

fritzi64: Hi! We'll be getting started in a few minutes, but I'm glad you could make it.
fritzi64: Hi LookingforaSis!
fritzi64: Hi mrsme1008
LookingforaSis: hi
mrsme1008: Hi Everyone
fritzi64: The chatroom will be unmoderated for a few minutes yet, so feel free to introduce yourselves. Just type in the light purple box below the chat window.
fritzi64: Hi Summer4 and stephwats
LookingforaSis: brb, my browser is acting up!
fritzi64: Hi mjd2491
mjd2491: Hi, all!
mjd2491: :)
Summer4: Hello
fritzi64: Hi Quincey1
mjd2491: Hi Quincey
fritzi64: We're just chatting for a few minutes while we wait to get started.
stephwats: hi everybody
4COOKN: This is my first time that I have been in a chat room. Kinda excited!
Quincey1: Hi, sorry it took me a minute to figure this out
LookingforaSis: MUCH better!
LookingforaSis: Hi everyone!!!!!!!!!!!!!!!!!!!!!!
mjd2491: No problem!
mjd2491: :)
fritzi64: Hi angelbunny09
mjd2491: Hi lookingforasis
angelbunny09: Hi everyone
Quincey1: Yes i am new to chat as well
mjd2491: Well, soon you'll all be old hands!
angelbunny09: same here...this is my first chat here
fritzi64: Hi redsport
Summer4: I am also new to chat
mrsme1008: My first here too
mjd2491: I'm limbering up my fingers
Summer4: lol
mjd2491: Hoping I can keep up with y'all!
mjd2491: :)
mjd2491: Hi, Kathy!
Kathy: Hi Gals!
mjd2491: Hi, Val!
Kathy: :)
stephwats: i've been on chat before, but not on here
Kathy: How is everyone tonight?
redsporty: My first time on
Val1970: I'm back again. lol
mjd2491: Hi!
mjd2491: :)
Ardnyk: My first time
mjd2491: Don't worry, sometimes we all "fade in and out" in these rooms."
fritzi64: I had to leave to answer the phone for a minute, but I'm back now too!
Kathy: I think we need some velcro for the door
Quincey1: This is great, so many here
fritzi64: Okay, we're going to get started.
fritzi64: Welcome to our live pre-op chat!
fritzi64: Weâ€™re so excited to be able to do this chat tonight.
fritzi64: I am almost six months post-op myself, so it wasnâ€™t that long ago that I was trying to prepare for my own surgery and feeling very anxious about what to expect.
fritzi64: Iâ€™m going to be the moderator tonight. Iâ€™ll be spending most of my time behind the scenes, although I will pop into the conversation now and then.
fritzi64: Hereâ€™s the way this chat will work...
fritzi64: Our guest "speaker" for this chat will be mjd2491 one of our hostesses. She will introduce herself and guide you through some of the things to think about for your hysterectomy journey. We have an agenda of items that pre-op princesses frequently ask about and that will be our guide. You will be able to ask questions about her commentsâ€¦"
fritzi64: â€¦and youâ€™ll have a chance to ask questions of your own as well.
fritzi64: To help everyone follow the conversation, the chat will be moderated. That means that when you post a question or comment, it will be held until it fits into the conversation and will then be posted to the board.
fritzi64: So if you submit a question and it doesn't show up right away, don't panic. That's the way it's supposed to work!
fritzi64: Please know that some questions and comments may not make it throughâ€¦perhaps because itâ€™s something weâ€™ve already covered, because it no longer fits in, or because I click the wrong button (blush).
fritzi64: After the program portion of the chat is done, weâ€™ll take the moderation off and you'll have a chance to chat and get to know your pre-op HysterSisters in a much more interactive way.
fritzi64: Iâ€™d like to turn it over now to MJ, who will introduce herself and get us going. MJ, itâ€™s all yours!
mjd2491: Hi, everyone!
Quincey1: Having this chat is a great idea. Thankyou!
mjd2491: My name is Mary Jill, but everyone calls me MJ.
mjd2491: I had my hysterectomy back in 2004.... almost 5 years ago.
mjd2491: Then, a year after my hysterectomy, I had a second surgery to remove an old hematoma capsule
mjd2491: So I guess you can say I also suffered a complication :(
mjd2491: I also had a panniculectomy, which is sort of like a tummy tuck surgery, along with my hysterectomy.

mjd2491: Anyhow, I'm here to tell you that I still remember how you are feeling.
mjd2491: You're in a very anxious time, and we understand how you feel!
mjd2491: That's why I really believe the support you'll get here at Hyster Sisters is truly second to none.
mjd2491: We've all been there, done that.
mjd2491: :)
mjd2491: To start off the informational part of this chat, it will be helpful if we get some definitions out there.
mjd2491: One of the things which surprised me when I was preparing for surgery was all of the terminology.
mjd2491: I mean, really -- what does a TAH/BSO mean??
mjd2491: One really important thing to note is that if your hysterectomy includes the uterus and cervix, it's a "total" hysterectomy whether or not your ovaries are removed."
mjd2491: That one was a surprise to me as well.
mjd2491: I figured since I was having my whole uterus taken out, but my ovaries were staying, I was only having a partial hysterectomy.
mjd2491: But the surgery to remove one or both ovaries is a separate operation called an oophorectomy.
mjd2491: Now THAT'S a mouthful! ;)
mjd2491: A TAH is a total abdominal hysterectomy, meaning the entire uterus (including cervix) is taken through an abdominal incision.
mjd2491: A tvh means....
mjd2491: A total hysterectomy (uterus and cervix) but it's done through your vagina. No outside incision.
mjd2491: Then there's the LSH, which is pretty popular.... that's actually a partial hysterectomy, because the cervix remains. It's done with just a few small incisions and the healing time CAN be shorter.
mjd2491: OK, just to give y'all a chance to give us some info, when is everyone's surgery scheduled?
ericgal: I have had my second opinion, surgery re-scheduled for 7/8...countdown is on!
addi: July 1st
mrsme1008: June 29th
Summer4: July 27, 2009
trezalyn: July 6, 2009
mercyme: July 17, 2009
Ardnyk: June 29th
two dog lady: June 29th
redsparty: 7-Jul
Quincey1: June 29th
angelbunny09: 1-Sep
janchor: 22-Jun
mjd2491: June 29 is winning right now!
mjd2491: :)
stephwats: y surgery is set for july 7
mjd2491: Well, that means many of you are in the last couple of weeks before surgery.
Seashell2: Mine is June 29 also
goodnitegracie: 25-Jun
mjd2491: That pretty much covers the actual hysterectomy types...
mjd2491: Having your left ovary taken is abbreviated as LSO
mjd2491: Your right ovary alone is RSO
mjd2491: And having both ovaries out is a BSO
mjd2491: So a TAH/BSO means you're having an abdominal hysterectomy and both ovaries are also being removed.
mjd2491: **
addi: Do you have any special advice for princesses who hapen to live alone. I'll have help the first two weeks but am on my own after that ...
mjd2491: Well...
mjd2491: The good news is that you'll probably do fine.
Quincey1: Me to and no help
two dog lady: I live alone too...help!
mjd2491: After the first week or so, while it was nice to have 24/7 help, it wasn't really necessary
mjd2491: The one thing I really needed every day was someone to change my bandages because I had such a big, deep, incision.
mjd2491: But if you have someone you can call, that's probably OK
mjd2491: Many ladies do recover mostly on their own.
mjd2491: I needed help with food, though....
mjd2491: So you will want to have lots of food which won't need much preparation ready for you when you come home.
mjd2491: I didn't want to lift a FINGER in the kitchen for weeks
mjd2491: lol
mjd2491: Do you have any other questions about preparing for surgery?
janchor: I have been cooking and freezing meals all week
mjd2491: Pre-freezing meals is really good
mjd2491: That's a great tip
mrsme1008: What about pre-op diet?
mjd2491: And there's always pizza delivery... just ask for veggie pizza and it will seem healthy
Ardnyk: What do I need to pack?
mjd2491: mrsme1008 what do you mean?
mjd2491: Ardnyk there's a great list on the pre-op checkpoint page
mrsme1008: Are there any foods to stay away from?
mjd2491: But honestly, I always say I could have packed in a gallon ziplock bag for the hospital
mjd2491: mrsme1008 unless doc says something special, just eat normally!
mjd2491: :)
mjd2491: I packed way too much
stephwats: what besides food should you have waiting at home to make things easier?
mjd2491: I only used a few things
mjd2491: I wore the same thing home as I wore to the hospital...
mjd2491: Used a hair binder and comb, my toothbrush, and that was about it

