

A Roundtable Discussion: Exploring Hysterectomy Options

**A Panel Discussion with da Vinci® Patients' Stories
(Tauruslady, IWannaBPainFree, zenyatta5)**

January 7, 2010

fritzi64	Let's begin!
luvee24	Hello
fritzi64	Welcome to our Roundtable!
fritzi64	We are so glad you are here.
luvee24	Thank you
fritzi64	This roundtable discussion hopes to provide information for hysterectomy options.
fritzi64	Often, we are limited in our medical choices by lack of information and what may be an option
fritzi64	We hope to encourage our audience members to learn as much as they can about their diagnosis and explore non-hysterectomy alternatives as well as explore hysterectomy options.
fritzi64	Tonight's Roundtable discussion centers around the topic of daVinci Hysterectomy as a hysterectomy option.
fritzi64	You are going to hear from several members of HysterSisters who faced a hysterectomy for various reasons, including cancer, fibroids, adenomyosis, and endometriosis.
fritzi64	You'll learn about their experiences with the da Vinci hysterectomy.
fritzi64	We also have a daVinci representative in the discussion with us tonight.
dominiquee	Hi there
fritzi64	And daVinci is our sponsor tonight.
fritzi64	If you have questions for our daVinci representative, please remember that this is only for general information and you will not be given personal answers that could be considered medical advice
fritzi64	And at the end of tonight's roundtable, we hope you will be encouraged to take further steps to gather all the information you need for your medical decisions
fritzi64	Because daVinci is still relatively new and is something our doctors may not have experience with, we wanted to provide you with a bit more insight.
fritzi64	Here's how tonight's Roundtable will work:
fritzi64	Two of our HysterSisters hostesses, kay m and LookingforaSis, will be interviewing our roundtable panelists who have had the daVinci hysterectomy procedure and will share their experiences.
fritzi64	I may also be asking a few questions as we proceed.
fritzi64	Our panelists are tauruslady, zenyatta5, and IWannaBPainFree.
fritzi64	We also have Dominique, a representative from daVinci surgery, who will be able to share some important statistics and other information about the surgery.
fritzi64	And I will be stepping in on occasion to ask the audience a few questions.
fritzi64	When I ask a question of (((HysterSisters))), that is a question for the

	members of our audience.
fritzi64	This Roundtable will be moderated.
fritzi64	That means that every comment you type will be held in a queue and will appear in the chat window when it fits in.
fritzi64	If you can make note of your questions and save them for the right moment, that would help me make sure things go a bit more smoothly!
fritzi64	You may notice some symbols appearing on your screen at times: **
fritzi64	This is just our way of letting each other know when we're done with our response and it's time to move on to the next question!
fritzi64	The room is now set to "moderated."
fritzi64	Let's get started. Kay m and LookingforaSis, it's all yours!
kay m	First, let's meet our panelists for this evening.
kay m	Tauruslady, zenyatta5, and IWannaBPainFree, can you tell us a little about yourselves?Tauruslady, zenyatta5, and IWannaBPainFree, can you tell us a little about yourselves?
tauruslady	Hi, I'm from the Midwest, like horseback riding, boating and reading. I work in Information Technology. **
zenyatta5	I am a speech therapist who lives in NY and likes horses**
IWannaBPainFree	Hello! I am from New Jerrey and work for a major Ivy League College.
kay m	Dominique, can you tell us about yourself and your relationship with daVinci?
dominiquee	I work in the marketing dept at Intuitive Surgical® and I help to educate surgeons on using this advanced technology.**
fritzi64	((((HysterSisters))) members, can you share with us one question that you hope to have answered during our time together this evening?
fritzi64	(Remember, this is where you get to tell us something you hope to learn about tonight!)
fritzi64	I'll let your questions through, and we will not be addressing them just yet.
pcsandadeno	have you had a hysterectomy?
iamjuls	how long has the daVinci method been in use
fritzi64	I see a couple more on the way...
luvee24	Is da vinci the best surgical option for someone having a hysterectomy for adenomyosis and endometriosis vs a TAH?
pcsandadeno	is it possible to have a laproscopic surgery and keep your cervix? Do I need my cervix? How can I keep my vagina from prolapsing?
fritzi64	anyone else?
Ishkabibble	I am new. Haven't scheduled hystorectomy yet. Seeing urologist first for lifelong leaking!
fritzi64	Thank you for your questions.
LookingforaSis	Tauruslady, what brought you to the hysterectomy experience?
tauruslady	A cancerous tumor and complex hyperplasia with atypia was found unexpectedly after I had a D&C and hysteroscopy for heavy bleeding. **
LookingforaSis	Zenyatta5, why did you have your hysterectomy?
zenyatta5	I had severe endometriosis and was not responding to Lupron anymore**
LookingforaSis	IWannaBPainFree, what brought you to the experience?
IWannaBPainFree	Heavy bleeding, extreme pain, since I was 10yrs old. Diagnosed with endometiosis over 10 yrs ago**
kay m	Dominique, could you explain how the da Vinci Surgical System works?
dominiquee	The daVinci System has three main parts—a surgeon console, patient side cart and vision system.

fritzi64



dominique

The surgeon console, where the surgeon sits during surgery, allows him/her to see inside the patient's body with a camera.

