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Adenomyosis

What Are My Options?

written by:

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Founder/Medical Director
Institute for Female Alternative Medicine



CONTENTS

Adenomyosis	4
How common is Adenomyosis?	4
What are the symptoms of Adenomyosis?	4
How is Adenomyosis diagnosed?	5
Can Adenomyosis be treated without surgery?	5
How can Female Alternative Surgery help Adenomyosis?.....	5
About Dr. Tirso del Junco Jr.	6
Media	6
Education	7
Examinations	7
Clinical Training	7
Political Appointments	8
Medical Appointments.....	8
Medical Practice.....	10
About The Hospital	10
Admission Information:.....	11
Items needed for admission:	11
Before, During and After Surgery.....	12
During the Operation	12
After the Operation	12
Nursing Staff.....	12
Hospital Facilities	12
Laboratory Services	12
Radiology.....	13
Your Stay	13

Financial Planning13

Insurance and Pricing13

 Does Insurance Cover Female Alternative Surgery?14

 How much is the Initial Consultation with Dr. del Junco Jr?14

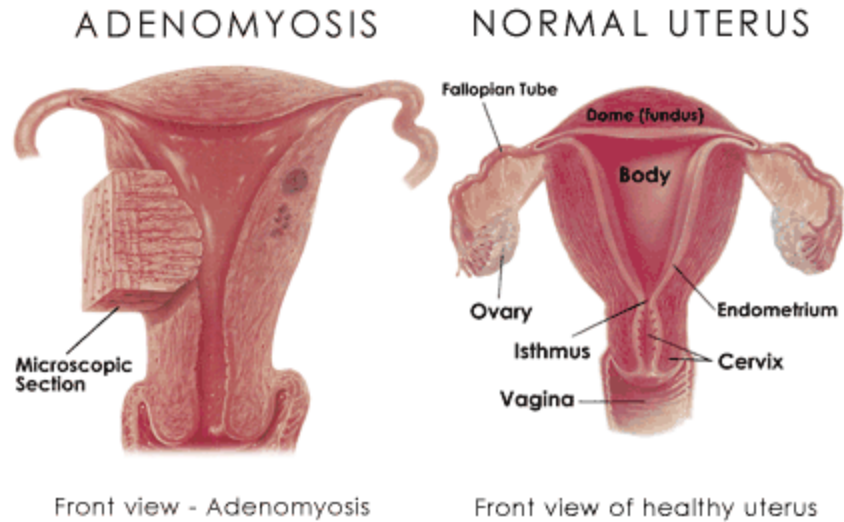
 What if I don't have insurance?15

Is Financing Available?15

Surgery and Calendar Information16

Los Angeles Hotels17

Tour of the Clinic19



ADENOMYOSIS

Known as “ENDOMETRIOSIS OF THE UTERUS”, Adenomyosis is benign and does not cause cancer. Most commonly, the disease affects the back wall (posterior side) of the uterus. The endometrial cells penetrate deep into the uterine muscle (myometrium). When this occurs, the uterus is enlarged usually more than twice the normal size and very hard. The disease may be localized with well-defined borders or diffuse, meaning having no limits or borders. When this localized disease is found it is called adenomyoma. These adenomyomas can be located at different depths of the uterine muscle and can penetrate into the uterine cavity, becoming submucosal tumors.

HOW COMMON IS ADENOMYOSIS?

This disease can only be diagnosed with 100% certainty by doing a biopsy of the uterine muscle. Depending on the various reported studies published, it has been noted to occur in 8-62% of women who have had hysterectomies. 12% of women with Adenomyosis have also had Endometriosis in other sites such as the pelvic wall, ovaries, fallopian tubes etc. The highest incidence is seen in women in their mid to upper forties, and though this disease may cause infertility, it often appears in women who have already had children.

WHAT ARE THE SYMPTOMS OF ADENOMYOSIS?

