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A majority of women didn't get second opinions for gynecological surgery, poll says

New campaign "Give Me a Second" launches with online video and website to reach 1,000,000 women in 2010

(DALLAS) — JUNE 24, 2010 – Fifty-three percent of women who had hysterectomies did not seek second opinions before scheduling their surgeries, according to a new poll of 4,181 women by HysterSisters, the first online community providing woman-to-woman support for gynecological health issues/concerns. The poll was conducted in April 2010 at www.hystersisters.com.

Each year approximately 600,000 women in the United States have hysterectomies, and over 60 percent of those surgeries are performed with outdated surgical methods that mean longer hospitalizations and longer recovery periods, according to research published by *Obstetrics & Gynecology* in November 2009. The outdated surgical method is an open abdominal incision compared to laparoscopic, vaginal and robotic-assisted methods. Hysterectomy is the second most frequent major surgical procedure among reproductive-aged women (after c-sections).

To help women understand the importance of second opinions for hysterectomy and other medical conditions, an awareness campaign called [Give Me a Second](#) launches this month with a video and an educational microsite. The microsite includes the most important questions for women to ask their doctors and information about common diagnoses that deserve a second opinion.

"Second opinions can do three important things for any woman facing a major decision about any surgery, not just hysterectomy," says [Kathy Kelley](#), a Dallas, Texas entrepreneur and founder of [HysterSisters](#), the first online community for women facing hysterectomy, and creator of the [Give Me a Second](#) campaign. "They can give you new information, a new perspective or peace of mind. Every woman deserves a second opinion."

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For women facing gynecological health concerns or disease, second opinions may result in fewer invasive surgeries, fewer hysterectomies, an increase in alternative treatments and improved quality of life for women.

“I’m passionate about minimally invasive surgeries such as laparoscopy because patients do so well,” says Dr. Lori Warren, a gynecological surgeon at Women First Obstetrics & Gynecology in Louisville, Ky. “All women facing hysterectomy need to ask their doctors ‘do I need a large incision?’ If doctors start getting the questions, more may start getting the training.”

Give Me a Second was founded on the belief that by asking more questions and getting second opinions, women become respectful partners with their doctors and improve the quality of their care and their outcomes. “Give Me a Second wants them to know it’s okay to talk to more than one doctor,” says Kelley. “In fact, it’s good for your health.”

Women and men who want to learn how to have better communication with their doctors and get the information they need can visit <http://givemeasecond.com>.

About Give Me a Second

For women facing life-changing medical decisions such as hysterectomy, Give Me a Second promotes second opinions to strengthen the doctor-patient partnership, to improve women’s quality of care through awareness of minimally invasive surgical procedures and to increase confidence in their healthcare decisions. With its engaging video and microsite at <http://givemeasecond.com>. Give Me a Second aims to educate and empower millions of women. Give Me a Second was created and sponsored by HysterSisters, the Internet’s first online community offering woman-to-woman support for gynecological health concerns. HysterSisters is solely responsible for all content of Give Me a Second and acknowledges Ethicon Gynecare for its small educational grant in support of this awareness campaign.

About HysterSisters

HysterSisters is an online community providing woman-to-woman support for GYN medical and emotional issues surrounding the hysterectomy experience. Founded in 1998, it attracts over 9,000 unique visitors each day and has more than 196,000 registered members. HysterSisters enables women to find and share information about hysterectomy procedures, alternative treatments, hormone replacement therapy, and offer support through their personal experiences with gynecological illnesses. Learn more at <http://hystersisters.com>.