fritzi64



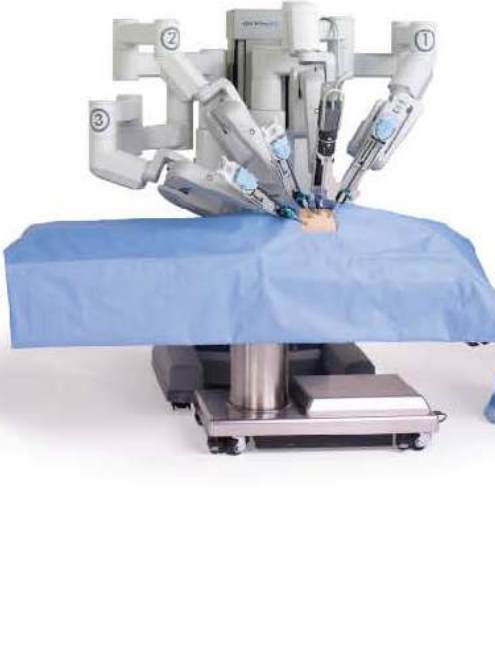


dominique

That camera provides 3D HD vision with 10x magnification vision and allows the surgeon to "intuitively" manipulate the surgical instruments with extreme precision. The instruments are under the surgeon's complete control at all times.

fritzi64



fritzi64	 <p>Intuitive® Motion</p>
fritzi64	 <p>EndoWrist® Instrumentation</p>
dominiquee	<p>The patient side cart (sometimes referred to as the “robot”) consists of 4 “arms” that hold the camera and up to three multi-functional instruments that respond to the surgeon’s precise manipulations.</p>
fritzi64	
dominiquee	<p>Lastly, there is a vision system that processes the 3D image and projects it to both the surgeon and the rest of the staff in the OR suite. That gives everyone a view of what’s happening inside this minimally invasive environment.**</p>
kay m	<p>What does it mean that there is a “robot” involved?</p>
vcaz	<p>Hello, sorry I'm late Had trouble getting in!</p>
dominiquee	<p>As seen in the picture above, the surgeon is seated at the console just a few feet from the patient. The surgeon is in complete control during the entire procedure. In fact, it is impossible for the “robot” to act on it’s</p>

	own under any circumstances. In the rare case of a patient emergency, such as an allergic reaction, the surgeon can readily be at the patient's side. Also, there is what's called a "patient side assistant" – a doctor or member of the surgical team – standing next to the patient during
kay m	Dominique, what are some of the general benefits of daVinci surgery as opposed to other hysterectomy options?
dominiquee	surgery.**
dominiquee	daVinci Surgery provides the surgeon with numerous features which complement or enhance their surgical ability, all of which lead to faster recovery with less pain for the patient. By using miniature instruments to perform the surgery, the surgeon can work through extremely small incisions in the abdomen. Those instruments are even more flexible than the human wrist – which is very important when it comes to handling any difficulties with the patient's anatomy, such as an enlarged uterus, prior surgeries,
dominiquee	The extremely small incisions and dexterity provided by the daVinci instruments allow for dramatically less blood loss, fewer complications, and a substantially faster recovery relative to traditional open surgery (not to mention no large scars.) The additional range of motion, 3D vision and 10x magnification provide substantially more precision and control than laparoscopy, again contributing to superior patient outcomes.**
LookingforaSis	We'd like to ask our panelists why they chose to have the da Vinci procedure
LookingforaSis	IWannaBPainFree, why did you choose the da Vinci?
IWannaBPainFree	I wanted to go thru surgery that less invasive as a traditional hysterectomy.**
LookingforaSis	Zenyatta5, what about you?
zenyatta5	My doctor recommended it to me because it was easier, safer and quicker recovery time compared to other types. Also he felt I would do better with this**
LookingforaSis	And tauruslady?
tauruslady	I had some emotional issues surrounding the hysterectomy and didn't want to have an abdominal incision. **
LookingforaSis	How important was it to you to seek a second opinion in making your decision about hysterectomy type?
tauruslady	Initially I didn't think it was necessary to get a 2nd opinion. I had been with my gyn for a long time. However as I continued researching options I found that my gyn hadn't given me all my options so it became absolutely imperative for me to get a 2nd opinion.**
IWannaBPainFree	For me, very much so. The first Gyn I saw was so out of touch and very antiquated with their thought process. I wanted to see a specialist -- someone who was well versed in new technology and had experience beyond the normal.**
zenyatta5	Very importantt to get it. I think listening to everyone really helped me to decide what was best option for me.**
fritzi64	For those of you who found us after the chat started, I'd like to make a note that the chat is being moderated.
fritzi64	So the comments you've been posting are queued up, and I will let them through. Again, these questions will be addressed a bit later in our program.
KWin123	My fibroid is quite large, will the daVinci still work? I am scheduled for 2 weeks from today with the daVinci.
ammasch	do the surgeons get adequate training?
vcaz	I have the Da Vinci tomorrow morning. Can the surgeon remove any of the air that was added to help with gas pains??