As with Endometriosis, patients with Adenomyosis may not show any symptoms (asymptomatic). However, women most commonly experience excessive, heavy or prolonged menstrual bleeding and painful periods (dysmenorrhea). The amount of bleeding and cramps is usually associated with the degree of disease involvement and depth of penetration into the uterine walls. Extensive involvement of the uterine muscle can also interfere with the normal contractility of the muscle which then leads to excessive bleeding.

HOW IS ADENOMYOSIS DIAGNOSED?

An exact diagnosis is often difficult to establish pre-operatively because abnormal patterns of bleeding (dysfunctional bleeding) and fibroid tumors can result in similar symptom patterns. Sometimes during a D&C procedure to remove intra-uterine polyps or small fibroid tumors, tissue is removed enabling a pathologist to make the diagnosis.

- **PELVIC EXAM FINDINGS**

Pelvic exam findings can reveal a normal, or only slightly enlarged uterus to a very firm tender uterus enlarged to twice the normal size.

- **MRI**

At times, this can distinguish adenomyomas from fibroid tumors, but again, experienced physicians and radiologists possessing extensive training are required.

- **TRANSVAGINAL ULTRASOUND**

Extensive recent work has been completed with this test, but the amount of false positive results is still high.

- **TISSUE DIAGNOSIS**

Tissue diagnosis in some form remains the only definitive method for diagnosing Adenomyosis. If the diagnosis is suspected pre-operatively, then a laparoscopy and a long needle biopsy can be performed, whereby a needle is inserted into the back of the uterus to collect a tissue sample for pathological testing. It may also be diagnosed when fibroid tumors are removed.

CAN ADENOMYOSIS BE TREATED WITHOUT SURGERY?

Some studies have shown that there is a relationship between Adenomyosis and hormone imbalance, most commonly an excess of estrogen. Progesterone therapy, either in the natural or synthetic form has been known to help, but shows very little long term benefits. A medication called **Danazol** may be helpful in treating the pain and decreasing the size of the uterus but long term positive results are poor.

HOW CAN FEMALE ALTERNATIVE SURGERY HELP ADENOMYOSIS?

Most commonly, hysterectomy has been the mainstay of treatment. Traditional medicine states that since most women with Adenomyosis are beyond child-bearing age, the uterus is no longer relevant. At the Institute, we want to give women every opportunity to retain their female organs even if fertility is not a concern. Our surgical approach is first to make a diagnosis. For women who still wish to conceive, we try to remove the Adenomyosis using laser technology (CO2 Yag and Argon) which preserves the endometrial cavity but treats the remaining deep uterine muscle disease. In the case of women who are not concerned with fertility but want to preserve their organs, our

approach is to remove as much of the affected tissue and, if necessary, decrease the size of the endometrial cavity. We treat the remaining uterine muscle with a deep tissue laser technique. Post surgical results have shown that pain almost always disappears and menstrual flow and volume decrease.

Remember: Every form of treatment should be tried before a hysterectomy is ever considered.

ABOUT DR. TIRSO DEL JUNCO JR.



Feel free to contact Founder and Medical Director Dr. Tirso del Junco Jr. at 1.800.505.IFAM or [click here to contact us](#).

Tirso del Junco Jr. MD started his General Vascular surgery practice in 1989 in Los Angeles, California. In the mid 1990's, he was appointed to the Department of Health Services on a Medical Oversight Committee for the State of California. In the late 1990's, Dr. del Junco Jr. was awarded the Vice Chairman seat on the California State Athletic Commission by Governor Pete Wilson.

He is currently on staff at ten well established hospitals throughout the Los Angeles area, and has served multiple Directorships, including Chief of Surgery for many.

Dr. del Junco Jr. opened the Institute for Female Alternative Medicine in 1996 and has become one of the few international surgeons offering women an effective alternative to hysterectomy.