mjd2491: stephwats - another great question
mjd2491: For me it was important to create a recovery space
mjd2491: That was just \mine!""
mjd2491: I used the living room because it was close to the kitchen and a bathroom
mjd2491: I actually slept there for several weeks because my sleep patterns were all mixed up
mjd2491: That way I could just yell to the door if DH wasn't home to let anyone in.
mjd2491: I made sure I had books, magazines, etc. within easy reach
mjd2491: Oh, and the phone!
mjd2491: Getting up and down for the phone was not a good thing.
fritzi64: We have a few more questions about the hospital...I'm going to send them through and let MJ address them as she likes.

mjd2491: More questions?
Kathy: i set up camp in my bedroom. I had phone nearby, remote control and a bunch of pillow for my bed
janchor: I am taking earplugs incase I get a roommate who snores!!
two dog lady: Is there any chance of wearing my own nightgown at the hospital or should I plan on johnnies? (I'll have a catheter...)

goodnitegracie: I still don't know if I will have a TSH/BSO or a TAH/BSO and won't know until I wake up...it is causing some stress. Any advice?
Rlo: How do you prepare mentally?
mjd2491: Well.....two dog lady -- I wouldn't wear my own stuff
mjd2491: But that's just me.
mjd2491: Honestly, I didn't want to take a chance that I'd leak (whatever... blood?) on my nightgown
LookingforaSis: two dog-- I didn't wear my own clothes either.
mjd2491: And it was way too much of a hassle with all of the tubes and such
mjd2491: Just much easier.
mjd2491: Honestly, I didn't care one bit what I was wearing!!!
kay m: janchor- earplugs are nice, I also took an mp3 player with my favorite music to help down out noise
Quincey1: I read that someone had a breathing tube left in? Is that normal?
LookingforaSis: gracie--just read about both procedures. That way you will know what to expect when you wake up.
Seashell2: during anesthesia, do they usually do a spinal block as well?
mjd2491: I have heard of being on oxygen, but not an actual tube.
mjd2491: Seashell2 - sometimes they do... doc preference
mjd2491: Or your preference. You can ask about it.
goodnitegracie: ok thank you
mjd2491: I had one once during another surgery and it was really good -- spinal I mean
kay m: Quincey1 - only if you are having serious breathing issues would they leave a breathing tube in, and then you would be unconscious

janchor: I have been told to bring my own housecoat but will wear the hospital gown
two dog lady: Any idea how long to expect an IV to stay in (TVH and 5 pelvic floor repairs, in hosp for 3 to 4 days)?
LookingforaSis: rio-- nerves are tough, if it gets too bad, talk to your doc or nurse. They can give you something.
mjd2491: janchor -- that makes sense
kay m: but I was still on oxygen with a nose canula for 24 hours
fritzi64: We also have some questions about what to expect at home
mjd2491: two dog lady - my IV stayed in as long as I needed IV narcotics... I think it was sometime after the second night it came out.
mjd2491: If you need IV antibiotics for any reason, the IV might stay in longer though
calliope_waking: What kind of post-op bleeding should we anticipate - and what should we have at home to deal with that? Pads? Towel in the bed, etc?
mjd2491: they kept the needle in my hand for the balance of my stay just in case.... so they wouldn't have to poke again if necessary
mjd2491: Bleeding....
mjd2491: Well, I didn't have any.
mjd2491: Not even in the hospital!
mjd2491: That's another place where everyone's different
fritzi64: And I bled for almost six weeks
LookingforaSis: I only had the need for some panty liners at home.
mjd2491: Some ladies need pads for several weeks.
addi: Do you have any tips/suggestions for things to do to keep busy besides just books, magazines, the computer?
mjd2491: So my advice there would be to be prepared!
angelbunny09: One thing that my sister told me was to get some crosswords or circle a word puzzles because you won't want to even try reading
kay m: when I got home, all I did was sleep for about 3 days,
kms1963: is it easier to sleep in a recliner than bed for the first few days?
mjd2491: Addi -- you mean you need something other than the computer? :)
mjd2491: lol
mjd2491: lol
mjd2491: I actually did lots of cyber-shopping
mjd2491: And I identified people in all of my pictures -- I had boxes of them
fritzi64: I made my husband sleep on the couch so I could sleep with my laptop in case I had a question I needed to post on HysterSisters at 3 am. Seriously.
mjd2491: It was a great job to do for small snippets of time
kay m: kms, the recliner is okay as long as it is not one that requires you to use your tummy muscles to get out of
mjd2491: lol
mjd2491: As for the recliner, that could be OK
goodnitegracie: I have been collecting magazines and books for my recovery at home
ericgal: I'm worried about what I will be able to tolerate around my waist.....
mjd2491: but for me, I slept sitting up on the couch.... pillows all around me
LookingforaSis: kms, I slept in my bed with LOTS of pillows propping me up.
mjd2491: It was about 3 weeks before I could lie down.

