is a minimally invasive solution that durably reduces or even eliminates menstrual bleeding. It is a very safe and efficient method to treat excessive periods due to a hormonal imbalance or other functional disorders. Thousands of patients treated with **Cavaterm™** report excellent results causing significant improvements in their quality of life since they are no longer enduring heavy periods.



Available at



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**ARE YOU AFFECTED
BY HEAVY PERIODS ?**

If so, Cavaterm™ can help!



SAFE SMART SWISS 

HEAVY PERIODS

Heavy periods are a common problem, often occurring when women reach their mid-thirties or early forties. Common concerns and complaints by affected women are:

- *Periods lasting longer than 7 days, re-occurring each month*
- *Profuse vaginal bleeding making daily activities such as work difficult to manage or maintain*
- *Scheduling for social, leisure or holiday activities directly around monthly menstrual cycle*
- *Soaking several tampons or sanitary pads every hour*
- *Presence of blood clots in their menstrual flow*
- *Fearing or going through embarrassing incidents caused by excessive menstrual bleeding*
- *Feeling inhibited with their partner*
- *Feeling weak, tired, sad or irritated*
- *Severe pain or cramps during menstrual flow*

If you have experienced one or more of these conditions described above, your periods are heavier than they should be. Your gynaecologist can propose durable solutions to get rid of heavy or irregular periods that are interfering with your quality of life.

HOW DOES Cavaterm™ TREAT HEAVY PERIODS ?

The inside of your womb has a lining called endometrium, which grows and then sheds off, which causes bleeding. The **Cavaterm™** treatment consists in eliminating the endometrium using a minimally invasive technique. This action will reduce or completely stop

the bleeding. This treatment is free of hormones and requires no incisions. It is proven to be safe and effective. It will be definitely completed after a 10 minutes treatment cycle.

WHAT CAN YOU EXPECT WITH Cavaterm™ ?

- ***The purpose of this treatment is to reduce heavy periods.*** Normally periods resume again 2 to 3 months after the treatment. However some patients may stop menstruating completely even though they are not yet in menopause.
- *Light anaesthesia is required for the treatment. It will last only a few minutes and you will normally spend less than 30 minutes in the operation room.*
- *You will normally be discharged on the day of the treatment.*

WHAT ELSE SHOULD YOU KNOW ?

- *After the treatment, you may experience pain similar to strong menstrual cramps for approximately 2 to 4 hours. This discomfort will be treated with pain-relieving medication.*
- *Although you will be able to return to your normal activities the day after the treatment, you may feel tired. It is advisable not to do any strenuous work on the first day following the treatment.*
- *Vaginal discharge may occur following the treatment. There is nothing to be alarmed about, it is part of the healing process.*
- *You must not take a bath, go swimming, or have intercourse during the 2 weeks following the treatment. It is also advisable to use pads as protection, and not tampons.*
- ***Cavaterm™ is free of hormones and does not affect your hormonal balance.***
- ***Cavaterm™ should not be used for women who still desire to become pregnant. This procedure destroys the uterine lining, which should be intact in order to bring to term a normal pregnancy.***
- ***On the other hand, Cavaterm™ does not guarantee sterility. Therefore, you will still need to use a reliable method of contraception.***