



Do you suffer from uterine fibroids?

If you or someone you know does, then you also know that uterine fibroids can be painful and uncomfortable, cause cramping, abdominal pain, heavy menstrual bleeding, anemia, frequent urination, constipation and distended stomachs.

Uterine fibroids are the most common benign (non-cancerous) tumor in women. Approximately 75% of women will have fibroids at some point in their lives, and a third of these women will have symptoms severe enough to need treatment. There is a higher incidence of uterine fibroids in African American women than in women of any other ethnicity. Fibroids account for many medical visits, tests, medications, and medical procedures. They are also a major reason for work absences and reduced quality of life.

Until now, most treatment options were invasive surgical procedures. Now, with ExAblate, you have a non-invasive treatment alternative known as Magnetic Resonance guided Focused Ultrasound, which eliminates fibroid related symptoms in an outpatient setting, without the need for incisions, anesthesia, or hospitalization.

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Today the choice is yours.

For more information about ExAblate

Phone: 1-866-ExAblate
(1-866-392-2528)

www.uterine-fibroids.org

InSightec
Bringing therapy into focus

Do you suffer from uterine fibroids?



ExAblate 2000

a new non-invasive treatment
for symptomatic uterine fibroids

Today the choice is yours.

What is ExAblate®?

Imagine your doctor being able to see inside your body, find your fibroid, and treat it without incisions. This is the idea behind a procedure called Magnetic Resonance guided Focused Ultrasound (MRgFUS) which uses a device known as ExAblate.

The ExAblate uses a combination of high intensity ultrasound waves and magnetic resonance imaging to provide a novel treatment alternative for fibroids. The ExAblate focuses the ultrasound energy to a small spot about the size of a jelly bean inside the fibroid, and heats that spot sufficiently to cause cell death.

During treatment, magnetic resonance images enable the physician to “see” the fibroid and surrounding organs in 3D, obtain real-time feedback about temperature changes in the treated area, and observe what has been treated, in a totally non-invasive manner.



Patient undergoing ExAblate treatment

What are the benefits of ExAblate?

ExAblate is used in an outpatient procedure designed to reduce your fibroid related symptoms, resulting in a significant improvement in your quality of life. It is a non-invasive alternative to surgery or hormonal treatments. Your uterus and cervix are not removed. It does not require an overnight hospital stay, and most women are able to return to everyday life within days.

What happens during the procedure?

During the 3-4 hour procedure, you lie on your stomach on the ExAblate patient table inside an MRI scanner. Conscious sedation medication is given to help you relax. You are awake throughout the procedure and your doctor communicates with you during the treatment.

First, the doctor obtains MR images of your uterus and uses these to see the exact location and size of your fibroid and to plan your treatment.

Then, individual pulses of focused ultrasound energy, called sonications, each lasting about 20 seconds, are used to heat your fibroid one spot at a time, until your doctor is satisfied with the treatment. Afterwards, MR images are taken to determine how effective the treatment was.

What happens to me after ExAblate?

Following the treatment, patients will generally require 1-2 hours of rest while the conscious sedation wears off. You may experience some abdominal pain, cramping or nausea. If necessary, your doctor will provide instructions for medication to keep you comfortable upon discharge. Usually, only over-the-counter pain relief medication is required. You may experience some cramping, similar to that experienced during a menstrual period, or shoulder or back pain that lasts a few days after the procedure from lying still during the procedure.

Most women are able to return to work and normal activity within days.

What are the risks of this treatment?

As with any medical procedure, there are risks involved with the ExAblate treatment. These risks could include back or leg pain, mild skin burns, abdominal cramping, nausea, fever, vaginal discharge, and urinary tract infection. The incidence of these complications is relatively low. As with any procedure that leaves the uterus intact, there is a risk that the treatment may not be successful and you may require an alternative treatment. Also, the treatment may be successful in reducing symptoms due to the fibroids that are treated, but at a later time, more fibroids may grow and require treatment.

How do I know if I'm a candidate for ExAblate?

To find a physician who performs the MRgFUS procedure using the ExAblate system, visit www.uterine-fibroids.org. The physician will help you decide if you are a candidate. The ExAblate System is intended to ablate uterine fibroid tissue in pre- or peri-menopausal women with symptomatic uterine fibroids who desire a uterine sparing procedure and whose uterine size is less than 24 weeks. Patients should have completed child bearing. Patients who become pregnant after ExAblate should consult with their physician immediately.

