



Centre universitaire de santé McGill
McGill University Health Centre



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Attention Health/Book Editors

The first guide to hysterectomy in Canada tells patients everything they need to know

New book on this controversial procedure aimed at empowering Canadian women

MONTREAL, April 14, 2004 – A new book for the more than 60,000 Canadian women considering a hysterectomy each year was launched today at the McGill University Health Centre (MUHC).

So You're Having a Hysterectomy – What Happens Next? is Canada's first, only, and ultimate guide to this controversial procedure.

So You're Having a Hysterectomy – What Happens Next? tells Canadian women with gynecological problems everything they need to know about hysterectomy, —including the alternatives—in a balanced, easy-to-use format, step by step, test by test, decision by decision. It is authored by Dr. Togas Tulandi, associate medical director at the McGill Reproductive Centre of the MUHC, Professor of Obstetrics and Gynecology and the Milton Leong Chair in Reproductive Medicine at McGill University and chief of Obstetrics and Gynecology at the Sir Mortimer B. Davis Jewish General Hospital, and Helen Byrt PhD, an award-winning Canadian medical writer.

"Hysterectomy is the second most common surgical procedure in Canada and is the most controversial. One in four women will reach the age of 60 without her uterus and many people question whether all these hysterectomies are really needed," said Dr. Tulandi. "By providing women with knowledge about hysterectomy and the alternatives, *So You're Having a Hysterectomy* helps them make the right decision, in partnership with their doctors. It empowers women with gynecological problems to take back control of their bodies and be happy with their medical choices."

According to a recent hysterectomy patient, "You don't really comprehend what's involved with this operation. With this book you know what to expect so it puts your mind at ease. I found it particularly helpful knowing how long my recovery would be."



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So You're Having a Hysterectomy–What Happens Next? is available in bookstores and on-line at www.wiley.ca.

So You're Having a Hysterectomy–What Happens Next? is the third book in the *What Happens Next?*[®] Surgery Guide series, published by SCRIPT Medical Press Inc. *Hysterectomy* was produced with the support of educational grants from pharmaceutical companies Ortho Biotech and Shire Biochem.

“We went the sponsorship route for this first print run because it allowed us to do the best job possible in this challenging book publishing climate,” said Helen Byrt, who is also the president of SCRIPT Medical Press Inc., the creator of the *What Happens Next?*[®] surgery guide series. The series has now been licensed worldwide to international publisher, John Wiley & Sons.

There are 60,000 hysterectomies performed annually in Canada. It is the second most common surgical procedure after Cesarean section. Hysterectomy is essential for invasive uterine cancer and life-threatening bleeding; however, for all other conditions, such as heavy periods or fibroids, it is just one among many alternative treatments.

-30-

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