mrsme1008: I've loaded up my Kindle
mjd2491: ericgal -- I wore only loose sundresses during recovery
mjd2491: I'm with you -- don't want anything binding at the waist
ericgal: My DH has downloaded several books on tapes onto my ipod
mercyme: is it difficult to find a comfortable sleeping position
mjd2491: That's a good idea
mjd2491: mercyme - It was for me
Quincey1: I never thought of laying down being hard.
mjd2491: I just couldn't do it
kay m: the more moving you do before the anesthesia pain med wears off, the better you will be.
goodnitegracie: I have also bought a lot of empire and flowing dresses
kms1963: I'm just really worried about the pain getting up and down.
mjd2491: Couldn't lie on my side because my incision was hiptohip
callope_waking: How bad are stairs post-op? I live in a 2 story house, and our bathroom is on the second floor with the bedroom, but the kitchen and front door and what not are downstairs...
Kathy: I found that propping myself up in bed or propping up the bed was helpful
mjd2491: kms1963 -- that pain was tough for me, I won't lie
LookingforaSis: i also used my body pillow, propped it under my side so I was more comfy.
kay m: I was different, I was able to turn over the first day post op, with a hip to hip incision
ericgal: I'm not really a dress person I'm in big trouble!
mjd2491: Oh.... here's another piece of advice: make sure you have pain meds and water next to wherever you sleep... so if you wake up in the middle of the night with everything worn off, you have meds to take
goodnitegracie: callope - i have the same problem
LookingforaSis: kms-- use your legs, A LOT.
mjd2491: ericgal - try nightshirts
kay m: I was sleeping on my tummy before I came home from the hospital
mjd2491: You're supposed to be sick!
mjd2491: lol
mjd2491: kay - you're fortunate!
Kathy: :D
kay m: yes, I was
fritzi64: Going down the stairs hurt.
mrsme1008: I have the same set up at home as callope-waking - stairs
Kathy: Is anyone in here having daVinci hysterectomy?
mjd2491: I had to be very careful on stairs - and at first, I wasn't very steady on my feet.
addi: did you use the tummy support bands? did they help?
mjd2491: I didn't use the one on HS but mine was just like it
mjd2491: And I loved it.
Kathy: the HysterSisters store best selling item is that abdominal binder.
Kathy: its helpful to just provide support
angelbunny09: Will the hospital provide the tummy support bands?
mjd2491: It kept all of my bandages in place so I didn't have to use adhesive tape -- big thumbs-up there.
Kathy: usually not or its gigantic and isn't effective
mjd2491: angelbunny09 - mine did, but I think that was because of the panniculectomy
mercyme: Kathy, I am having the DaVinci hysterectomy as well as pelvic floor repairs
goodnitegracie: Do you only need a binder if you are having a TAV
mjd2491: They actually put two bands together for me, and I "graduated" to just one eventually"
Kathy: yes, we've found the abdominal binder is helpful for all types of hyst because of the support it offers
goodnitegracie: I meant TAH...sorry
mjd2491: Mine wasn't too big, but I think they have different sizes
mjd2491: I thought it felt wonderful - the binder
ericgal: I will need a binder for a TAH/BSO?
Kathy: the davinci will have a different timeline to recovery
Quincey1: Is your belly really swollen? I can't afford to go out and buy a bigger wardrobe. lol
cbrhystersis09: I am a "fun size" gal and wanted to see if anyone had a harder time with recovery and incisions. This is one of my biggest fears."
mjd2491: Ericgal - you might want one
kms1963: is the abdominal incision always that big? hip to hip?
Kathy: but if you are having additional repairs, you might find the same timeline for healing
mjd2491: cgrbr - I'm also plus-sized
addi: How do you know vertical or horizontal (I'm guessing the incision type) is that just the doctor's preference?
kay m: mine was hip to hip because I had a lot of "clean up" work done"
mjd2491: My incision was hip-to-hip because of the panniculectomy, which is plastic surgery
ericgal: How do I pick a size...
Kathy: mine was about 8 inches
angelbunny09: Do you have any good suggestions for a "plus-size" princess?"
Kathy: its based on the measurement across your incision area
mjd2491: angel - when is surgery?
cbrhystersis09: mjd2491 - are you nervous about that?
kay m: I'm plus size, and I don't think my recovery was any different than anyone elses.
mjd2491: nervous about what??
cbrhystersis09: the recovery
mjd2491: The biggest issues for me (sorry for the pun) was that I had more of a chance of wound healing problems
mjd2491: Like infections, etc.
mjd2491: And I did develop a hematoma which wasn't found for months
ericgal: Should you buy a binder prior to surgery? I'm confused8)
Kathy: cbrhystersis09 - mj is post op 5 years
mjd2491: They said that I had a chance of ending up in the ICU because of sleep apnea, but that didn't happen
Ardney: How long until I will be able to pick up my 15 month old?

mjd2491: Angel - with surgery in September, you have some time to build up some upper body strength
kay m: the best thing I heard that helped me with my recovery, is that "You only have one time to recover right" Don't try to do too much too soon no matter how you feel"

mjd2491: I did that, and it did help me get around better
mjd2491: Because you really shouldn't use your abdominal muscles much during your early recovery
LookingforaSis: and-- AT least 6 weeks. Depends on what your recovery is like.
mjd2491: Pushups against the wall work
fritzi64: Ardnyk, you'll need to ask your doctor.
fritzi64: Meanwhile, you can try to get yourselves used to you sitting on the couch and helping your child climb onto your lap-- and moving the changing area to someplace you can use while sitting.
mjd2491: But really, surgery is done on large patients frequently. It's your overall health which matters most.
mjd2491: :)

mercyme: How long did you need pain medication
mjd2491: mercyme - I needed vicodin for six weeks
mjd2491: But then, they found an unresolved hematoma several months later
Kathy: i used tylenol 3 for 2 weeks
kay m: It differs with everyone, by the end of the first week, I was only using a tylenol/motrin combination
LookingforaSis: mercy-- i needed the narcotics for about 4 days. Motrin for probably a month!
mjd2491: So I was probably dealing with it earlier on and didn't know it
fritzi64: I used my percocet only for about 10 days--except that I took one again after the first day I returned to work
Ardnyk: Luckily she can already climb onto the couch :))
cbrhystersis09: i only have 2 weeks from today then to start pushups!
mjd2491: Most sisters seem to need narcotics for a few days to a few weeks
kms1963: so you guys are recommending the binder, not the "swelly belly" band correct?"
ericgal: I don't do well with heavy medications...they make me sick, I'm in big trouble again.
mjd2491: The Swelly belly band is different
mjd2491: It is more for soothing the swelling
kay m: narcotics can cause serious constipation, so you don't want to take them longer than you have to though.
Quincey1: I am on blood thinners so I worry about clotting etc.
mjd2491: quincey1 your doc should have suggestions for that
mjd2491: The swelly belly band can be used in conjunction with a binder
kay m: Quincey, your surgeon will watch you carefully
Kathy: Many women use both - swelly belly band is ONLY for abdominal incision and is for incision care: itching, swelling at site. The abdominal binder is for all types of hyst and after the stitches are out and you are moving around a bit more

mjd2491: Many ladies use both
addi: Are any of you having (or did any of you have) your hysterectomy because of endometriosis?
Kathy: read about both in the store descriptions
mjd2491: Oh, and a bonus -- after you heal, you can turn the swelly belly band around and use it for a sore back.
LookingforaSis: addi-- i did!
Summer4: Yes
kay m: for localized pain, I found that a cool cloth, or even an ice pack worked well
cbrhystersis09: i am for endometriosis
angelbunny09: I am having mine b/c of it
ericgal: I am!
Kathy: yes, ice packs is great
Kathy: or frozen peas!
kay m: or of course, the Chillow, I have heard is wonderful
mjd2491: lol on the peas
addi: any special tips for us endo girls?
mjd2491: The Chillow is GREAT!
mjd2491: I use mine all the time
Kathy: (Frozen peas in bag)
cbrhystersis09: wow...a lot of us are because of Endo
mjd2491: I didn't have endo...
kay m: anything close and cold...lol
Seashell2: Mine is for adenomyosis, probable endometriosis, prolapsed uterus, enlarged uterus and heavy bleeding
kay m: i didn't have endo either
mjd2491: But I know it's important to make sure that a hysterectomy is really the best course of action
LookingforaSis: addi-- just read about the disease. Know that this isn't a cure.
mjd2491: Because a hysterectomy doesn't necessarily fix it.
mjd2491: Even taking the ovaries isn't a cure.
mjd2491: We have resources for endo
cbrhystersis09: i have had 10 surgeries for Endo, I am done with it!
LookingforaSis: consult an endometriosis specialist if at all possible.
kay m: and with endo, you may be limited in the estrogen you will be able to use
mjd2491: right
kms1963: mine is for endo and adhesions as well
Quincey1: Mine is for a really large cyst/tumour
Ardnyk: Are any of you having (or did any of you have) your hysterectomy because of a prolapsed uterus?
mjd2491: (((ladies)))
mercyme: I have prolapsed uterus, rectocele, cystocele
mjd2491: We've had many members who have had a hysterectomy for prolapse
mjd2491: It's a very frustrating situation
angelbunny09: I am having mine b/c of a failed ablation a year ago and my new doctor thinks I have Endo
ericgal: My first visit to pre-op chat room a second opinion was recommended and I'm really glad I did it...I feel much more comfortable with my decision
fritzi64: Okay...
cbrhystersis09: i read the info on this website for Endo and it is very resourceful

