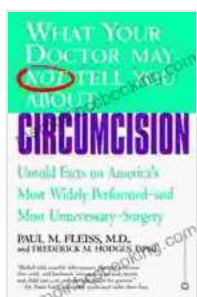


Untold Facts: America's Most Widely Performed and Unnecessary Surgery

In the United States, over 50 million surgeries are performed each year. While many of these surgeries are necessary and life-saving, others are not. In fact, one of the most widely performed surgeries in America is considered by many experts to be unnecessary.



What Your Doctor May Not Tell You About(TM): Circumcision: Untold Facts on America's Most Widely Performed-and Most Unnecessary-Surgery (What Your Doctor May Not Tell You About...(Ebooks)) by Barbara Katz

★★★★☆ 4.8 out of 5

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Print length : 322 pages
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This surgery is called a hysterectomy. A hysterectomy is a surgical procedure to remove the uterus. It is typically performed to treat conditions such as uterine fibroids, endometriosis, and uterine prolapse. However, a hysterectomy can also be performed for non-medical reasons, such as to prevent future pregnancy.

In 2010, over 600,000 hysterectomies were performed in the United States. This makes it the second most common surgery performed on women in

the US, after cesarean section.

However, a growing number of experts believe that many hysterectomies are unnecessary. A 2014 study published in the journal *Obstetrics & Gynecology* found that over 90% of hysterectomies performed in the US were not medically necessary.

There are a number of reasons why hysterectomies are often unnecessary. First, many of the conditions that hysterectomies are used to treat can be treated with less invasive methods. For example, uterine fibroids can be treated with medication or surgery, and endometriosis can be treated with medication or surgery.

Second, a hysterectomy is a major surgery with a number of potential risks, including bleeding, infection, and damage to nearby organs. In addition, a hysterectomy can lead to long-term complications, such as premature menopause and sexual dysfunction.

Given the risks and benefits of hysterectomy, it is important to weigh the pros and cons carefully before making a decision about whether or not to have the surgery.

Here are some questions to consider:

- What are the symptoms that are causing me to consider a hysterectomy?
- Are there any less invasive treatments that could alleviate my symptoms?
- What are the risks and benefits of hysterectomy?

- What are the potential long-term consequences of hysterectomy?

It is also important to talk to your doctor about your individual risks and benefits. Your doctor can help you make an informed decision about whether or not to have a hysterectomy.

If you are considering a hysterectomy, it is important to remember that you have the right to make informed decisions about your own body. You should weigh the pros and cons carefully and make the decision that is best for you.

The Impact of Unnecessary Hysterectomies on Patients

Unnecessary hysterectomies can have a significant impact on patients. The surgery can lead to a number of short-term and long-term complications, including:

- Bleeding
- Infection
- Damage to nearby organs
- Premature menopause
- Sexual dysfunction

In addition to the physical risks, unnecessary hysterectomies can also have a negative impact on patients' mental health. A hysterectomy can lead to

feelings of loss, grief, and depression. It can also damage a woman's self-esteem and body image.

The Impact of Unnecessary Hysterectomies on Healthcare Costs

Unnecessary hysterectomies also have a significant impact on healthcare costs. In 2010, the total cost of hysterectomies in the United States was over \$10 billion. This number is expected to rise as the population ages and more women reach the age when they are at risk for uterine fibroids and other conditions that can lead to hysterectomy.

The cost of unnecessary hysterectomies is a waste of money that could be better spent on other healthcare needs. For example, the money could be used to fund research on new and less invasive treatments for uterine fibroids and other conditions that can lead to hysterectomy.

How to Make Informed Decisions About Medical Treatments

It is important to make informed decisions about medical treatments, including surgery. Here are some tips for making informed decisions:

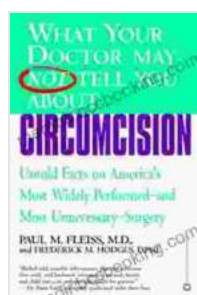
- Talk to your doctor about your symptoms and concerns.
- Ask your doctor about all of your treatment options.
- Weigh the pros and cons of each treatment option.

- Consider your own values and preferences.
- Make the decision that is best for you.

It is also important to remember that you have the right to a second opinion. If you are not sure about a treatment recommendation, you can always get a second opinion from another doctor.

Hysterectomy is a major surgery with a number of potential risks and benefits. It is important to weigh the pros and cons carefully before making a decision about whether or not to have the surgery. If you are considering a hysterectomy, it is important to talk to your doctor about your individual risks and benefits. You should also consider getting a second opinion from another doctor.

By making informed decisions about medical treatments, you can help ensure that you receive the best possible care.



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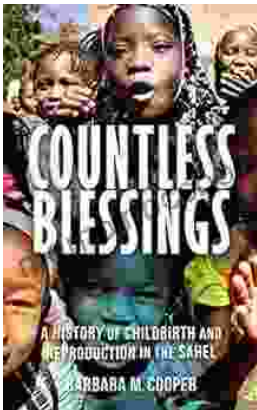
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