

MIS *for* Women

Minimally Invasive Surgery is an Option :



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WHAT IS MIS?

Minimally Invasive Surgery (MIS) describes a group of surgical techniques that allow your surgeon to enter the abdomen through small incisions or through natural orifices. Surgery is then performed by threading small instruments through the incisions while the surgeon views the inside of the body on a video screen.

In many cases, MIS replaces the need for the larger incisions that are typical of abdominal surgery, leading to less pain and a quicker recovery time for the patient.

[Read More About MIS](#)

PHYSICIAN FINDER



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RECENT FORUM POSTS

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MISforWomen.com is a service of the AAGL, a non-profit association of minimally invasive gynecologic surgeons from all over the world. For over 40 years, the surgeons in the AAGL have worked to advance the minimally invasive surgical procedures and technologies that now allow millions of women each year to experience less pain and return to their daily routines more quickly following surgery.



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[Patients Change Our Lives Too](#)

By Dr. Aarathi Cholkeri-Singh

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- Sometimes, patients change their doctor's life more than we change their life.
- Early in my career as a minimally invasive gynecologic surgeon, I treated a patient who changed my life professionally and personally. She was a 35 year old nun who was studying at the nearby university. She was a midwife in Africa where she lived but came on a scholarship to the United States to become a doctor herself. Unfortunately, her studies were suffering due to [heavy menstrual bleeding](#) and pain from multiple [fibroids](#). ([READ MORE](#))

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[Uterine-preserving and Fertility-preserving Alternatives to Hysterectomy When Treating Fibroids](#)

By Dr. William Parker

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- For women who wish to preserve their fertility or preserve their uterus regardless of fertility issues, [hysterectomy](#) should be a last resort.
- When fertility preservation is the goal, it is important for the gynecologist to know the number, sizes and exact positions of the [fibroids](#) in order to guide the best treatment. [Fibroids](#) that change the shape of the uterine cavity can decrease fertility and will be best detected using saline-infusion ultrasound, [hysteroscopy](#) (telescope looking into the uterine cavity) or MRI (most accurate). ([READ MORE](#))

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[Thinking about gynecologic surgery? 4 things every patient should consider](#)

By Sawsan As-Sanie, MD, MPH and Courtney Lim, MD

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- Many women consider undergoing gynecologic surgery for a variety of conditions such as abnormal bleeding, [pelvic pain](#), [ovarian cysts](#), [fibroids](#) or [endometriosis](#). Historically, these surgeries were often done through large abdominal incisions requiring long hospitalizations and recovery time, increased scar tissue and increased risks of bleeding and infection.
 - In contrast, many women now have the option of having these procedures performed with minimally invasive surgery (MIS) techniques. MIS techniques are usually associated with less pain, quicker recovery, and lower risks of infection and bleeding. These surgical methods include vaginal surgery, [laparoscopy](#) and [hysteroscopy](#).
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HOT TOPICS

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Hysterectomy

In the United States alone, more than 600,000 women per year have hysterectomies, yet only about half of those procedures are performed using MIS. Although abdominal hysterectomies are sometimes indicated for women with certain medical histories, minimally invasive techniques can be used in most benign situations to decrease recovery time, reduce pain, and save on the cost of surgery.

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Endometriosis

Endometriosis occurs when the blood and cells that form the endometrial lining of the uterus during the menstrual cycle exit the uterus through the fallopian tubes instead of through the vagina. This causes irritation in the abdominal cavity and surrounding organs, which often results in pelvic pain. A variety of MIS treatments are available for managing endometriosis and reducing pelvic pain.

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Pelvic Pain

Pelvic pain is often caused by a number of related medical conditions, including pelvic

inflammatory disease or endometriosis. A number of minimally invasive options are now available for reducing or eliminating pelvic pain.

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Fibroids

Fibroids are benign tumor-like growths in the muscle walls of the uterus, and are often the cause of heavy menstrual bleeding, pelvic pain and pelvic pressure. In rare cases, they may interfere with a woman's ability to become pregnant. Medical advances have made it possible to remove fibroids using minimally invasive surgical techniques including laparoscopic myomectomy and hysteroscopic myomectomy.

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Abnormal Uterine Bleeding

Women vary greatly in their menstrual cycles: what is normal for one may be abnormal for another. Many lifestyle factors can disrupt your normal cycle and cause you to miss periods or experience heavier-than-usual periods. All of these can be addressed by correcting the underlying problem, and in some cases through treatment with hormones.

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Urinary Incontinence

Urinary incontinence (UI), the involuntary leakage of urine from the bladder, affects some 25 million adults, 75-80% of them women. It is important for women to know that incontinence is not a normal consequence of aging. In addition to non-surgical approaches, minimally invasive surgical approaches are now available to treat SUI, so women do not have to accept a compromised lifestyle.

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