

Self-Assessment for Heavy Periods



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

Should I talk to my doctor about my heavy periods?

Take the heavy bleeding self-assessment to help you determine if you may have heavy periods. **Consider talking to your doctor if you answer yes to any of the following statements.**

- | | | |
|---|-----|----|
| I am concerned about how much I bleed during my period. | Yes | No |
| I have to change my protection every 1–2 hours. | Yes | No |
| I wear multiple forms of protection at the same time. | Yes | No |
| I plan my everyday activities around my period. | Yes | No |
| I have missed work because of my period. | Yes | No |
| My period has impacted my social, athletic, and/or sexual activities. | Yes | No |



Is Mara™ right for me?

Mara is an FDA-approved 2-minute endometrial ablation treatment* that uses natural water vapor to gently remove the lining of the uterus and reduce heavy bleeding. Talk to your doctor about your heavy periods to determine if treatment with the Mara Water Vapor Ablation System is right for you.

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

Mara™

For more information, visit maratreatment.com

Reference

1. The American College of Obstetricians and Gynecologists. FAQ June 2016. <https://www.acog.org/Patients/FAQs/Heavy-Menstrual-Bleeding?IsMobileSet=false>.