

# Healthy Living



## Solutions to the endless cycle of pelvic pain

Patients may become trapped in a seemingly endless cycle of pain from adhesions, which are most frequently caused by prior surgery. Other common causes of adhesions may be endometriosis or abdominal infections. Surgery is often performed to remove the adhesions only to have them form again.

For such a widespread problem (it is estimated that 55-100% of surgical patients form

adhesions), surprisingly little is known about this potentially painful condition.

Adhesions are simply scars that occur internally after surgery or other irritation or inflammation. They connect and disturb internal organs that are not normally attached to one another, and frequently cause pelvic or abdominal pain, infertility or, rarely, bowel obstruction. Since these things may have other

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causes, it is important to consult with a doctor if the symptoms occur.

Adhesive disease or Adhesions Related Disorder (ARD) is the most common complication of surgery. Hospital admissions for ARD rival those for heart bypass.

appendix and other frequently performed procedures. A third of all women having gynecologic surgery will have nearly two admissions over a ten-year period for adhesion problems.

Dr. Lyons and the internationally renowned Center for Women's Care &

Reproductive Surgery have conducted a major study on adhesions. The group was selected because of his reputation as one of the top minimally-invasive surgeons in the world, accustomed to correcting very difficult problems with adhesions caused by previously performed 'open' surgeries.

Dr. Lyons has developed two minimally invasive surgeries during his years of prac-

tice. The Laparoscopic Supracervical Hysterectomy (LSH) leaves the cervix intact as a keystone support mechanism to the pelvic floor, helping to prevent pelvic prolapse later. The other is the Laparoscopic Burch Procedure for urinary incontinence.

Call the Center for Women's Care at the Cowles Clinic 1-888-545-0400, or visit us at [www.thomasllyons.com](http://www.thomasllyons.com).