

# How Concerned About Partial Hysterectomy Should You Be?

By James D. Kirk

Years ago many women did not realize all that a hysterectomy entailed. With the Internet, specialized sections in local libraries and medical practitioners who are more willing to open up and share options with their patients, women who are in need of a full or partial hysterectomy can get the facts needed to make a truly informed decision about their personal health.

It is understandable that as a patient requiring treatment which may include some form of hysterectomy, you may have concerns. The very best way to overcome your fears is to get information about your options. Some questions you may desire answers for include:

- Does your condition require a full hysterectomy?
- Or can you find a healthy solution with a partial or subtotal hysterectomy?
- If a subtotal hysterectomy is advised will my doctor be able to remove the uterus while leaving the cervix in place?
- Should your procedure be performed abdominally, vaginally, or laparoscopically?
- Is there a history of cervical cancer which may force consideration of complete organ removal (radical hysterectomy)?
- What are some alternatives to surgery which might provide solutions to your current condition?

As you gather more knowledge you should find your concerns decreasing. It can be emotionally overwhelming when you're suffering from heavy bleeding or have received a diagnosis of fibroids. By taking the time to do some research at sites like this one, you should find you don't have to make immediate, rash choices to rush into surgery (unless you are diagnosed with an emergency situation. At all times defer to the experience and wisdom of your private physician.)

Terms like radical or subtotal hysterectomy can be confusing and frightening when you are first exposed to them. It is natural for you to be concerned until you've reached a full and comfortable understanding of your condition and its possible solutions.

Your doctor may have used terms like partial, subtotal or even supracervical (above the cervix) hysterectomy when discussing your surgical options. First, know that these terms are all describing the same procedure when your doctor removes the uterus but leaves the cervix in place.

If you are worried about symptoms after a partial hysterectomy including decreased sexual satisfaction, know that many patients who have recovered from a subtotal procedure state they experience far less loss of satisfaction than women who've had total, or simple hysterectomies.

As a potential hysterectomy patient, understanding the potential psychological effects following any procedure of this nature might be extremely prevalent in your thoughts as well. [Several studies](#) have shown that regardless of total or partial hysterectomy performed, women tend to have improved psychological well being after their procedures. This should provide you with peace of mind as you journey to gather knowledge about your solution options.

It is also common to have concerns regarding recovery time after a procedure of this magnitude.

Your doctor may have more specific time frames based upon his patient's recovery rates, however, generally expect 4 to 6 weeks recovery after abdominal surgery and 3 to 4 weeks after vaginal or laparoscopic. Of course, these times are only averages and your case may be different depending upon many factors such as your age, weight, general health prior to the procedure, and so on.

Finally, just knowing you are not alone may provide you with much needed peace of mind. All forms of hysterectomies combined are the second most common surgery among women in the U.S. If you're told of the need for this type of procedure, learn more about the risks, options and possible treatments. Whether you're seeking your answers from your current medical professional or doing online research which brings you to a website like this one, taking the initiative to learn all you can is a great way to help allay your fears.

And because no two women are identical, treatment for one is not necessarily the best choice for another. If you have concerns about your diagnosis, consider getting a quality, professional and informed second opinion. Again the more knowledge and understanding you have, the better you will feel, before and after your procedures.

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