pcsandadeno	Is this available in Canada?
ammasch	my surgeon recommended it
fritzi64	Several of these questions are already planned in our program!
fritzi64	((HysterSisters)), how many of you have sought a second opinion, either about having a hysterectomy at all or about the type of procedure to have?
pcsandadeno	no 2nd opinion here
cobratransport	me either
Ishkabibble	I visit a davinci trained gynecologist, but he says it would be easier to do complete hystorectomy with lapriscopy thru the belly button and also 2 small incisions and vaginally removed. He has done 50 surgeries davinci way. What do you think?
KWin123	I was confident enough in my doctor and had enough problems that I am fine with her recommendations.
fritzi64	We know from a voluntary poll on Hystersisters that fewer than half our members have gotten a second opinion.
vcaz	No second opinion
ammasch	I have cervical cancer, so it's not optional, but I did get a second opinion
fritzi64	We, at HysterSisters, think this means our members aren't necessarily getting all options explored
fritzi64	One of our goals at HysterSisters.com is to encourage our members to be the best self-advocates they can be.
fritzi64	You deserve and owe it to yourself to explore all your treatment options
fritzi64	As women, we often have great loyalty to our doctors.
fritzi64	But we deserve to explore other options. It is not a backhand to our doctors.
fritzi64	Doctors will usually only tell us what they have the most experience with - and they may not specialize in minimally invasive or alternative treatment options.
achaconis	I had 3 opinions
dominiquee	at www.davincisurgery.com you will find a surgeon locator. We have DaVinci systems in Canada
pcsandadeno	There is no ther treatment for me
fritzi64	There is no need to feel disloyal for asking other surgeons for input.
kay m	Dominique, each of these panelists made a decision, along with her doctor, about what was best for her own medical situation. We'd like to ask about the da Vinci hysterectomy in regards to the specific medical conditions they faced.
kay m	What are the benefits specific to women having a hysterectomy for gynecological cancer?
dominiquee	The most important part of any surgery is clinical efficacy, especially if you have cancer - in other words, you want the cancer to be removed. Due to the precision of the da Vinci instruments and the visualization far beyond a surgeon's own eyes (10xmagnification), dV Surgery can potentially provide a clinically superior outcome while shortening recover and time to adjuvant therapy treatment.
dominiquee	**
LookingforaSis	What are the benefits specific to women having a hysterectomy for fibroids?
dominiquee	The daVinci System enables the surgeon to operate through 3 - 5 small incisions even on large uteri with multiple fibroids with all the benefits a minimal invasive surgery offers. **

fritzi64	<h2 style="text-align: center; background-color: #4a7ebb; color: white; padding: 5px;">Surgical Approaches to Gynecologic Conditions</h2> <p style="text-align: center;">Open (abdominal) surgery da Vinci[®] Hysterectomy (robot-assisted surgery)</p>										
LookingforaSis	<p>Dominique, how does fibroid size affect whether a woman is a candidate for a da Vinci Hysterectomy?</p>										
fritzi64	<h2 style="text-align: center; background-color: #4a7ebb; color: white; padding: 5px;">Clinical Validation: Benign Hysterectomy</h2> <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Average uterine weight (g) at conversion</caption> <thead> <tr> <th>Surgical Approach</th> <th>Average uterine weight (g)</th> <th>Sample Size (n)</th> </tr> </thead> <tbody> <tr> <td>daVinci</td> <td>~1300</td> <td>100</td> </tr> <tr> <td>Laparoscopic</td> <td>~400</td> <td>100</td> </tr> </tbody> </table> <p style="font-size: small; margin-top: 10px;">*Payne T, Dauterive F. A Comparison of Total Laparoscopic Hysterectomy to Robotically-Assisted Hysterectomy: Surgical Outcomes in a Community Practice. The Journal of Minimally Invasive Gynecology (JMIG), May/June 2008; 15:3:286-291.</p>	Surgical Approach	Average uterine weight (g)	Sample Size (n)	daVinci	~1300	100	Laparoscopic	~400	100	
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daVinci	~1300	100									
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dominiquee	<p>The fibroid size often influences the size of the uterus. Studies have shown that daVinci Hysterectomies are less likely to be converted to an open surgery because of the uterus size than laparoscopic Hysterectomies. It's interesting to note that when these surgeons converted during a da Vinci procedure it was because the uterus was much larger than in the laparoscopic comparative arm of the study.**</p>										
kay m	<p>What are the benefits specific to women having a hysterectomy for heavy bleeding?</p>										
dominiquee	<p>daVinci Surgery provides the surgeon with numerous features which complement or enhance their surgical ability, all of which lead to faster recovery with less pain for the patient. By using miniature instruments to perform the surgery, the surgeon can work through extremely small incisions in the abdomen. Those instruments are even more flexible than the human wrist – which is very important when it comes to handling any difficulties with the patient's anatomy, such as an enlarged uterus, prior surgery</p>										
kay m	<p>What are the benefits specific to women having a hysterectomy for endometriosis?</p>										
dominiquee	<p>so the same benefits as for any other Hysterectomy with the daVinci</p>										

