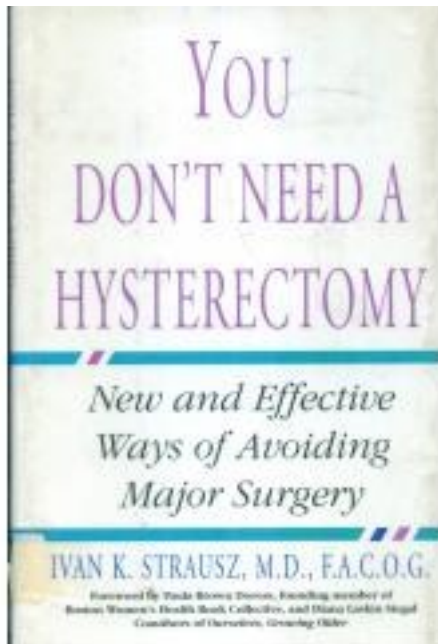


You Don Need a Hysterectomy: New and Effective Ways of Avoiding Surgery



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The United States leads the world in~ hysterectomy rates, an achievement that is not a reason for pride. American women are up to six times as likely to have a hysterectomy as are women from other medically sophisticated countries, an unjustifiable disparity. Gynecologists know

that many hysterectomies are performed unnecessarily, because there are frank discussions of the subject in professional journals and textbooks.

However, the prevailing attitude is that the unneeded operations are done elsewhere, by other gynecologists. Hospitals have rules that should prevent unnecessary surgery, but hysterectomy statistics show that these have had little impact. The reasons are primarily financial. Hospitals watch their balance-sheets as carefully as business executives do; empty sessions in operating rooms and hospital beds vacant for days on end are a much more immediate source of anxiety than the fact that women have had surgery that could have been avoided. Also, routine hysterectomies provide a comfortable way of life for many physicians. This occurs despite the fact that some women have found that they encountered more pain, complications, and new symptoms after surgery than they expected.

This book teaches you how to identify an unnecessary hysterectomy. It also shows you how to avoid hysterectomy for diseases that prompt even responsible gynecologists to reach for the scalpel. New diagnostic procedures, medications, and operations have become available, potentially displacing hysterectomy as the second most often performed gynecological operation in the United States. Today, the only hysterectomies that are unavoidable are those performed for cancer or in response

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