

Mara™

More of what matters. Period.

The Mara™ natural Water Vapor Treatment is **gentle and effective in reducing heavy periods** significantly. Finally, you can look forward to days with fewer interruptions and less worry, so you can focus on more of what matters to you.





What are heavy periods?

Heavy periods, also known as menorrhagia, are very common and can cause enough bleeding to soak through your sanitary napkins every hour for several hours in a row. **About one third of women seek treatment for heavy periods.**¹



What are the symptoms?

While every period is different, common symptoms of heavy periods include:

- 💧 Needing to double the number of sanitary products for your protection
- 💧 Bleeding longer than seven days
- 💧 Needing to change your sanitary protection during the night
- 💧 Passing large blood clots in your flow
- 💧 Soaking through sanitary protection every hour for several hours in a row

Heavy periods can make it difficult to work, exercise, and be socially and sexually active. You may also feel weak or tired and have no energy. The signs of heavy periods are most likely to start between the ages of 30 and 40.



What is Mara?

The Mara Water Vapor Ablation System provides an endometrial ablation treatment that uses **natural water vapor to reduce your heavy periods**. This two-minute^{*} treatment can be performed conveniently in your doctor's office without incisions or the need for general anesthesia.



of women had bleeding
reduced by $\geq 50\%$ ³

Consistent positive menstrual status "moderate bleeding or less" continued to be seen three years after the Mara treatment.²

"I am so happy with the results.[◊] If I knew a friend or family member was suffering from heavy menstrual bleeding, I would tell them to definitely consider this procedure."

– Patient, Indiana

* The water vapor treatment takes 2 minutes, as part of a 4-minute procedure.

◊ Patient's results may vary.

How does Mara work?

Mara uses natural water vapor to gently treat the lining of the uterus, which is the source of heavy menstrual bleeding in women who have not reached menopause. When treated, it may no longer re-grow to cause heavy monthly bleeding. Mara is only for women who no longer want to become pregnant in the future.

The water vapor treatment takes 2 minutes, as part of a 4-minute total procedure.



The Mara Water Vapor Ablation System is indicated to ablate the endometrial lining of the uterus in premenopausal women with menorrhagia due to benign causes for whom childbearing is complete.



How will Mara impact my life?

Women experienced significant improvement in quality of life and satisfaction after treatment with Mara.²



99%

experienced **improvement in quality of life**^{3^}



85%

had an **improvement in their sex life**[†]



72%

said their **cramping decreased**[‡]



93%

would **recommend Mara to a friend**

“It changed everything for me from that day forward. It changed my quality of life. Four years later, the results[°] are still intact.”

– Patient, Indiana



[^] Based on patient reported Menorrhagia Impact Questionnaire (MIQ) scores.

[†] of women whose periods affected their sex life.

[‡] of women who experienced menstrual cramping before Mara.

[°] Patient's results may vary.

MaraTM

Water Vapor Ablation System

For more information,
visit maratreatment.com



References

1. The American College of Obstetricians and Gynecologists. FAQ June 2016. <https://www.acog.org/Patients/FAQs/Heavy-Menstrual-Bleeding?IsMobileSet=false>.
2. Mara Water Vapor Ablation System Instructions For Use.
3. Levie MD, Chudnoff SG. A Prospective, Multicenter, Pivotal Trial to Evaluate the Safety and Effectiveness of the AEGEA Vapor Endometrial Ablation System. *J Minim Invas Gynecol.* May/June 2019; 26(4); 679-87.