	apply...
dominiquee	**
dominiquee	Vision and the ability to access all locations which contain endometriosis are the keys to proper excision. The 3D vision and 10 times magnification of the surgical field as well as the range of motion provided by the daVinci instruments give the daVinci surgeon a substantial advantage in excising as much endometriosis tissue as possible while performing the Hysterectomy
dominiquee	**
kay m	Many endometriosis experts have a strong preference for either a laser or a scalpel to excise endometriosis. What are biggest concerns with these in regards to the da Vinci system?
dominiquee	Vision and the ability to access all locations which contain endometriosis are the keys to proper excision as mentioned below... therefore the 3D vision and 10 times magnification of the surgical field as well as the range of motion provided by the daVinci instruments give the daVinci surgeon a substantial advantage over lasers or scalpels during surgery.**
LookingforaSis	Dominique, with all these benefits, why are the other types of procedures still being done?
dominiquee	da Vinci Surgery was approved by the FDA for GYN applications in 2005 and we've spent the past 4 years training GYNs to translate their surgical skills into the dVS minimally invasive environment. While virtually all OB/GYNs perform hysterectomies, many are not trained in minimally invasive techniques because they don't do enough surgeries to make it worth their time.
dominiquee	There are hundreds of hospitals in the US with dVS programs, but not every GYN has access to a system or is even aware of the technology at this point. We're changing that every day, but it takes time to adopt a new technology into our healthcare system. In fact, the surgeons did over 76.000 daVinci procedures in GYN this year**
kay m	Tauruslady, zenyatta5, and IWannaBPainFree, what were your concerns about the da Vinci hysterectomy?
tauruslady	I really didn't have any concerns about the daVinci. I'm in Information Technology and I am a science fiction fan so the technology didn't bother me one bit. I thought it all made perfect sense. My concerns were surgical menopause and would there be any further treatment for cancer.**
zenyatta5	My concern was basically recovery time and also complications due to severity of endometriosis.**
IWannaBPainFree	My concern was not the daVinci itself. The technology was intriguing to me and I was confident in my doctor who was a gynecologica oncologist. The main concern was my weight, my sleep apnea and concern over complications.**
kay m	Dominique, are there any situations where a dVH is not the best option for someone?
dominiquee	This is a question only your surgeon can answer, but we have found that daVinci surgery is often an option, even in complex cases or high BMIs, where surgeons would not normally be able to use a laparoscopic approach.**
LookingforaSis	Panelists, we'd like to ask about your surgery and recovery. How did everything go?
LookingforaSis	Zenyatta5, how did your surgery and recovery go?
zenyatta5	My surgery went very well. I was only in the hospital for one day. My recovery has been a little longer than originally planned but I am doing much better now**

LookingforaSis	IWannaBPainFree, how about yours?						
IWannaBPainFree	For me, the intial surgery went great. I was awake and talking. However, I did experience complications that were unexpected. I had two hematomas and pain management issues in the right port site.						
LookingforaSis	And tauruslady, tell us about your surgery and recovery.						
tauruslady	I had surgery on a Monday and was home late Tuesday afternoon. I did end up with intense surgical menopause 5 days after surgery.						
tauruslady	Generally my recovery from the surgery itself was fairly uneventful. I was a slow healer so wasn't released for everything until about 12 weeks.						
tauruslady	The issues I did have were hormone, stress and trauma related to the unexpected cancer diagnosis.**						
kay m	Dominique, we've had several women ask about conversions. I understand that means starting out with a planned daVinci surgery—but then the surgeon has to change to abdominal surgery.						
fritzi64	oops-technical glitch						
dominiquee	There are several reasons why an operation starts as a planned minimal invasive surgery and gets converted during the case. Most commonly because the presence of adhesions which mostly appears in patients that had previous surgeries or the body size of an patient (BMI). It is proven that da Vinci surgeries are less likely to be converted to open surgeries because of these reasons than common laparoscopic surgeries. Here is clinical data that illustrates the experience of a lap surgeon who found a much lower						
dominiquee	percentage of conversions using da Vinci Surgery relative to traditional laparoscopy.**						
LookingforaSis	How does this compare to how often a traditional laparoscopic surgery is converted to an abdominal surgery?						
fritzi64	<div style="text-align: center;"> <h3>Conversion to open Surgery</h3> <table border="1"> <caption>Conversion to open Surgery Data</caption> <thead> <tr> <th>Surgery Type</th> <th>Conversion Rate</th> </tr> </thead> <tbody> <tr> <td>Lap (n=100)</td> <td>8%</td> </tr> <tr> <td>daVinci (n=100)</td> <td>0%</td> </tr> </tbody> </table> <p>TAH due to adhesions</p> <p><small>*Payne T, Dauterive F. A Comparison of Total Laparoscopic Hysterectomy to Robotically-Assisted Hysterectomy: Surgical Outcomes in a Community Practice. The Journal of Minimally Invasive Gynecology (JMIG), May/June 2008; 15:3:286-291.</small></p> </div>	Surgery Type	Conversion Rate	Lap (n=100)	8%	daVinci (n=100)	0%
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fritzi64	((((HysterSisters))), what questions do you have about who is and is not a candidate for a daVinci hysterectomy?						
fritzi64	Dominique, once we have a couple questions come through, perhaps you'll be able to address a couple.						
dominiquee	will try my best						
fritzi64	I do see that some women are typing. Just click on Send when you're done with your question so I can send it through.						
ammasch	my doc originally expressed concern because I've never had children - it's my understanding it may be more difficult to perform						
dominiquee	this question has nothing to do with daVinci Hyst as the surgeon is						

