

# A gentler approach to hysterectomy care.

At Carrum Health, we understand that facing a hysterectomy is a deeply personal journey. It's a significant decision in a woman's life, and it's natural to feel uncertain or even overwhelmed.

Know that we're here to support you every step of the way with compassionate care, experienced surgeons, and financial peace of mind.

## Why a hysterectomy may be necessary

If you've been recommended to have a hysterectomy, you aren't alone. Hysterectomies are the second most common surgery for women in the US. There are various reasons why your doctor might recommend this procedure, including:

- **Fibroids:** Non-cancerous growths in the uterus that can cause heavy bleeding, pain, and pressure.
- **Endometriosis:** A condition where uterine tissue grows outside the uterus, leading to pain, irregular bleeding, and potential fertility issues.
- **Adenomyosis:** When the uterine lining grows into the uterine muscle wall, causing heavy bleeding and painful periods.
- **Prolapse:** When the uterus descends into the vagina, causing discomfort and pressure.
- **Cancer:** In cases of uterine, cervical, or ovarian cancer, a hysterectomy may be necessary.
- **Abnormal Bleeding:** Heavy or prolonged menstrual bleeding that doesn't respond to other treatments.

While it's a significant procedure, it's important to know that there are options available to help make your experience as comfortable and positive as possible.



“

Without Carrum Health, there is absolutely no way I would have been able to have this procedure done.

The attention to detail, and the care I received far surpass any previous care received from any other healthcare entity.

I will never forget how well they treated me and how special they made me feel during this process.

”

**Stephanie**  
Carrum Health member

## Ready to get started?

Visit: [carrum.me/purdue](https://carrum.me/purdue)

Call: 888-855-7806



## Skilled surgeons. Specialized care.

Our network includes facilities and surgeons who specialize in a variety of hysterectomy procedures, including minimally invasive techniques whenever possible. They have the expertise to perform different types of hysterectomies, depending on your individual needs:

- **Radical hysterectomy:** Removes the entire uterus, cervix, and surrounding tissues.
- **Total hysterectomy:** Removes the uterus and cervix.
- **Partial hysterectomy:** Removes only the uterus, leaving the cervix intact.

In addition, if medically necessary, a **bladder sling procedure** can be performed alongside your hysterectomy to address any incontinence concerns.

The facilities and surgeons in Carrum Health's network are chosen not only for their exceptional skills and experience, but also for their empathy and dedication to providing truly personalized care.

## Comprehensive support from Carrum Health

Here are some of the ways Carrum Health can support you through your hysterectomy journey:

- **Top-tier surgeons:** We have a rigorous selection process to ensure our surgeons are among the best in their field, with extensive experience and a focus on compassionate care.
- **Minimally invasive options:** Whenever feasible, our surgeons prioritize minimally invasive techniques, which often means smaller incisions, less pain, and a faster recovery.
- **Financial peace of mind:** Costs are often covered by Purdue, once you've met your full deductible and coinsurance.\* That way you can stay focused on what's most important: your health.
- **Dedicated support:** From helping you prepare for your initial consultation and throughout your journey, you'll have dedicated support every step of the way.

We understand that this is a challenging time, and we're dedicated to making your hysterectomy experience as smooth and stress free as possible. If you've been recommended to have a hysterectomy, contact Carrum Health today.

\*Carrum Health is a special surgery and medical benefit available to Purdue University faculty and staff, pre-65 retirees, LTD members, COBRA participants, and their dependents (18+) enrolled in a Purdue medical plan. With the exception of second opinions, individuals enrolled in a high-deductible plan must first meet their full deductible and coinsurance. Second opinions are provided at no cost to the member and do not require payment of any deductible. Per IRS rules, a portion of any covered travel expenses will be reported as taxable income.

## Carrum Health members enjoy:



### Better care

The surgeons and cancer specialists in our program achieve better outcomes and have exceptional bedside manner.



### No surprise bills

Costs are often covered by Purdue, once you've met your full deductible and coinsurance.\* That way you can stay focused on what's most important: your health.



### Dedicated support

Our team helps with all the planning and paperwork, so you can focus on your health.

## Get started today.

Visit: [carrum.me/purdue](https://carrum.me/purdue)

Call: 888-855-7806

