

Our physicians and staff are devoted to providing the best medical care available. Our physicians are very experienced in caring for High Risk Pregnancy, Infertility and minimally invasive (laparoscopic) surgical techniques. We are looking forward to getting to know and caring for you. If you have any questions or comments about our services, please let us know.

latest news

Endometriosis: Predicting the Unpredictable.

Endometriosis is a very common gynecologic disease affecting between 10 and 20 % of women in their reproductive years. The tissue that lines the inside of the uterus is called the endometrium. When tissue identical to the endometrium is found in places of the body other than inside of the uterus it is called endometriosis. Every month this endometrial tissue undergoes physical changes caused by the hormonal cycling of estrogen and progesterone made by the ovary. The endometrial tissue inside the uterus sloughs off in the form of a menstrual period, but the endometrial tissue elsewhere in the body forms scar tissue and is often the cause of severe pelvic pain. Endometriosis usually occurs in the pelvis, affecting the fallopian tubes, ovaries, supporting ligaments of the uterus and in severe cases can

affect the bladder and small and large intestine.

The symptoms include painful menstrual periods (dysmenorrhea), painful intercourse (dyspareunia), and in some cases infertility.

The reason endometriosis is unpredictable is that the amount and severity of the disease does not always correlate with the symptoms of the disease. In some women small amounts of endometriosis the size of a match head can cause severe pelvic pain and in other cases large amounts of disease involving the fallopian tubes, bladder and bowel can be relatively symptom free.

The diagnosis of endometriosis is often difficult to make by history alone. There are other common reasons for dysmenorrhea. The most common is called Primary Dysmenorrhea, which is caused by

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our doctors

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feature of the month

LightSheer™ Diode Laser

Now there is a better solution for unwanted hair...As a woman, you may be surprised to learn that just about your entire body is covered with hair. Because most of this hair is fine and pale, it usually isn't visible to the naked eye. In fact, you may be surprised to know that the largest number of hair follicles is actually on your forehead.

But when darker, coarser hair appears in places we don't like or expect - like on the face, neck, abdomen, breasts, arms or underarms - or prevents us from wearing a high cut bathing suit, shorts or even a short skirt, it may be time to consider hair removal with the LightSheer™ Diode Laser.

Understanding hair removal

In the past, the usual remedies for unwanted hair were plucking, shaving, waxing, or chemical depilatories. Some are painful, some are messy, and all are only temporary.

For long-term hair removal, electrolysis is popular and effective but can be uncomfortable and slow. Hair by hair, and electric current passes through a needle to destroy the hair root's ability to grow. It typically takes months or more of regular visits - even for small areas, like the upper lip.

Now there's a more effective solution, the new LightSheer™ Diode Laser, a state-of-the-art system specially designed to remove unwanted hair faster, with less discomfort, and more reliably than many other methods.

Understanding laser treatment

A laser produces a beam of highly concentrated light. Different types of lasers produce different colors of light. The color of light produced by a particular laser is one of the keys to its effect on hair follicles.

The light emitted by the LightSheer™ Diode Laser is well absorbed by the pigment located in hair follicles. The laser pulses for a fraction of a second, just long enough to vaporize the pigment, disabling numerous follicles at a time to eliminate or significantly impede the hair's regrowth.

What you can expect

The length of a laser session may be a few minutes to an hour or more, depending on the size of the area being treated. Because the laser tends to treat hair follicles that are in an active growth phase, more than one treatment may be required to disable hair follicles that subsequently enter this growth phase.

Laser treatment itself may cause a slight tingling sensation. Most patients tolerate the procedure well. But because some areas of the body are more sensitive than others, topical anesthesia can be an option.

The appearance of the treated area immediately after a laser session will vary from patient to patient depending on the extent of treatment and skin type. Immediate after-effects, if any, are minor. They may include redness and swelling, which disappear in a short time. Most people return to normal activity right away. We will be happy to tell you more about your treatment and what you can expect during your consultation.

Schedule your first appointment by *2/28/05* and receive *20% off* your package or single session.

Present this coupon at the time of service for the discount.

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the release of a chemical called prostaglandin that causes intense muscular contractions of the uterus occurring with the onset of menstrual flow.

Primary Dysmenorrhea can usually be controlled by anti-inflammatory medications.

If endometriosis is severe, involving the ovaries, the ligaments that support the uterus and bowel, there are often physical findings detected by a physician during a pelvic examination. More subtle cases of endometriosis are diagnosed only by a procedure called laparoscopy, where a small lighted instrument is placed into the abdomen through the umbilicus.

The treatment of endometriosis depend somewhat on the symptoms and reproductive desires of the person. If childbearing is not of immediate concern, the primary goal of treatment is control of pain and halting the progression of the disease process. This can often be accomplished by continuous use of oral contraceptive pills. If childbearing is of immediate concern and infertility is a problem, surgical resection of the implants usually done at the time of laparoscopy can be effective. This can be done using a laser (light energy) or an energy source of high frequency sound waves called a harmonic scalpel. Sometimes partial removal of an ovary and other organs involved are necessary to alleviate symptoms of pelvic pain.

Another medical treatment often used after surgical excision of endometriosis is a drug called a GnRH agonist. This drug "turns off" the message

from the pituitary gland to the ovary to make estrogen. Since estrogen production is turned off, there is no hormonal stimulation to the endometrial tissue and the endometriosis can actually regress and symptoms of pelvic pain can markedly improve. This medication is given in the form of an intramuscular injection in either 30 or 90 day intervals and can be continued for 6 months. It produces a menopause- like hormonal environment and can be associated with side effects including hot flashes, vaginal dryness and some temporary bone loss that will reverse after the treatment cycle is complete. Sometimes it is necessary to add small amounts of progesterone orally to alleviate these bothersome side effects. After the combined treatment of surgical excision and a 3 to 6 month course of a GnRH agonist, the chances of achieving a pregnancy are greatly increased. . If childbearing is complete a total hysterectomy with removal of the ovaries may be necessary. Depending on how much the surrounding organs are involved, total hysterectomy and removal of the ovaries as well as bowel and bladder resections may be necessary. Following surgery estrogen therapy may have to be delayed to allow any endometriosis implants remaining time to regress.

Even though endometriosis is unpredictable as to the extent of the disease compared to the symptoms it causes, there are more treatment options available now than ever before. Successful treatment depends on accurate diagnosis and can be tailored to the needs of the individual person.

our locations

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Ste. 802
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(502) 629 2830

Suburban Medical Plaza
4121 Dutchman's Lane
Ste. 300
Louisville, Ky 40207
(502) 899 6700

Southend Medical Plaza
5129 Dixie Highway
Ste. 305
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