janchor: Mine is for prolapsed uterus and rectocele
mjd2491: :)
Kathy: We recommend 2nd and third opinions. Hysterectomy should be your last course of action
mjd2491: Absolutely
fritzi64: I have a few more questions lined up about other early recovery issues.
Ardnyk: Oh yes...Mine happened while I was pregnant and went on bed rest..tired of dealing with stuff hanging out.
kay m: for Endo, you will want to get one or more additional opinions, because many women still struggle with endo after their surgeries.
two dog lady: yes, and bladder and rectum prolapse
mjd2491: And with endo... you want to make doubly sure
cbrhystersis09: and I have an Endo Specialist doing mine
Kathy: and visit with your different surgeons for different options on hyst types
mjd2491: yep
ericgal: Our bedroom is upstairs, should I plan on being downstairs the first couple of nights?
mrsme1008: Did you have 'swelly belly" and how long did it take to go away?"
addi: I was in rough shape after being scoped and am nervous about pain since I'm already on lortab
mjd2491: ericgal - Not necessarily
addi: You can't just change the bandages yourself? I have friends who will help out but that's over my comfort threshold

mjd2491: Many sisters sleep in bed from the outset
mjd2491: I couldn't change my bandages myself
kay m: you can take the stairs, if you take them slowly, and have someone follow you if you are taking narcotics
mjd2491: I couldn't see anything
mjd2491: And I couldn't bend that much
fritzi64: My good friend had a different surgery yesterday. She couldn't do stairs at all, so she rented a commode and kept it in a corner of the living room.
mjd2491: But it does depend on where your incision is and how limber you are!
mrsme1008: My bed is really high - will I need a step stool?
kay m: I didn't have any bandages to change
Kathy: Yes!
mjd2491: mrsme1008 - wouldn't be a bad idea
LookingforaSis: mrs-- if you can't reach the floor, YES!
Kathy: step stools for princess in pea beds
mjd2491: lol
mjd2491: I needed a stepstool even without surgery
fritzi64: mrsme--I still have swelly belly sometimes at six months post-op--but not often, and not nearly as much as I did earlier on
Kathy: i need a ladder today and I'm 11 years post op! hehe
mercyme: mrsme I have a very high bed too
mjd2491: stairs worked for me but I had to take it really slow
Rlo: LASH recover?
kay m: step stools are nice, but I also had a chair beside my bed to help pull myself up with
mjd2491: I had swelly belly for months
mjd2491: kay - that's a good idea
stephwats: i'm having several problems-- cysts on ovaries, uterus, and cervix, endo, heavy and irregular periods, been dealing with it for 15 yrs and i'm only 29

kay m: :)
mjd2491: for LSH - recovery can be faster, but not necessarily
mjd2491: You've still had the same surgery
LookingforaSis: RIO-- What was your question?
mjd2491: But you don't have an incision on the outside
mjd2491: But still just as many stitches inside!
mjd2491: So you still have to take it very easy
kay m: stephwats, have you had PCOS mentioned to you?
LookingforaSis: Steph-- Big hugs, I was 30 when I had my lavh/bso.
fritzi64: Yes, my doctor told me that I had nearly 50 stitches inside me.
mjd2491: You only have one chance to heal right the first time
Rlo: Lapro sub total recovery? Is it much easier than open hyst or vaginal ??
mjd2491: RIO - it all depends.
mjd2491: Can be easier, sometimes harder.
ericgal: I've only had the endo for 3 years (after my second child), but i'm tired of being a guinea pig for a variety of hormones...

mjd2491: And everyone is different
mjd2491: what I think is easy might be hard for YOU.
mjd2491: ericgal - I hear you
stephwats: earlier on, but the multiple cysts is the only symptom i have that matches pcos
goodnitegracie: Sometimes I think the wait is the worst thing we go through
fritzi64: Okay, let's move to some questions about hormones.
Quincey1: What about not taking hormones?
mjd2491: goodnitegracie - well, the wait is tough, but often the recovery is more difficult.
ericgal: gracie it is killing me, can't sleep at night thinking of what could go wrong
kay m: many women find that they do well without hormones
LookingforaSis: gracie-- MENTALLY the wait was more difficult for me.
goodnitegracie: well that shot my theory to hell :)
mrsme1008: I'm keeping my ovaries so I can stay away from hrt
kay m: most women find that they struggle without hormones
cbrhystersis09: I am already in surgically induced menopause, are my hormones going to get even worse?
mjd2491: Well, most women do very well after hysterectomy. But some of us don't
Kathy: :)

mjd2491: And it won't matter one bit to know that most do well if you don't. :(
Summer4: What about the risk of heart disease with the hormones
addi: I've had a friend recommend taking bhrt ... I guess it's an herbal approach to hormone replacment
Quincey1: Good to hear, hormones scare me and I can't take them anyway
kay m: surgical menopause is vastly different than natural menopause
angelbunny09: I know the doctor's have been saying that hormones are not the best thing now
goodnitegracie: Yeah - instant menopause is my greatest concern
mrsme1008: I've been on Lupron off and on for 2 years and hate it.
mjd2491: It's also important to know that often after a hysterectomy, your ovaries 'go to sleep!' even if you keep the ovaries"

mjd2491: So you might have temporary menopause symptoms either way!
kay m: when you have your ovaries and go through menopause, your ovaries just decrease the amount of estrogen they provide
fritzi64: My ovaries went to sleep after an ablation two years ago
mjd2491: It's no fun
fritzi64: They still work, but not as well as they did.
mjd2491: but they do usually wake up
stephwats: that's my big problem, i'm having TAH/BSO but they dont want to put me on hormones b/c of cancer risk in my family