	working through small incisions / ports as seen on the slide above												
achaconis	I am 250+ pounds. I have no fibroids but atypical hyperplasia. My gyno sent me to specialist who feels he can do it. I am scheduled for the 25th. Do you feel I am a good candidate.												
dominiquee	On line you can visit www.daVinciHysterectomy.com or www.daVinciStories.com; we encourage women to get an opinion (1st, 2nd, 3rd) from a trained da Vinci surgeon—only they can evaluate if you are a candidate for da Vinci Surgery. Multiple opinions will give you a better understanding of all factors and surgical options, but chances are, you are a candidate.**												
KWin123	I know this was kind of answered but how can fibroid size not affect what kind of surgery the doctor will perform? How does the daVinci extract large tumors?												
kay m	What are the most common concerns and questions that women have about the da Vinci Hysterectomy?												
dominiquee	I can not answer medical questions as I am not a doctor. Please see your doctor (or a second opinion) to get an answer to your question. Generally spoken large fibroid size is often managed by daVinci surgeons and is less likely to be converted												
dominiquee	The questions differ but one we hear very often is: Am I a candidate? You can check the daVinci homepage for a first glance and should talk to your daVinci surgeon about all your questions. www.daVincisurgery.com**												
LookingforaSis	Dominique, we've had quite a few members who have asked about being overweight and having a hysterectomy. Is this an issue with a daVinci procedure?												
fritzi64	(Achaconis just asked about this!)												
dominiquee	In fact, a new study by Dr. John Boggess shows excellent outcome even in patients classified as "morbidly obese" (those with a body mass index or "BMI" greater than 40). Every woman was able to leave the hospital the next day and not a single surgery had to be converted to an open hysterectomy.**												
fritzi64	<div style="text-align: center;"> <p>Conversions to open surgery for patients with BMI > 35</p> <table border="1"> <caption>Conversions to open surgery for patients with BMI > 35</caption> <thead> <tr> <th>Surgical Approach</th> <th>Number of Patients (n)</th> <th>Conversion Rate</th> <th>Mean BMI</th> </tr> </thead> <tbody> <tr> <td>Lap</td> <td>32</td> <td>9%</td> <td>35</td> </tr> <tr> <td>daVinci</td> <td>49</td> <td>0%</td> <td>37.5</td> </tr> </tbody> </table> <p><small>Clinic data* from Dr. Paula Gehrig University of North Carolina, Chapel Hill, NC Gynecologic Oncology, 2008</small></p> </div>	Surgical Approach	Number of Patients (n)	Conversion Rate	Mean BMI	Lap	32	9%	35	daVinci	49	0%	37.5
Surgical Approach	Number of Patients (n)	Conversion Rate	Mean BMI										
Lap	32	9%	35										
daVinci	49	0%	37.5										
LookingforaSis	Dominique, also we're asked about adhesions and whether laparoscopic procedures cause fewer adhesions												
dominiquee	Every woman responds differently to surgical approaches, sometimes, adhesions are found even in women that never had surgery before**												
kay m	Panelists, what advice do you have for other women considering a da Vinci hysterectomy?												

tauruslady	Research, research, research and find the surgeon and approach you feel most comfortable with.
tauruslady	If complications arise you have to be confident that you had the right choice for you.**
zenyatta5	I am very glad this procedure was available for me as originally they said I wasn't a candidate for surgery. I know i made the right choice.**
IWannaBPainFree	I second the statements exactly. Even though I had complications; i would highly recommend the DaVinci to those who are seeking it as an option. While I had a slower recovery time and it took awhile to get back on my feet; I'm now feeling great, and it's been just 6 short months ago.**
LookingforaSis	Dominique, let's say that someone who's here tonight wants to learn more about whether dVH is a good option for her. What should she do? What information and resources do you have on your website?
dominiquee	Check the new "Checkpoints" section on HysterSisters. I like it and it covers all the bases and you can visit www.daVinciHysterectomy.com or www.daVinciStories.com on line**
kay m	Tauruslady, since you're a hostess here, could you please tell us what information and resources we have on the HysterSisters website that are most helpful to women preparing for a da Vinci hysterectomy or making a decision about what hysterectomy type is best for them?
tauruslady	There are numerous things that can help you understand all your options.
tauruslady	I would probably start with the Hysterectomy Alternatives and Options areas and forums are very informative.
dominiquee	information about the surgery, surgeon locator and stories of other patients including the option to get in touch with former daVinci patients
tauruslady	Of course for any hysterectomy type the Hysterectomy Checkpoints and Pre-Op forums have excellent information regardless of the type of hysterectomy.
dominiquee	**
tauruslady	If you feel brave enough you can go the Resources section and see videos of surgeries.
tauruslady	Of course you can also link from the HysterSisters site to the daVinci site for information on their website as well.**
fritzi64	((HysterSisters)), what questions do you have?
fritzi64	This is the time for you to ask questions of Dominique from da Vinci and our panelists, tauruslady, IWannaBPainFree, and zenyatta5. What would you like to know about their experiences?
achaconis	How many hours is the surgery (normally)
fritzi64	All of our panelists, this is when you get to just jump in "off-script" and respond to the questions as you can.
zenyatta5	My surgery took about four hours. It varies a lot according to my doctor. **
tauruslady	Mine was approximately 5 hours but that was also getting the system in place not all operating time.
tauruslady	((
cobratransport	my main concern was whether or not the surgery would be converted, so i didn't know until i woke up which way it went, had DaVinci 12/28/09
IWannaBPainFree	Mine was 2hrs 45mins**
vcaz	I'm having the DaVinci tomorrow. I'm concerned about gas pains. Can the surgeon take out any of the air that was used to inflate the abdomen, thus lessening gas pains in recovery???
tauruslady	VCaz - I didn't have that much gas, so my surgeon must have gotten most of it out. All I felt was like someone gave me a vaccination

