Women's Health: Is it Time for a Second Opinion?

By Stacy Gusek



Dr. John Reyes & Dr. Ingrid Reyes. Photo courtesy of Modern OB/GYN.

It's a subject we find embarrassing to discuss with our spouse and friends, let alone a doctor. Pain and discomfort, irregular or heavy cycles, infertility issues, endometriosis, fibroids and more affect countless women every day. Quite often we just "deal with it" to avoid the recommended painful treatments, difficult surgeries and hassle of recovery time. If you are one of these women, or you have a friend who is… it may be time to get a second opinion.

According to Dr.'s John and Ingrid Reyes, the husband and wife team of Modern OB/GYN, the field of gynecologic medicine has advanced by leaps and bounds over the last several years. Gone is the necessity for large incisions and long recoveries, these procedures have been replaced with a host of options that are less invasive and require minimal downtime. Take for example the SPA (Single Port Access) surgery or the unique advancement of the da Vinci robotic system.

"The da Vinci robot is really just an extension of the surgeon. It allows for more precise and delicate movements that really give patients better results," says Dr. Ingrid Reyes. "Through a few small incisions on the abdomen, we are able to perform challenging and complex surgeries with great outcomes for our patients. Typically, patients can expect less pain, fewer scars, a shorter stay in the hospital and faster recovery time."

Amazingly, it is not uncommon for patients having a robotic hysterectomy surgery to go home the same night or next morning - without the need for pain medication! "I find that minimally invasive gynecologic surgery is the best option for the majority of patients. It not only reduces the hospital stay and recovery time, but it is actually better for you. Patients experience fewer complications, reduced blood loss and a lower risk of infection," according to Dr. Ingrid Reyes.

There are even a number of procedures that can be done in-office. You can actually get your tubes tied during an office visit, among other sterility treatments. Having trouble with heavy uterine bleeding? An endometrial ablation can end that forever in a matter of minutes… painlessly. Need to determine what is wrong? A hysteroscopy may be the procedure for you… and the list goes on.

With all these options available, have you asked your doctor the right questions? Are you a candidate for one of these new procedures? "It's a blessing to be able to do minimally invasive and robotic surgeries on patients suffering from long-standing issues such as infertility from endometriosis, fibroids or pelvic adhesive disease," says Dr. John Reyes. "We offer a personalized and tailored approach to each patient, making sure that you know the options and together we can determine what is best for you."

The most important thing to remember is that when it comes to your health, a solution should never be "one size fits all".

Husband and wife team Dr. John Reyes and Dr. Ingrid Reyes of Modern OB/GYN provide personal and compassionate care in the Cumming and Johns Creek area. To register for a free upcoming seminar or to schedule an appointment, call Modern OB/GYN at 404-446-2496 or visit www.reyesobgyn.com.