kay m: with surgical menopause, it is sudden, and complete
Summer4: For how long
two dog lady: Why do they go to sleep?
mercyme: And what does that feel like when your ovaries go to sleep
ericgal: Hormones were a big concern for me but my second opinion said the risks are the least of my problems it is finding a level that works for me
mjd2491: two dog lady - because of the surgical trauma
addi: it's horribly shallow, but I'm worried that the removal of my ovaries is going to make me age suddenly
mjd2491: And the blood flow interruption
mjd2491: addi - that's not shallow
LookingforaSis: addi-- I felt the same way!
Kathy: That's not shallow at all
mjd2491: There's lots of scary stuff out there about menopause
kay m: ovaries sometimes sleep because the blood supply is cut and they are manipulated
mjd2491: And there are many unanswered questions
fritzi64: mercyme--I stopped having PMS-type symptoms.
kms1963: addi I'm glad you said that because I have that same fear
goodnitegracie: Addi - i have the same concern. I stopped reading anything about menopause until after my surgery
mjd2491: But if you know you need them taken out, you need to educate yourself.
mjd2491: Women who go through menopause are still women!
mjd2491: That's the main thing.
kay m: On average, it takes about a year to find a hormone balance. but for some, it can take longer
mjd2491: Some are lucky and they hit it right away
fritzi64: I kept my ovaries, and I wasn't expecting any troubles--but after my hysterectomy, my ovaries seemed to slow down even more. I now take estradiol, an oral estrogen, and it works well for me
kay m: and some are lucky and find the perfect hormone balance immediately
mjd2491: But that doesn't usually happen
LookingforaSis: I was a lucky one, right dose first time out.
goodnitegracie: educate myself about menopause mjd?
mjd2491: yes
mrsme1008: anyone planning on using bio-identicals?
mjd2491: Because many times ladies aren't prepared for the suddenness of the symptoms
mjd2491: And they tend to be more pronounced in surgical menopause
mjd2491: Natural menopause is gradual
LookingforaSis: mrs-- I am on an FDA approved bioidentical. Estrasorb.
goodnitegracie: makes sense but i don't want to anticipate symptoms - look for them
kay m: At the top of this page, there is a blue strip, this strip contains links to resources. If you click on Hormones, you will find a lot of information
mjd2491: Some women go through it with no symptoms or nothing really bad.
fritzi64: The important thing is to contact your doctor is something feels 'off.'"
angelbunny09: The doctor told me to expect alot of highs and lows after surgery..... and alot of crying
cbrhystersis09: I wanted to know more about bio-identicals as well
mrsme1008: How is the Estrasorb working for you?
kms1963: I'm already on HRT for hormone imbalance, so I'm hoping it won't be an issue after the surgery
mjd2491: goodnitegracie - that's a good point, but I think information is helpful
mjd2491: That way you know you're dealing with something expected!
LookingforaSis: mrs-- i only use 1 pkg (most gals use two). It's perfect!
fritzi64: It didn't even occur to me that my brain fog and sadness might be hormone-related.
addi: personally, I understand the medical symptoms ... hotflashes, night sweats, dryness, etc. but what about the non-medical things like developing wrinkles or greying?
kay m: And, you can always visit us in the Hormone and Menopause Central forum and ask questions about any concerns or questions you have.
stephwats: i work in a pharmacy and they are recommending compounded hormones to me
Quincey1: Ok so other then hot flashes what symtoms can we expect
mjd2491: Moodiness
mjd2491: Brain fog
fritzi64: I found that my skin got really dry and old looking
kay m: joint pain
LookingforaSis: mine too fritzi!
fritzi64: I was constantly tired.

mjd2491: sleep problems
cbrhystersis09: my skin and hair texture changed
mjd2491: restlessness
mjd2491: Lots of symptoms
addi: fritzi - old looking? How?
kay m: irritability for some, tears for others
fritzi64: It's like the skin was dryer and scallier.
mjd2491: Many women think they are going crazy...
mjd2491: But it's just hormone imbalance
kay m: I got wrinkles right away, but with estrogen they went away :)
mjd2491: It's really important to remember that it takes a long time to heal physically
LookingforaSis: I noticed the same thing Kay.
fritzi64: I especially noticed it on my breasts. I was horrified. Now that I'm on estradiol, my skin looks normal again
Quincey1: skin got old looking? really?
ericgal: mjd i'm already crazy my poor DH
cbrhystersis09: absolutely mjd - you hit the nail on the head!
mjd2491: And adding hormone imbalance to all of that is just more of a challenge.
ericgal: my doctor is recommendign testosterone and estrogen
kms1963: omg you guys are scaring me now!
Quincey1: me too
LookingforaSis: kms-- dont be scared..
Ardneyk: So your telling me I should warn my husband now;p :p
addi: That's good to know ... I've got to wait six months before I can hit the hormones
mjd2491: kms1963 - don't be scared!
mjd2491: Knowledge is power.
LookingforaSis: Exactly MJD!
Quincey1: I don;t want more wrinkles?
addi: I've already warned the men I work with
goodnitegracie: my doctor said he would address this during my first post operative appt and now I amterrified
mjd2491: Isn't it better to know upfront than to feel blindsided?
kay m: when beginning hormone therapy, it is considered wise to begin with estrogen alone
fritzi64: Now, my skin didn't look old-old, just old-er
mjd2491: It can seem overwhelming
ericgal: addi I have to wait also??? Doctor explained but can't remember why now
mjd2491: But remember, the ladies in post-op and the hormone forums are all there to help out!
kay m: then, add additional hormones, such as testosterone, or progesterone, one at a time, if needed.
LookingforaSis: I was still me without hormones. Maybe just a little more obsessed! LOL
addi: for me it has to do with the endo
ericgal: thanks kay
Summer4: Do you know anything about a Proges implant?
kay m: it is easy to confuse hormone symptoms, if you begin more than one at a time
LookingforaSis: addi-- i wasnt on anything for 3 months.
kay m: Implants work for some, but I wouldn't use it until you know for sure what dose you need
ericgal: Thank you, me also he wants to make sure about any linger endo
goodnitegracie: how soon do symptoms typically take to show up after a BSO??
kay m: Progesterone can cause depression, if too much is used
Quincey1: with reglar menopause do you still get wrinkles and old looking?
LookingforaSis: eric-- exactly!
kay m: and if it is an implant, you are stuck with it
Quincey1: I am freaking now,
kms1963: can endo come back after a TAH?
mjd2491: OK, ladies -- it's time for our favorite subject!!!
LookingforaSis: kms-- Yes.
mjd2491: Just remember, it's a PG-rated site.....
mjd2491: So is anyone concerned about sex after hysterectomy?
ericgal: addi I'm having a TAH/BSO and I'm scared of gaining weight and never having an orgasm again...talk about shallow

Summer4: Yes
ericgal: kms yes
Ardneyk: YES!!!
kms1963: YES!!!
mjd2491: ericgal - OK, it's time for me to get serious.
Rlo: I'm worried about sex. I'm single.
mrsme1008: Absolutely!! I've heard so many different things
LookingforaSis: eric-- I was as well!! i do workout A LOT now :) Orgasm is still there too!!
mjd2491: I had that post-op hormone rage you hear about
mjd2491: Two weeks post-op and I felt like a teenager. (blush)
mjd2491: But then my sex drive went away.
mjd2491: I mean gone.
mjd2491: And I had my ovaries!
ericgal: Yeah!!!!!!!!!!!!!!
mjd2491: I'm five years post-op and I must be honest. Sex is NOT the same for me
kms1963: did it come back?
ericgal: I have been in so much pain the last year I hope I remember what one feels like
mjd2491: It got better, but no, it's not back.
angelbunny09: I have hormone spikes now on the Provera... if my DH can get some rest after my surgery he will be so happy
mjd2491: I'm probably 75% of what I was.
stephwats: oh yeah, having problems with pain now, wondering what it will be like after, i never want sex now, is it going to get worse?