luvee24	I would like to know if da vinci is a better choice than open for endometriosis?
tauruslady	At first I didn't even realize it was gas pains**
IWannaBPainFree	Gas pains will be gas pains...some individuals have them -- some don't. They dr's will try to get out as much as they can, but it is a normal part of recovery. (per my dr)**
zenyatta5	According to my doctor they can't do this. They told me to keep moving my arms to help the pain. I had a lot of gas pains at first.**
IWannaBPainFree	I had a lot of gas pains and bowel issues**
dominiquee	Gas pain is not related to the kind of surgery as gas will be used also laparoscopically.ask your doctor about how to act after surgery to help with the pain
enp123	Do you know if it can be done with lymph node mapping or does that require an open surgery?
tauruslady	Luvee - the conversations that I've had (remember I didn't have this for endo) is that the best choice is what the surgeon can excise the most endo with. Get the best endo specialist.
dominiquee	Vision and the ability to access all locations which contain endometriosis are the keys to proper excision. The 3D vision and 10 times magnification of the surgical field as well as the range of motion provided by the daVinci instruments give the daVinci surgeon a substantial advantage.**
LookingforaSis	luvee---- I think the skill of the doctor is what is important.
tauruslady	Enp123 - LymphNode biopsies can be done daVinci.
pcsandadeno	what about surgery for adenomyosis
tauruslady	I had both sides pelvic nodes and peri-aortic nodes checked.
zenyatta5	For methe daVinci was a good option for endometriosis. I had extensive endo and he was able to remove it without complications. It worked very well for endo for me.**
dominiquee	The most important part of any surgery is clinical efficacy, especially if you have cancer – in other words, you want the cancer to be removed. Due to the precision of the da Vinci instruments and the visualization far beyond a surgeon's own eyes (10x magnification)**
little rocky	I am a physical therapist. How much time do you think I would need to be out of work?
tauruslady	That is really a personal thing. I asked my gyn-onc about work return and that people said 2 weeks. He said lets say 6 and maybe 8.
dominiquee	this question has to be answered by your doctor.
achaconis	Someone told me that you are not lying flat for the surgery but at a 30 degree angle with you head down is this true? why?
dominiquee	**
tauruslady	I went 6. Some with LSH have gone less time.
IWannaBPainFree	You would need to talk to your dr about recover time. everyone is different. I was out of work for almost 9 weeks.
IWannaBPainFree	**
pcsandadeno	Is there a davinci in Saskatchewan?
tauruslady	Achaconis that is true, it is so that the bowels move out of the way and with your the gas they have space to work**
fritzi64	Are any of you scheduled for a da Vinci hysterectomy?
Kathy	Check with doctor locator on davincihysterectomy.com. There are davinci units in canada
tauruslady	PCAandadeno - I would check their website and Dr. locator **
dominiquee	check the surgeon locator at : www.davincisurgery.com **
zenyatta5	i was out three weeks. But then I got sick and lost another two weeks. My doctor gave me the answer for how long to be out of work**

