

### **Kim's Chicago Women's Health/NovaSure Story**

When it comes to heavy menstrual bleeding, Kim Betouni of Tinley Park thought she had dodged the bullet that strikes an estimated one in five women. She was so trouble-free that she honestly couldn't relate to woman who had a difficult time each month, including her own teen-aged daughters.

"Nothing ever slowed me down, I never cramped," recalls Kim. "Every day was the same to me." And then, suddenly at the age of 37, she could relate all too well.

For two years, she endured cramping, clotting and pain that only intensified over time as she began to bleed heavily.

"It got really, really bad," she says. "It was very uncomfortable. I was constantly changing my clothes, going home to get extra clothes, showering and changing. I'd borrow clothes from my sister. It would get really bad, out of nowhere."

Married and the mother of four children, 18- and 17-year-old daughters and 15- and 10-year-old sons, Kim is often on the go. At the time of her surgery, in April 2006, she was working between two buildings, a block apart, in accounts payable and as a maintenance manager of a wholesale produce company.

The impact reached into other areas of her life. Accustomed to housework, both inside and out, she began having trouble lifting things, whether it was a bag of sand for yard work or a bag of groceries from the car. She found herself in the humbling position of seeking assistance from her husband or one of her children.

"My body was usually pretty strong. It really made me angry when I could no longer do the things I was used to doing," Kim reveals. "I was just past my mid-30s, it wasn't like I was 80 years old. When you can't do something that's simple, it makes you nuts."

Her mother and grandmother had hysterectomies at young ages, and Kim began assuming that, for her, a hysterectomy was unavoidable.

"My attitude was, 'This is going to happen one day. Let's cut it out and be done,'" she says. "But Dr. Takhsh said I was a good candidate for NovaSure."

In April 2006, Kim underwent the procedure. Among the factors that weighed in her decision was the prospect that she would be able to return to work quickly—as it turns out, one week later.

That's five to seven weeks faster than a typical hysterectomy patient's return, and, notes Kim, "I couldn't afford to be out of work for that long."

Three weeks after the NovaSure procedure, Kim resumed working out at her health club "full force," as she puts it. Around the same time, she knew that she was back to being herself when she was able to work around her yard with her former vigor.

And Kim was especially elated when the time frame came for her next period, and she experienced no bleeding at all. Over the next 14-plus months, she reports having only a few occasions with some spotting.

"It's great," she says. "I'm back to normal. It's even better because I don't have to worry about counting my days for my period. It's no more headaches about, 'When is it coming?'"

Kim appreciates Dr. Takhsh's patience and thoroughness.

"I like the fact that he sits down and he reviews the charts fully. A lot of doctors want you in and out to see how many patients they can get in there in an hour," says Kim. "I really value the fact that he takes the time to take care of me."