mjd2491: Most women have a very good outcome, though!
mjd2491: In many cases it's as good or better.
mjd2491: The key again is that if you know your hysterectomy is necessary, you deal with what happens.
LookingforaSis: steph-- I was in a lot of pain and afterwards, with the pain being gone, sex was MUCH more enjoyable
fritzi64: I had horrible pain before my surgery, and while sex doesn't feel the same, it still feels good and everything \works"-- pain-free."
mjd2491: If you won't give up your sex life for anything, then you shouldn't have the surgery.
addi: Steph ... if you're like me, sex is so painful now, that it's an ordeal. hopefully that will be gone after the surgery
kms1963: mjd do you take testosterone? I can tell you that helps A LOT
mjd2491: Because there's always a risk of a bad outcome.
kay m: stephwats, i was in so much pain before surgery, that sex was very difficult, so even though my libido suffers at times now, sex is better because I don't have the pain anymore
Summer4: How is it without your cervix?
mjd2491: I have difficulties with lubrication.
stephwats: woohoo!!!
mjd2491: Never had problems before -- in fact I was probably on overdrive in that department
addi: mj is that because of the cervix?
mjd2491: Not sure
mjd2491: could be
mjd2491: Sometimes it's OK now, but it can be annoying.
ericgal: mjd try zestra...
kay m: I have my cervix, and still have trouble with lubrication, it is hormonal
mjd2491: But I knew my cervix had to be removed, so I didn't have a choice.
addi: I'm worried about how you tell a guy that you've had this surgery (obviously after the relationship has progressed quite a bit)
kay m: however, i have developed fibroids on my cervix now, :(
mjd2491: addi -- why would you have to tell him?
addi: if the relationship is getting serious
mjd2491: Are we talking a potential husband?
addi: exactly
mjd2491: OK -- well, I'd just say it.
mjd2491: Start out by saying you can't have children.
Quincey1: I am just getting into a relationship and not sure how much I should tell him. I am almost 49 so I am sure he isn't planning on kids with me
mjd2491: At least not naturally.
ericgal: If your relationship is to that point I don't think it will be a big factor
mjd2491: quincey1 - If he's a real man he'll be OK with it.
stephwats: it's funny because i used to not be able to get enough, but once i started having the surgeries for cysts, my sex drive went out the window
ericgal: my doctor said after surgery it is like everything else you have work on it is never the same as when it was new
mrsme1008: I have been bleeding so much that most sex was an issue and I don't want to stay on lupron. The side effects are awful.
Quincey1: Your right! One way to find out!
mjd2491: I can't imagine a relationship's success hinging on having children, because there's never a guarantee of it, anyway!
kay m: stephwats, have you seen an endocrinologist about your cysts?
LookingforaSis: mrs-- I had the same experience on lupron.
mjd2491: I mean, he could be sterile, too.
ericgal: me too steph...I had a really healthy sex life until endo
mjd2491: OK, I'll get off my soapbox.
mjd2491: lol
addi: mrsme - I did lupron but had a horrible experience I caught every bug that went around
ericgal: I hate lupron more than anything in the world...it is evil
Summer4: I was on Lupron and had the same issues
mjd2491: I think we're about to go NUTS, here!
fritzi64: Okay, I'm going to remove the moderation. Prepare for a wild ride in the chatroom!
mjd2491: :)
mjd2491: :)
LookingforaSis: LOL!!
Quincey1: I'm still worried about looking aged. What can help that other than hormones which I can't take
ericgal: does lupron work for anyone? I have yet to hear a positive report
mjd2491: quincey1 - I think it's a good idea to keep your skin hydrated, to take vitamins, etc.
kay m: There are women for whom lupron has worked
LookingforaSis: quincy-- I used a product by avon for wrinkles, it was wonderful! Anew.
stephwats: nope, just want them all out so maybe i can go one day without hurting or when my husband wants sex i dont have to worry about hurting so bad i have to hold back from crying
addi: my current doctor is an endo specialist and had absolutely nothing good to say about it
mjd2491: There's lots you can do for keeping your skin in good condition
mrsme1008: Lupron worked to stop my bleeding. My last episode of bleeding lasted 3 months straight
mjd2491: Eat well
fritzi64: By removing the moderation, it means that your posts will go directly to the chatbox. Feel free to ask questions, respond to each other, etc.
Crossfire: Drinking plenty of water is good for your skin, too
mjd2491: stephwats -- I'm so sorry you're hurting like this!
Summer4: I continued to bleed on Lupron
mjd2491: Crossfire - that's right!
Quincey1: Thanks I'll try that
Rlo: I'm 37 and do not want to suddenly look aged and lose my sex life. I need surgery. I love my libido and hope to keep it."

mjd2491: Rio -- we hope you keep it, too!
stephwats: it will be over soon (hopefully)
addi: Steph - I totally understand. I had the vaginal ultrasound and have been on lortab since then because of the pain

LookingforaSis: rio-- I am 31, in the best shape of my life, look great, feel great. 1 yr post op.
ericgal: You and I will pray together (with steph) rio
kay m: We are all different, so while some treatment, such as lupron works for some, it doesn't seem to work for all.
Ardneyk: Anyone else going crazy to get your house clean before the surgery?
Ardneyk: It's like I'm nesting again.
mjd2491: ardneyk -- it is nesting.
mjd2491: :)
Summer4: I am 29 and am very nervous about the aging
mjd2491: I did it
mrsme1008: Yes - I'm in a cleaning frenzy
mjd2491: I found myself cleaning everything
mjd2491: I think my DH wishes I had surgery every few months.
ericgal: Lookingforasis gives me comfort
mjd2491: lol
addi: Ardneyk - I've been cleaning and cooking ... and I'm looking forward to my psycho cleaning mother coming
fritzi64: Well, I'm 44 and the aging was bound to happen soon to me anyway
angelbunny09: I am..... my DH is loving it though getting closets cleaned I meant to do months ago
mjd2491: :0
kay m: I did that too
LookingforaSis: eric-- without the pain, I can actually workout and ENJOY it!
ericgal: I'm putting my house on the market ardneyk
stephwats: it just makes me feel a little better knowing i'm not alone
kay m: it helped me relax after surgery, knowing all was clean
mjd2491: And remember, ladies..... you can't vacuum for at least a year post-op (OK, that's an exaggeration)
LookingforaSis: MJD! LOL
kay m: lol MJ
Summer4: I love that rule
mjd2491: But I never asked after my surgery, so I am assuming I'm still restricted on housework
mjd2491: :)
Ardneyk: I was scrubbing my floors with a scrub brush today...I look at it this way I will have several weeks to rest up.
kay m: why only one year?
fritzi64: One of our hostesses has never officially been cleared to vacuum--and her surgery was several years ago
mjd2491: haha
mrsme1008: This has been great but I have to go Sisters. Good luck to you all and I look forward to chatting with the June 29th crew in about a week or so.

Crossfire: I still try to follow the no vacuuming rule
mjd2491: kay -- OK, let's go with three years
fritzi64: My mrsme1008. Thanks for coming!
cbrhystersis09: okay...did anyone have a tummy tuck/lipo with your hysterectomy? I am not but really wanted to get something GOOD out of this surgery...like a flatter stomach! i gained weight from having endo and not able to workout without hurting all the time
kay m: lol fritzi
mjd2491: I had a panniculectomy, which is sort of like a tuck but different, too
mjd2491: One good thing is you only have one hospital stay
stephwats: i wish i could talk my dr into it
addi: cbr, I'm with you. I wish I'd scheduled a tummy tuck and a breast reduction since I'm already going to be off work

mjd2491: But you have to pay for the Plastic surgeon out of your own pocket
cbrhystersis09: My doc won't do it either
mjd2491: Well, you need a plastic surgeon
Ardneyk: do you tend to loose or gain weight afterwards?
mjd2491: Because it's cosmetic
Quincey1: Hmm maybe I should ask mine
mjd2491: And it is pricey
mjd2491: Mine cost \$7200 up front
mjd2491: Cash
kay m: weight gain or loss varies with each person
LookingforaSis: ard-- i gained a little, lost it though.
mjd2491: My weight stayed the same
cbrhystersis09: Exactly, addi...actually at work, they know i am having surgery...i bet they think i am having gastric bypass or something. then i will go back to work just as thick as ever!
mjd2491: Although initially I gained because of all of the fluids in the hospital
kay m: I lost a little, then gained it back
ericgal: everything i read indicates that it depends on you and your lifestyle
Summer4: Has anyone that has been on Lupron gain weight and if so were you able to loose it?
stephwats: think i'll try some sit ups mj
mjd2491: If you get back to walking, it will help the weight gain
addi: I was doing 7.5 miles per day before I my endo flared up and now I can't set foot in the gym
mjd2491: addi - I know what you mean
Quincey1: I have this huge cyst and yet I am still losing weight. I figure once the cyst is gone and all my female parts I should drop a few pounds right?