vcaz	I'm scheduled for the Da Vinci for endometrial adenocarcinoma tommorrow morning.
hysterlindr	I'm scheduled for one next month
tauruslady	((hugs)) vcaz, that's why I had mine.
Kathy	((((vcaz))) praying all goes well for you
fritzi64	vcaz, it's nice of you to spend your last evening before surgery with us!
luvee24	I am scheduled on Jan 20th
KWin123	I am scheduled for the daVinci 2 weeks from today.
achaconis	Yes on 1/25 in NYC at Montefiore hospital
pcsandadeno	im scheduled tentavely for laproscopic next month
fritzi64	What other questions do you have for our panelists this evening?
vcaz	I'm still having to run to the bathroom!!!!!!
pcsandadeno	anyone have adeno?
fritzi64	Okay, then
fritzi64	We'll keep the chatroom open for a while, but I'd like to say some thank you's
fritzi64	Thank you, Dominique, for visiting us here at HysterSisters to provide us with information.
fritzi64	Tauruslady, zenyatta5, and IWannaBPainFree, thank you for opening up your life to share your experiences with everyone tonight who is facing a hysterectomy.
tauruslady	You are welcome
dominiquee	Always a pleasure, Ladies!
IWannaBPainFree	Anytime! This site was an invaluable resource for me!
fritzi64	Kay m and LookingforaSis, thank you for facilitating the discussion.
zenyatta5	You're welcome**
fritzi64	((((HysterSisters))), thank you all for being here, for caring enough about yourselves to make the effort to learn just a bit more about your options.
cobratransport	vcaz i had the surgery last week
pcsandadeno	anyone here have adeno?
little rocky	Has anyone ever experienced bleeding following exercising?
fritzi64	I have removed the moderation from the room now. Feel free to stick around if you like. Our panelists and facilitators may leave if they like (although they're welcome to stay, too).
enp123	what exactly is that?
vcaz	Cobratransport, how are you doing??
cobratransport	pretty good i am moving around well
zenyatta5	I had some when I first began to exercise. It stopped after a day or so. My doctor said it was normal.**
IWannaBPainFree	Ladies, I need to get ready for bed here in NJ and take my dog out. Have a good evening and best wishes to those who are having surgery tomorrow and beyond!
pcsandadeno	I am on dilaudid for pain now
cobratransport	just running low grade fever since the surgery & having leakage of some kind of fluid
KWin123	for anyone who has had the daVinci, how many days initially were you on strict bedrest? My daughter's first basketball game (and my birthday) are 2 days after my surgery!
Ishkabibble	Why would a davinci dr tell me traditional laprisopic/vag would be easier? I have a cyst on remaining ovary, but total hysterectomy recommended, nearly thru change. Previously had dermoid cyst, this one isn't. Mother had uterine cancer.
pcsandadeno	Is anyone here having surgery next month
tauruslady	Kwin12 - no days of strict bedrest, I did 2 hours for Thanksgiving 3 days

	after surgery and I was exhausted for days**
zenyatta5	I was on bed rest for one night and then allowed to move around with some restrictions. Got tired easily but could do things.**
hysterlindr	I am pcsandadeno-next month
KWin123	any restrictions for driving at all?
little rocky	I am having surgery in March. The bleeding I am experiencing following exercising is before my surgery.
tauruslady	Ishkabibble - could be that is the procedure they are most comfortable and familiar with. No one here could say for sure.
tauruslady	KWin123 - yes, just like regular hysterectomy. You have smaller incisions but you had the same things removed. I didn't drive for 3 weeks.
Ishkabibble	Tauruslady, that is what I am thinking!
tauruslady	Your Dr. will give you guidelines**
zenyatta5	I was not allowed to drive for over two weeks as I was on pain medicines for that long**
enp123	I just had open surg and felt very comfortable driving after 2 wks.
pcsandadeno	is anybody else on high doses of morphine now?
KWin123	I have 3 kids to get off to school every day so I am stressing about that one!
cobratransport	i am only on motrin 800 for pain
LookingforaSis	I think it is also a matter of how long you are on narcotics. I was driving after a few days post my lavh/bs0.
lcarney	I'm not scheduled yet, but my Dr. is suggesting I have a LAVH (Laprosopic/vaginal with a Rectocele repair) Has anyone had a Rectocele repair? I'm more concerned about that part of the surgery.
tauruslady	The main thing is don't drive until you are released by your Dr. if you are in an accident and they discover you had surgery recently it could become an issue.
zenyatta5	No, I was using ibuprofen after about five days. Could not tolerate morphine and didn't need it,**
pcsandadeno	I have been on opioids for over 2.5 months now
tauruslady	Kwin123 - you will need help
pcsandadeno	my pain is not tolerable
KWin123	Yikes, I dont really have anyone but my husband and he is going to be working. He is going in 90 min late every day for the first week so he can get them off to school. After that I am on my own.
tauruslady	KWin123 - you will have lifting and bending restrictions just like any other hysterectomy. Check out the Hysterectomy Checkpoints if you haven't already.
KWin123	on this site? I'm relatively new here.
zenyatta5	I am going to bed. Have to let my dogs out. Good luck to everyone who is having surgery.**
cobratransport	yes it's the lifting & bending otherwise i can move around but tire easily just had the davinci 12/28
pcsandadeno	anyone here just had laprosopic hysterectomy?
fritzi64	KWin, do your kids need rides to school, or is it a matter of getting them ready and out the door?
LookingforaSis	pcs, I did.
KWin123	both fritzi
tauruslady	Kwin - yes on the main site upper left hand corner
pcsandadeno	pls tell me more
vcaz	Thanks for all your help ladies. I'll be posting after surgery.
LookingforaSis	pcs, what would you like to know? I had an lavh/bs0 with a very easy

