



Not Your Mother's Hysterectomy: A Transformation in Women's Health Care

Lynn D. Kowalski MD

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You need a hysterectomy. That's a recommendation no woman wants to hear-but one that 600,000 contend with each year. Hysterectomy is the second most common operation performed on women in the United States, with one in three women undergoing the procedure in their lifetime. Some women dread the "Big Cut" (a large incision) and the lengthy recovery, so they put off the procedure, possibly to the detriment of their health. Others have the surgery, never really knowing why it was done, what exactly was removed, or what their surgical choices may have been. **BUT IT DOESN'T HAVE TO BE THAT WAY.**

Advances in technology bring new options for hysterectomies, far beyond the Big Cut of our mother's and grandmother's eras. These choices also open the door for you to become your own advocate. *Not Your Mother's Hysterectomy* walks you through diagnosis, surgery, and recovery, providing you with the knowledge to partner with your doctor in making the best decisions for your health.

Dr. Lynn Kowalski, an experienced gynecologic oncologist who has performed thousands of hysterectomies for over 15 years, specializes in minimally invasive surgery. She shares her journey of becoming an expert in robotic surgery and the many insights into the patient's perspective she's learned along the way.

Drawing on her wealth of expertise, Dr. Kowalski answers questions that patients most want to ask, such as: What exactly is a hysterectomy? What should I look for in a surgeon? How does a doctor determine if I need a hysterectomy? What types of hysterectomies are available, and which ones might work for me? How is a hysterectomy done? What is the recovery like? What is life like after a hysterectomy?

As a compassionate guide, Dr. Kowalski shares her detailed knowledge, laid out in plain language, along with her thoughtful insights and patient stories, to provide the essential information you need to become an educated and empowered patient.

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