Rlo: I work out now and hope to lose 10 pounds b4 scheduling surgery.
Ardneyk: having a 3 year old and a 15 month old will keep me busy
cbrhystersis09: me either!
LookingforaSis: summer-- YES!!!!!!!!!!!!!! i am almost 20 lbs lighter!

mjd2491: When you hurt, nothing else matters
kay m: that's right MJ
mjd2491: ardnyk - do you have help with the kids?
ericgal: I gained weight on Lupron and lost it and more when I went off
fritzi64: Wow, Sis, good for you!
Summer4: THen there is hope
mjd2491: lol
Summer4: I have gained 20 lbs
mjd2491: ((summer))
Ardnyk: Mj yes...my husband is at home this summer. we are both teachers
addi: Exactly MJ ... I'm just hoping there's going to be an end to the pain
angelbunny09: I seem to only loose 5 pounds and then gain it back and loose it again..... any suggestions?
mjd2491: good
LookingforaSis: Summer-- That's about right, I gained with lupron as well.
mjd2491: That's very good
Summer4: How long did it take for you
mjd2491: I had a 3-year-old when I had my hyst and if my 16-year-old wasn't with us, I would have had problems
ericgal: I love sis I can't say that enough you really are giving me hope
mjd2491: My dh was around but my daughter saved the day with cooking!
kay m: sorry angelbunny, if haven't figured out the secret myself
mjd2491: angelbunny - wish I had an answer
mjd2491: I really fluctuate with water weight
mjd2491: I think it's the women's true curse!
LookingforaSis: Summer-- It was YEARS. I needed a lifestyle change to lose it.
LookingforaSis: ((ericgal))
ericgal: I was on bed rest for 3 months so this recovery should be a breese for my DH
mjd2491: I'm finally losing weight but it is slow going.
angelbunny09: I seems since I am back on the Provera all I do is eat and I am only on it for the 1st through 10th of each month

Ardnyk: Ok...I'm off to clean another room....great chatting with you...I learned alot!!
mjd2491: bye ardnyk
fritzi64: Thanks for coming Ardnyk!
kay m: if you struggle with your weight now, it will likely continue
ericgal: bye ardnyk
kay m: bye ardnyk
stephwats: i cant even walk on my new treadmill without hurting
mjd2491: Anyone have any questions about the hospital?
mjd2491: I guess not!
mjd2491: lol
kay m: :)
Quincey1: My worst fear is they won't let me wear my dentures.
fritzi64: Even when I was in pain after surgery, I remembered that there is a big difference between healing pain and debilitating
ericgal: steph mine flares up for around 7-9 days a month and then the rest of the month I'm a work out bunny
addi: Steph, my gyno recommended I switch to the elliptical
mjd2491: quincey1 they should after you're in your room
mjd2491: But they won't during surgery
mjd2491: I can imagine that you'd be nervous about that
cbrhystersis09: I am just hoping at the hospital they can accommodate plus size gals with gowns, etc
Quincey1: lol I don't want anyone to see that.
mjd2491: cbrhyster
ericgal: i still don't have anything to wear after the surgery
mjd2491: No problem there
mjd2491: They have big gowns
kay m: Quincy.....it will be a secret between you and the anesthesiologist
stephwats: i'll have to look into that addi
mjd2491: And I actually wore two -- one opened to the front, one opened to the back
fritzi64: They asked me about dentures while I was getting ready. I had to hand over my glasses, but they were waiting for me when I got back to my room.
mjd2491: It was great
kay m: that 's what I did MJ
mjd2491: My glasses were right next to me during surgery!
mjd2491: They never left the bed
cbrhystersis09: that's a good idea!
mjd2491: :)
mjd2491: cbrhyst- that way you don't need a robe!
fritzi64: cyrhystersis09, I'm \extra-beautiful \ " too and they had no trouble finding gowns that fit me."
mjd2491: They get them for you right away
mjd2491: Very accomodating (pardon the pun)
mjd2491: :)
Quincey1: If they lost my teeth that would be wose then losing my ovaries. lol
fritzi64: lol
cbrhystersis09: thanks, that makes me feel better! :)
mjd2491: lol
kay m: Ladies, it was nice meeting you, but I have to go pick up my daughter, I look forward to seeing you on the boards :)

ericgal: cyrhy i'm six foot tall my gown will be a mini
fritzi64: Goodnight kay m
mjd2491: see you (((KAY)))
angelbunny09: bye Kay

ericgal: bye kay
Quincey1: good night Kay
fritzi64: What kinds of surgeries are you all having? Mine was TVH
cbrhystersis09: TAH
ericgal: TAH/BSO
angelbunny09: Mine is tah/bso
Summer4: lsvh/rso
mjd2491: TAH here
cbrhystersis09: what is the BSO, bowel resection?
stephwats: the surgery part doesn't bother me, been there done that, with my cyst. it's afterward that i'm worried about, i mean i don't want to turn into some kind of hormone deprived monster
addi: We won't know until the surgery ... TVH/BSO or TAH/BSO depending upon how stuck together my organs are
mjd2491: BSO means both ovaries are being taken
LookingforaSis: steph-- LOL I had the same concern!
Quincey1: tah/bso because I don't want to go through this again. I am rethinking it though.
mjd2491: TAH means total abdominal hysterectomy -- the whole uterus and cervix being taken.
ericgal: steph it sounds like we have the same fears...
mjd2491: It's different than an ovary removal
stephwats: i'm a tah/bso
mjd2491: That's why there's a slash in between -- it's two procedures
fritzi64: Quincey--They can always go back later and remove it, but once it's out they can't put it back.
cbrhystersis09: oh, i already had one ovary removed and they can't 'find' the other one
mjd2491: quincey I can understand that
mjd2491: But honestly, if your ovaries are OK, I would recommend you keep them unless there's a really good reason to remove
Quincey1: Can they take the ovaries and uteruses and leave the cervix?
mjd2491: Yes quincey
angelbunny09: Ok everyone..... it was nice talking with everyone..... hope to chat with everyone again
fritzi64: cbrhystersis--That sounds complicated. Will they be looking for the one while they're doing the surgery?
ericgal: now way I'm not doing this again...he is cleaning me out the first time...got endo on my bladder, bowels, rectum etc

fritzi64: Good night angelbunny09. Thanks for coming.
mjd2491: That would be an lsh/bso or sah/bso
cbrhystersis09: Yes, probably covered in Endo or adhesions they said
mjd2491: the "s" stands for supracervical meaning the cervix stays"
ericgal: bye bunny
cbrhystersis09: me too ericgal
Summer4: Thank you all for all of you help and info. I hope to talk to you all again! :)
mjd2491: The cervix is actually part of the uterus
fritzi64: THanks for coming, Summer4.
ericgal: bye summer
mjd2491: I had mine taken because I had fibroids and I didn't want them to grow again!
mercyme: I think I am more concerned about the sacrocolpoperineopexy than the hysterectomy. Has anyone here had that as well?
stephwats: i'm not supposed to have my right one at all, but when i had my ultrasound (internal, now that was fun) that found part of it hanging around causing problems
addi: I have to say, aside from all the great info on the hysterectomy, it's helping me just knowing that there are others who've battled the same problems with endo as I have
mjd2491: mercyme -- what is that procedure?
addi: mercyme - what is sarco ...
Quincey1: I have a large cyst on my right ovary. I don't want to go through this again and he said it was my choice if I wanted the tah or not. he said if it was cancer they would take it all anyway. Is teh recovery time any different?
cbrhystersis09: same here addi
Rlo: night ladies. thanx for the chat. I'll review the post op forum posts.
fritzi64: Thanks for coming, Rlo.
LookingforaSis: Addy-- endo is scary. It's nice to know others understand our pain.
ericgal: Everything I own is stuck to something so the surgery should be interesting for doc
cbrhystersis09: Endo really has ruled my life
addi: I've been battling it for more than 20 years (and I'm 35)
mercyme: sacro...attaching the top of the vagina with mesh to the sacrum. Then repair of the perineum. There will be some sort of incontinence/bladder procedure too
ericgal: I was really scared but after my second opinion I feel very secure in my desicion
mercyme: I'm not happy about the mesh
fritzi64: That sounds like an involved procedure.
ericgal: i'm a horrible speller
fritzi64: mercyme--Have you been to the Pelvic Floor/Bladder Issues forum? There are probably some women there who have had this procedure.
mercyme: It is involved. He said 3.5 to 4 hours, and that's before he knew about the need fo rthe bladder procedure
cbrhystersis09: I'm 45 and have had trouble since I was a teenager. Of course, they didn't know it was Endo then...thought it was IBS

