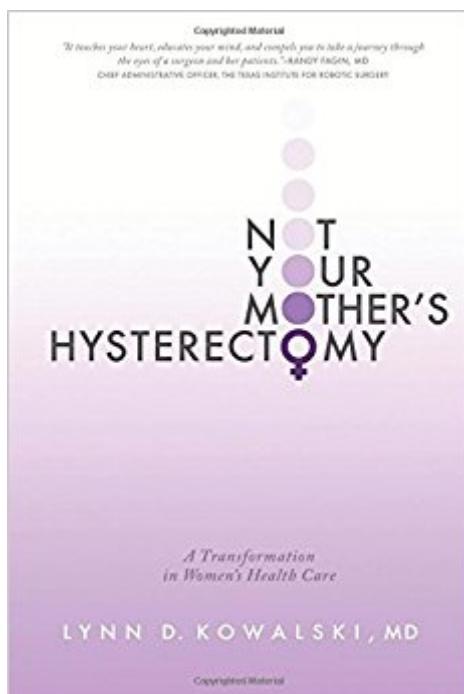


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# Not Your Mother's Hysterectomy: A Transformation In Women's Health Care



## Synopsis

You need a hysterectomy. That's a recommendation no woman wants to hear-but one that 600,000 contend with each year. Hysterectomy is the second most common operation performed on women in the United States, with one in three women undergoing the procedure in their lifetime. Some women dread the "Big Cut" (a large incision) and the lengthy recovery, so they put off the procedure, possibly to the detriment of their health. Others have the surgery, never really knowing why it was done, what exactly was removed, or what their surgical choices may have been. BUT IT DOESN'T HAVE TO BE THAT WAY. Advances in technology bring new options for hysterectomies, far beyond the Big Cut of our mother's and grandmother's eras. These choices also open the door for you to become your own advocate. Not Your Mother's Hysterectomy walks you through diagnosis, surgery, and recovery, providing you with the knowledge to partner with your doctor in making the best decisions for your health. Dr. Lynn Kowalski, an experienced gynecologic oncologist who has performed thousands of hysterectomies for over 15 years, specializes in minimally invasive surgery. She shares her journey of becoming an expert in robotic surgery and the many insights into the patient's perspective she's learned along the way. Drawing on her wealth of expertise, Dr. Kowalski answers questions that patients most want to ask, such as: What exactly is a hysterectomy? What should I look for in a surgeon? How does a doctor determine if I need a hysterectomy? What types of hysterectomies are available, and which ones might work for me? How is a hysterectomy done? What is the recovery like? What is life like after a hysterectomy? As a compassionate guide, Dr. Kowalski shares her detailed knowledge, laid out in plain language, along with her thoughtful insights and patient stories, to provide the essential information you need to become an educated and empowered patient.

## Book Information

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## Customer Reviews

"Not Your Mother's Hysterectomy" has something for everyone. As a practicing surgical Pathologist, the frank and honest insight into the Gynecologic surgeon's perspective is refreshing, informative and captivating! As a daughter, sister, mother and friend, who is often asked to "translate" medical information into layman's terms, I appreciate the down-to-earth, clear and concise narrative of this very complex topic. I would recommend this book to anyone who is considering a hysterectomy, and for anyone who has a loved one who is facing a hysterectomy. The descriptions of the patient's perspectives and concerns, combined with Dr. Kowalski's personal and professional experiences, make the topic accessible and educational all at the same time. Students of all ages, backgrounds and professional goals, can learn something worthwhile from this easy to read monograph!

Lynn Kowalski's book "Not Your Mother's Hysterectomy" is a great resource for women seeking relief from pain and/or bleeding for many years but have been afraid to have surgery. With today's best techniques, most women can have a gynecological procedure and be back on their feet the day after surgery and back to most normal activities in 2-3 weeks. One of the best pieces of advice by Dr Kowalski is to research your surgeon. As a gynecologist and surgeon myself, too often I see patients just accepting what their doctor tells them without asking questions. A doctor trained at an institution well known for a particular procedure may have a tendency to treat with that same familiar procedure rather than offering a minimally invasive procedure. A surgeon may suggest the procedure they are most comfortable with, not necessarily the fix that's best for the patient ( page 64 ). Sadly, women undergo open surgery when minimally invasive techniques could result in less pain and a quicker return to an active lifestyle. With the rapid increase in use of any new technology is a concern about ability and experience of surgeons. Hundreds of hours of training in robotic-assisted surgery is required to master these skills. Ask your doctor about experience and training in these advanced techniques as Dr Kowalski suggests. UPDATE: Since the writing of this book, the use of "power morcellation" which has a potential hazard to spread tumor cells is no longer used. Don't let anyone tell you have to have a big incision for this reason. Surgeons now use "Contained tissue extraction techniques" which are safer, yet still allow minimally invasive approaches to most women. In addition, women can often have the needed surgery with

robotic-assisted techniques and benefit from less pain and a return to full active living faster. For more about contained tissue extraction, see: [...]

For any woman facing hysterectomy, Dr. Kowalski's book, *Not Your Mother's Hysterectomy*, will prove immensely helpful, regardless of the diagnosis and regardless of which surgical approach is chosen. Her writing style is clear and does not require a medical education to understand. Her profound respect and compassion for her patients comes through loud and clear. Although Dr. Kowalski makes a strong case for robotic surgery and was instrumental in bringing it to her practice, she provides a comprehensive and balanced description of the other approaches. She provides women with information invaluable in talking to their doctors and making the best choices for themselves. I recommend this book unreservedly.

If you are considering a hysterectomy, this book will provide a wealth of information. I just wish I had had all this information back when I was a young woman. There have been so many advancements for today's women! This book was written by my doctor.

Really a good read and gave me lots of information. Helped me talk to my doctors and understand what they were saying.

For any woman who is told she needs a hysterectomy, this book will empower her to make the best choices for her body, for her life. It is written clearly and with heart! Miriam Goldstein

It's very encouraging to learn how the surgery can be done with smaller incisions and less down time. I found the glossary and list of resources helpful.

Love it!

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