

staying HEALTHY



HORIZON
HEALTH

Options available for abnormal menstrual cycles

Painful or abnormally heavy menstrual cycles can occur at any age of a woman's life. However, symptoms can be worse for premenopausal women, mainly in their 30s and 40s.

According to the National Institutes of Health, heavy menstrual bleeding is one of the most common gynecologic disorders affecting women of reproductive age. It accounts for up to one-third of gynecologic office visits and is the leading cause of hysterectomies in the US.

A normal menstrual cycle is 24 to 38 days. A normal menstrual period typically lasts up to eight days. According to the American College of Obstetricians and Gynecologists (ACOG), abnormal uterine bleeding is defined as having bleeding during a monthly period, bleeding or spotting between periods or after sex, or bleeding after menopause.

Abnormal bleeding can be caused by a

hormonal imbalance, fibroids and polyps, bleeding disorders, miscarriage, uterine cancer, or other unknown causes. When abnormal bleeding is a concern, an OB/GYN or other healthcare provider will conduct a physical exam and review the patient's health history and menstrual cycles. As part of the diagnosis, a blood test may be ordered and any of the following tests performed:

- **Ultrasound exam**—Sound waves are used to make a picture of the pelvic organs.
- **Hysteroscopy**—A thin, lighted scope is inserted through the vagina to see inside the uterus.
- **Endometrial biopsy**—A sample of the endometrium (inner lining of the uterus) is removed and viewed under a microscope.

Treatment options for irregular or heavy menstrual bleeding include medications and surgery. Medications often are tried first and include the following:

- **Hormonal management**—birth control pills or birth control injections (Depo-

(continued on back)

Maria Horvat, MD

Dr. Horvat is a board certified obstetrician/gynecologist in the Paris Clinic.

Her services include well woman exams, contraceptive care, management of abnormal bleeding and Paps, and prenatal care. She also offers full gynecologic surgical care.

Dr. Horvat has 30 years of experience. She operated a successful private practice in Charleston for 18 and-a-half years, and provided full-range OB/GYN services at two hospitals in Chicago's northern suburbs.

Dr. Horvat earned her medical degree at the University of Illinois Medical School in Chicago.

Dr. Horvat was born and raised in the Chicago suburbs. In her spare time, she enjoys spending time with family, watching live theater, traveling, gardening, hiking, and fishing. She also has a love for horses.

To make an appointment, call 217-466-4475.



Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924

EZ Care—Marshall
1602 N. Illinois Hwy 1, Marshall, IL 62441

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944

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Annual exam can catch problems early

An annual well-woman exam is a great opportunity for women to take charge of their health, according to the American College of Obstetricians and Gynecologists (ACOG).

The exam can help detect healthcare problems early, and even prevent them before they occur. The exam is an opportunity for a woman and her gynecologist to discuss age-relevant health information, potential risk factors, and learn about preventative screening tests.



At an annual exam, a woman and her doctor may discuss the following:

- **Pap smear**—ensure that testing is up to date to decrease the risk for cervical cancer. This may include a screening test for the human papillomavirus (HPV).
- **Screening for blood and vaginal infections**—includes the human immunodeficiency virus (HIV), hepatitis, sexually transmitted diseases (syphilis, chlamydia, trichomoniasis), and other vaginal infections.
- **Menstrual cycle**—includes painful periods, heaving bleeding, as well as treatments for women who are menopausal or post-menopausal.
- **Contraception**—includes birth control pills, intrauterine device (IUD), patch, condoms, or implant.
- **Breast exam**—may include a mammogram.

Additionally, screenings may be done for depression, high blood pressure, diabetes, and bone density (for osteoporosis).

MENSTRUAL CYCLES *(continued from front)*

Provera) can lighten menstrual flow and make periods more regular.

- **Tranexamic acid**—treats heavy menstrual bleeding.
- **Nonsteroidal anti-inflammatory drugs**—ibuprofen and others may help control heavy bleeding and relieve menstrual cramps.
- **Antibiotics**—they are used to treat an infection.
- **Mirena IUD**—this government-approved intrauterine device treats heavy periods and provides birth control.

If medications are not effective, the following surgical options are available:

- **Dilation and curettage (D&C)**—involves removing the uterine lining.

- **Endometrial ablation**—destroys a thin lining of the uterus with no surgical incisions. Menstrual bleeds continue, but are reduced to normal or lighter levels.
- **Uterine artery embolization**—the procedure blocks blood vessels to the uterus that fibroids need to grow.
- **Hysterectomy**—removal of the uterus.

If heavy menstrual bleeding is a concern, the ACOG recommends women keep track of their menstrual cycle before visiting their OB/GYN. Noting the dates, length, and type (light, medium, heavy, or spotting) can help with diagnosis and treatment.

MAY & JUNE

Community Health Programs

MONTHLY HEALTH SCREENINGS

May & June

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglycerides) screenings will be available at the following clinic locations.

Paris Clinic—May 10 & June 21 @ 7–9 am

Oakland Clinic—June 7 @ 7:30–8:30 am

Fasting for eight hours in advance required.

Cost is \$25 at each location. Call 217-466-4228.

TWILIGHT WALK, HONORING NURSES

May 8

» Sixth annual Twilight Walk honoring active, retired, and deceased nurses. Edgar County Courthouse lawn. Free. Luminaries \$3 each to honor a nurse (LPN or RN), which will be displayed the evening of the walk. Call 217-466-4045.

CHOCOLATE SALE

May 22 & 23

» PCH Volunteers' South Bend Chocolate Company sale; 9 am to 4 pm, rotunda entrance to Paris Clinic.

CLINICS CLOSED

May 27

» Horizon Health clinics in Paris, Chrisman, and Oakland closed for Memorial Day. EZ Care open 9 am to 7 pm.

ANDY HOGAN MEMORIAL GOLF OUTING

June 1

» Fifteenth annual event to benefit Edgar County Diabetes Association; 12:30 pm, Eagle Ridge Golf Course, Paris. Entry fee \$65 per person; includes cart, green fee, drinks, lunch, prizes. Entry deadline for golfers is June 1 by 11:30 am, and May 17 for sponsors. Call 217-466-4228.

FREE ADULT CPR/AED CLASS

June 3

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4045. When calling, leave your name and you will be registered.

SAFE SITTER CLASS

June 10

» Teaches boys and girls ages 11-13 basic lifesaving techniques. From 8:30 am to 3 pm, Conference Room D. \$35. Register by May 31. Call 217-466-4228.