fritzi64: ericgal--Spelling doesn't count in chat ;)
Quincey1: This may seem like a dumb question but what benefit is there in leaving the uterus and cervix?
mercyme: Yes, I've been to that section.
stephwats: i'm just ready to be able to have one day in my adult life that i don't worry about pain, or bleeding,
addi: mercy - be sure about your surgeon (check boards certifications etc) my friend had that done and ended up with the mesh stuff hanging out ... seriously ... she said her DH told her that her girl parts had teeth
cbrhystersis09: LOL Addi!
mjd2491: lol
mercyme: Yep, the surgeon reassured me the newer mesh is better, but there are no long term studies. I just have to take a leap
addi: cbr ... I just report the news, ladies

ericgal: i'm 35 and have only been battling for 3 years I probably shouldn't complain
ericgal: Addi
stephwats: cyber i've heard that one before, b/c of diarrhea, i found out later on my own that it all revolved around my wonderful periods
addi: ericgal ... 3 years or 20+ it's a beast!
ericgal: I'm not a bleeder either I guess I have been really blessed compared to some of you sisters
LookingforaSis: (((lovely ladies))) I will see you on the post op board. Good night.
cbrhystersis09: steph...that is exactly what happened to me
fritzi64: Thanks for coming, Sis.
ericgal: Sis you are my new favorite person thank you
stephwats: aahh, i'm not alone, i'm not crazy
mercyme: I'm checking out now. Thanks for the chat.
fritzi64: I'm glad you came, mercyme.
cbrhystersis09: Well Ladies, it has been great chatting with you. I have my hyster on 7/2 - 2 weeks from today. See you all in the Post-op! Thanks for all the great info!!! :-)

mjd2491: :)
ericgal: not alone or crazy...will see everyone in post op good luck all!
fritzi64: The chatroom will be closing in 10 minutes. I'm a partypooper.
addi: g'night ladies, I'll see you again when we're all post po
mjd2491: 'night
stephwats: good luck to you all
stephwats: see u on the other side
mjd2491: Any last questions, or have we answered it all?
mjd2491: :)
Kathy: you did great MJ
mjd2491: thanks
fritzi64: Yes, thank you, MJ.
Crossfire: Great job (((MJ)))
mjd2491: I'm so glad others were around!
mjd2491: Can't do it alone
Kathy: thank you Chris for moderating
mjd2491: that's for sure!
fritzi64: Hi Weiser.
Kathy: and thank you MJ for guest speaking
mjd2491: Weiser!
mjd2491: :)
Weiser: Hi I just got home!
mjd2491: guest speaking -- a new verb
mjd2491: lol
fritzi64: 4COOKN, esther414b, do you have any questions!
mjd2491: We have an endo expert on board
mjd2491: :)
Quincey1: The benefits of keeping the uterus and cervix and just having ovaries removed?
mjd2491: (((Weiser)))
mjd2491: Why do you think you might have just ovaries removed?
Weiser: have there been any endo questions tonight I can help with?
mjd2491: quincey do you have endo?
fritzi64: There were a lot of endo questions. LookingforaSis left just before you arrived, and she was so helpful.
Weiser: oh good!
Quincey1: Well its the cyst on one and the rsik of a cyst on the other. My doc said I could have the tah and now I am questioning my decision
mjd2491: Can you just have the cyst removed?
Weiser: what about removing the cysts only?
Quincey1: No I don't have endo, and not sure if the cyst is cancerous
mjd2491: Cysts are not usually cancer
Weiser: have you had a second opinion?
Weiser: if cancer is a concern at all, have you saw an oncologist
Quincey1: The cyst is really big. 3 weeks ago it was 24cm
4COOKN: Nope, just a lot of info to take in. Thanks for the talk, ladies. May God bless you all and keep you in His loving arms!

mjd2491: (((quincey1)))
fritzi64: Thanks for coming 4COOKN.
Kathy: night night 4cookn
Weiser: have they told you what type of cyst it might be?
Crossfire: You as well (((4COOKN)))
Weiser: endometrioma, hemorrhagic, complex?
mjd2491: A big cyst would certainly be scary
Weiser: retaining the uterus without ovaries can be done and there are ladies on the site who have done that
Weiser: one in particular did so because of endo
Weiser: you would need to consider HRT to prevent issues with build up of the endometrial lining
Weiser: but it can be done
mjd2491: You might consider just having one ovary removed....
Quincey1: They said it could be a dermoid or a muscousness? There is a team of 3 docs that work together
mjd2491: I wouldn't have a healthy organ removed because it might get cysts.
Weiser: that is another option I would consider ((MJ))
mjd2491: Because you may NEVER get a cyst on it!
Weiser: okay, that type could be removed with the ovary, leaving the other ovary and the utersu
Weiser: has that been discussed as an option?
mjd2491: I think you'd be well served to get another opinion

mjd2491: Isn't it also possible to drain cysts?
mjd2491: Or isn't that an option?
Weiser: not a demroid, ((MJ))
mjd2491: oh, I see
mjd2491: yes
Weiser: those are the kind with possible hair, teeth, ect
mjd2491: That's an awfully big dermoid....
mjd2491: fast-growing, did you say?
Weiser: yeah ((Quincey))
Quincey1: I think I opted for the tah because of long heavy periods and cutting cancer risks. I cn't take hrt either
mjd2491: I see
Weiser: if you can't take HRT, I would consider trying to keep an ovary, but that is my opinon
mjd2491: Well, without your ovaries, your periods would stop
Weiser: surgical menopause can be horrible without any hormones
mjd2491: right
Quincey1: Thats what my doc said, he said he had never seen a dermoid that big. Comforting
mjd2491: ((quincey000
mjd2491: I can only imagine how scared you must be
Weiser: never fun to have your doctor stuff like that!
mjd2491: I've heard that, too..... but not about my gyn issues
fritzi64: It's time to close the chatroom now. Quincey1, do you have any last questions?
mjd2491: Do you have cancer running in your family?
Quincey1: Not female issues but yes both my Dad and brother died of cancer
mjd2491: :(
mjd2491: Well I hope things go OK for you
mjd2491: I wish you all the best
fritzi64: (((Quincey1)))
Crossfire: (((Quincey1)))
Weiser: ((Quincey)))
Quincey1: Thankyou I'll be here losts for the next week or so, Thanks everyone!
fritzi64: Thanks for coming.
mjd2491: We'll keep our eyes out for you
mjd2491: :)
Weiser: sorry I couldn't be here sooner!
mjd2491: 'night quincey
mjd2491: that's ok weiser
Weiser: today did NOT go as planned!
mjd2491: I know how that feels
mjd2491: :)
Quincey1: good night everyone!
Weiser: Night!
mjd2491: hugs
Crossfire: Night!

