

# Considering Surgery for Uterine Fibroids?

Learn why **da Vinci® Surgery**  
may be the best treatment for women  
who want to preserve their uterus



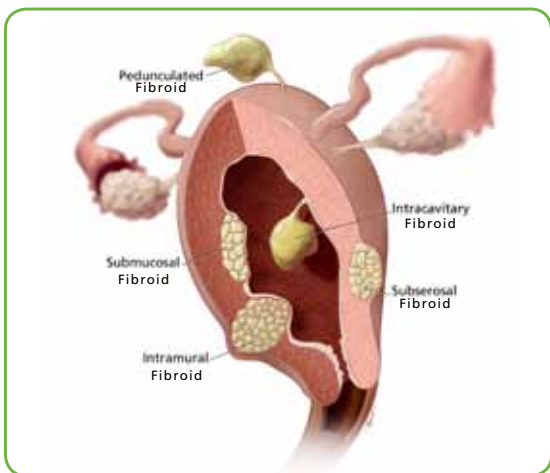
**da Vinci.**  **Surgery**

## The Condition:

### Uterine Fibroids

A uterine fibroid is a common type of benign (non-cancerous) tumor that can grow inside and also outside the uterus. Uterine fibroids are most common in women ages 30 to 40, but can occur at any age.<sup>1</sup> An estimated 20 to 80% of women develop fibroids by age 50.<sup>2</sup> Uterine fibroids are the most common reason a hysterectomy is performed.<sup>2</sup>

Uterine fibroids may grow as a single tumor or in clusters. They often increase in size and frequency with age, but may shrink after menopause. Not all women experience symptoms due to fibroids. When symptoms are present, they may include excessive menstrual bleeding, pelvic pain, frequent urination and difficulty getting pregnant.



**Uterus shown with five types of fibroid tumors. The tumors are named for their location relative to the uterine wall.**

<sup>1</sup>Uterine Fibroids; American College of Obstetricians and Gynecologists. Available from: [http://www.acog.org/publications/patient\\_education/bp074.cfm](http://www.acog.org/publications/patient_education/bp074.cfm). <sup>2</sup>Uterine Fibroids; WomensHealth.gov U.S. Department of Health and Human Services. Available from: <http://www.womenshealth.gov/faq/uterine-fibroids.cfm#5>

# The Treatment:

## Myomectomy Surgery

Myomectomy is a common alternative to hysterectomy for treating fibroids. Myomectomy surgically removes fibroid tumors while leaving the uterus in place. Myomectomy is often recommended and considered the standard of care for women who want to become pregnant or keep their uterus for other reasons.<sup>2,3</sup>

Myomectomy is often performed using traditional open surgery, meaning a large incision is made in the lower abdomen. After removing each fibroid, the surgeon repairs the uterus to minimize potential bleeding, infection and scarring. Proper repair of the uterus is critical to reducing the risk of uterine rupture (tearing) during pregnancy.<sup>3</sup>



While clinical studies support the use of the *da Vinci*<sup>®</sup> Surgical System as an effective tool for minimally invasive surgeries, all surgeries involve the risk of major complications. Before you decide on surgery, discuss treatment options with your doctor in your individual situation. Surgery with the *da Vinci* Surgical System may not be appropriate for every individual; it has risks and benefits. Only your doctor can determine whether *da Vinci* Surgery is appropriate for your situation. *Intuitive Surgical*, *da Vinci*, *da Vinci S*, *da Vinci Si*, *Single-Site*, *TilePro* and *EndoWrist* are trademarks or registered trademarks of their respective holders. PN 870041 Rev E 04/12

Uterine fibroid embolization is a newer, non-invasive treatment in which blood vessels to the uterus are blocked. This stops the blood flow that allows fibroids to grow. Possible side effects include bleeding, infection and difficulty getting pregnant.<sup>1</sup>

Laparoscopic myomectomy is another minimally invasive alternative to open surgery but is usually not an option for women with large, multiple, or difficult-to-reach fibroids.<sup>3</sup>



Open Surgery  
Incision

*da Vinci*  
Myomectomy Incisions



A recent study found that *da Vinci* Myomectomy can provide a minimally invasive option even to overweight patients.<sup>4</sup>

## **da Vinci Surgery:** A Highly Effective, Minimally Invasive Surgical Procedure

If your doctor recommends surgery to treat uterine fibroids, you may be a candidate for *da Vinci* Myomectomy - a minimally invasive, uterine-sparing procedure. Using state-of-the-art technology, *da Vinci* Myomectomy requires only a few tiny incisions so you can get back to your life. *da Vinci* enables surgeons to perform this delicate operation with superior vision, precision, dexterity and control.

*da Vinci* Myomectomy offers many potential benefits over traditional open surgery, including:

- › Less blood loss<sup>4,5,6</sup>
- › Shorter hospital stay<sup>4,5,6,7</sup>
- › Less narcotic pain medicine required<sup>7</sup>
- › Small incisions for minimal scarring<sup>8</sup>

When compared to traditional laparoscopic surgery, *da Vinci* offers women the following potential benefits:

- › Greater likelihood your surgeon can remove heavier fibroids<sup>5</sup>
- › Fewer complications during surgery<sup>9</sup>

As with any surgery, these benefits cannot be guaranteed, as surgery is unique to each patient and procedure.



<sup>3</sup>Advincula AP, Song A, Burke W, Reynolds RK. Preliminary experience with robot-assisted laparoscopic myomectomy. *J Am Assoc Gynecol Laparosc.* 2004 Nov;11(4):511-8. <sup>4</sup>Sangha R, et al. Surgical outcome of robot-assisted laparoscopic myomectomy compared to abdominal myomectomy. *Journal of Robotic Surgery, Volume 4, Number 1.* 2010. <sup>5</sup>Advincula AP, et al. Robotic-assisted, laparoscopic, and abdominal myomectomy: a comparison of surgical outcomes. *Obstet Gynecol.* 2010 May;115(5):1053-60. <sup>6</sup>Advincula AP, et al. Robotic-assisted laparoscopic myomectomy: an improvement over laparotomy in women with a limited number of myomas. *J Minim Invasive Gynecol.* 2010 May;23(5):611-6. <sup>7</sup>Advincula AP, et al. Robotic-assisted laparoscopic myomectomy: a comparative analysis of surgical outcomes and costs. *Arch Gynecol Obstet.* 2012 Feb;285(2):151-5. <sup>8</sup>Advincula AP, et al. Robotic-assisted laparoscopic myomectomy. *Am J Obstet Gynecol.* 2009 Dec;201(6):566.e1-5. Epub 2009 Aug 15.

# 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. Though it is often called a "robot," *da Vinci* cannot act on its own. The surgery is performed entirely by your doctor. He or she controls the *da Vinci* System, which translates all hand movements into smaller, more precise movements of tiny instruments inside your body.



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 without the usual recovery following major surgery.

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

Your doctor is one of a growing number of surgeons offering *da Vinci*<sup>®</sup> Surgery for Uterine Fibroids.

All surgeries, including *da Vinci* Surgery, involve risk of major complications. Before you decide on surgery, discuss treatment options with your doctor. Understanding the risks of each treatment can help you make the best decision for your situation.

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