	recovery.
fritzi64	can you arrange for carpools for the second and third week for them?
cobratransport	good luck vcaz
KWin123	This site is so awesome and a godsend while I have been waiting for my surgery.
tauruslady	Good luck Vcaz
vcaz	Thanks!!!!!!!
pcsandadeno	tell me about recovery? why did you have the hysterectomy?
fritzi64	getting them out the door will be tiring but do-able--especially if your husband can do some things in the evening--put cereal on the table, help the kids pick out their clothes, prepare backpacks, etc.
KWin123	I'm going to try but I am the person that people call for rides so I don't have much of any options.
fritzi64	well, then maybe people will be happy to help you out
LookingforaSis	pcs, I had stage IV endo. My recovery was easy. I was back to work at the two week mark. NOT normal though by most standards.
KWin123	I am so blessed that is absolutely fantastic and super helpful so I am glad for that!
KWin123	My husband that is! LOL!
fritzi64	That will be a big help!
pcsandadeno	I was diagnosed with adeno? Am living in severe pain
KWin123	I hate to ask people for help so I have been putting it off but I only have 2 weeks left so I need to figure things out now.
LookingforaSis	PCS, sorry, I am not well versed with adeno :(
fritzi64	Start making calls to your children's friends' parents and see what you can arrange. If everyone can help out just three times during the first couple weeks, that will make a difference
pcsandadeno	when do you think ill be able to look after my toddler
tauruslady	Kwin - I put out an all call and had friends more than willing to make freezer meals and all sorts of things. No prizes for being super woman :)
KWin123	I didn't realize just how much help I would need until this chat so I appreciate the info. I will get started on that tomorrow!
pcsandadeno	my freakin knees hurt why ?
fritzi64	pcs, we have an article in the Post-op Resources page, "Recovering with Small Children." There are some tips for dealing with little ones without lifting
LookingforaSis	pcs, lifting and fatigue will be the challenges, at least in my opinion.
pcsandadeno	i have that challenge now
fritzi64	We will be having a Pre-op Chat here next week, same time.
fritzi64	Rather than look at one particular type of hysterectomy, we'll go through information about preparing for surgery, what to expect at the hospital, early recovery, long-term recovery, hormones, etc.
tauruslady	that covers the whole range of things from pre-surgery through recovery, etc.
pcsandadeno	i know i wont be having davinci I am lucky to be getting in next month for surgery, the waiting lists are very long here
cobratransport	did any of you ladies have a leaking problem after the surgery?
KWin123	In preparation for my surgery I was given a zolodex injection 6 weeks ago. It was supposed to put me into eary menopause but I ended up with a 16 day period and now I am SUFFERING with severe hot flashes and mood swings. Anyone else have that?
pcsandadeno	what will happen after i am keeping my ovaries?
LookingforaSis	cobra---I didnt.
tauruslady	Cobratransport - I have not but we have heard of it. If it is a lot you need

	to call your Dr.
fritzi64	cobra, long-term, no more than before the surgery
cobratransport	i had the surgery on 12/28 saw the dr on monday again she sent me for CT scan
fritzi64	but for the first couple weeks, I just didn't feel like my nerves in that area were my own, and I had a hard time interpreting signals from my bladder
cobratransport	says the vaginal cuff is still open on 2 sides
fritzi64	oh, that kind of leaking--discharge?
fritzi64	I had bleeding of various kinds for over a month
cobratransport	seems like discharge doesnt smell like urine
pcsandadeno	goodnight ty ladies
LookingforaSis	nite pcs!
fritzi64	thanks for being here, pcs
tauruslady	Is it a lot are you soaking pads?
cobratransport	for the first 3 days nothing was leaking & then all of a sudden i had to change the pad like 5 times a day now since friday
tauruslady	You need to call the Dr. again since it showed the vaginal cuff was open and let them know that.
cobratransport	yes thanks she knows waiting for results of ct scan i had on tuesday
fritzi64	We'll be closing the chatroom in a few minutes.
KWin123	so no one else was put on hormones?
fritzi64	What other questions do you have?
tauruslady	I can only have vaginal and a little testosterone because of the cancer dx.
fritzi64	KWin, I went on hormones. Although I kept my ovaries, it took them a while to recover from the surgery
LookingforaSis	KWin, I was put on estrogen post op.
fritzi64	So I'm on a low dose of estrogen, although my ovaries seem to be doing better again.
KWin123	the zolodex was 6 weeks ago to put me into early menopause. I think it's hormones, right? (stupid question I know!)
KWin123	I will be keeping my ovaries and cervix
fritzi64	I'm not familiar with zolodex
tauruslady	I'm not familiar w/ zolodex either
LookingforaSis	Me either... But, there is a such thing as chemical menopause... I went through it while on Lupron.
KWin123	the hot flashes are killing me! Just wondered if anyone had any advice.
LookingforaSis	KWin, there is a hot flash cocktail you can find on this site.
fritzi64	Well, the thing that helped me the most with hot flashes was the day I went and stood barefoot in six inches of snow for a few minutes to cool down
KWin123	awesome, i will look that up!
LookingforaSis	i havent tried it... I did use black cohosh for several months.
tauruslady	I looked it up quickly and it is a drug to lower estrogen in women so that's why you are getting menopausal symptoms.
KWin123	fritzi I am tempted
tauruslady	I actually bought the Chillow from the HysterSisters store and I love it.
KWin123	being in upstate NY I have plenty of snow!
KWin123	thanks tauruslady
tauruslady	I give them as presents to my friends and the love them too :)
fritzi64	PacificSunset, Icarney, enp123, do you have any questions for us?
fritzi64	Okay, ladies, it's time to close the room.

fritzi64	Remember our pre-op chat next week!
tauruslady	Night KWin, we'll see you on the boards
KWin123	Thanks again for everything, you guys are awesome!!!
fritzi64	Have a good night, and thanks for coming!
KWin123	:)
tauruslady	Night Cobra and enp123

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