MEDIA

Dr. del Junco Jr. has appeared on various TV programs, radio shows and has been featured in numerous magazine articles discussing Female Alternative Surgery. Read more in our [Media Section](#).

EDUCATION

College 1974-1976

- Pasadena City College
Pasadena, California

Medical School 1976-1982

- Universidad Atonoma De Guadalajara
Guadalajara, Jalisco Mexico
1976-1980
- Post Graduate Rotating Externship
Queen of Angeles Medical Center
Los Angeles, California
1980-1981

Social Service

- Tecate, Baja California Mexico 1981-1982

Awarded Medical Degree in 1982

EXAMINATIONS

- 7/79
ECFMG – Passed English Portion
- 6/81
Passed Mexico National Boards
- 12/82
Passed FLEX Examination

CLINICAL TRAINING

- 12/76-1/77 General Surgery, Santa Marta Hospital
Los Angeles, California

- 6/7-8/77 General Surgery, Santa Marta Hospital
Los Angeles, California
- 12/77-1/78 General Surgery, Santa Marta Hospital
Los Angeles, California
- 7/79-6/80 Rotating Externship, Santa Marta Hospital
Los Angeles, California (4th year of Medical School is done in a U.S. hospital)
- 7/80-6/81 Rotating Externship, Queen of Angels Medical Center
Los Angeles, California
- 7/81-8/82 Rotating Externship Centro de Salud Tecate
Baja, California, Mexico
- 8/82-5/83 Assistant Director, Foreign Medical Program, Queen of Angels Medical Center
Los Angeles, California
- 8/83-6/84 Surgical Internship, Martin Luther King Hospital
Los Angeles, California
- 6/84-6/89 Surgical Residency, Martin Luther King Hospital Los Angeles, California
- 7/80-6/81 Chief Extern, Queen of Angels Medical Center [Karl Schmutzer, M.D. Director, Medical Education]
- 9/81-6/82 Extern Coordinator, Queen of Angels Medical Center [Moneim A. Fadali, M.D.]
- 7/88-6/89 Executive Chief Resident,
Martin Luther King Hospital
Los Angeles, California

POLITICAL APPOINTMENTS

- 9/97 – 11/99
Commissioner to California State Athletic Commission
Governor Pete Wilson
- 3/97 – 5/97
Member of Oversight Committee
Department of Health Service

MEDICAL APPOINTMENTS

- 10/81 – 6/83
Member of Admissions Committee
Universidad Autonoma de Guadalajara
- 6/91 – 1/95
Vice Chairman, Department of Surgery
Santa Marta Hospital
- 1/92 – 1/94
Chairman of Quality Assurance Committee,
Universal Medi-Co/California
Primary Physicians/ Health Care Partners
- 1/94 – 4/95
Chairman of ADHOC on Laparoscopic Procedures
Santa Marta Hospital
- 1/94 – 4/95
Chairman of Bylaws Committee
Santa Marta Hospital
- 1/96 – 1/97
President, Comprehensive Health Care Management, Inc.
- 2/96 – 12/99
President/Medical Director, Mid Valley IPA
- 11/98 – 2/00
Vice Chairman Department Surgery
Santa Marta Hospital
- 1/00 – 6/02
Chairman, Utilization Review and Quality Assurance Committee
Santa Marta Hospital
- 1/01 – 1/04
Chairman, Department of Surgery
Santa Marta Hospital
- 1/04 to 1/05
Chief of Staff
Santa Marta Hospital
- 1/07 to 1/08
Chief of Surgery
Temple Community Hospital

- 1/09 to 12/10
Medical Director-Wound Care Center
Valley Presbyterian Hospital
- 1/10 to Present
Medical Director – Wound Care Clinic
Mission Community Hospital

MEDICAL PRACTICE

- June 1989: Established General / Vascular Surgery Practice
- September 1996: Founded the Institute for Female Alternative Medicine

ABOUT THE HOSPITAL



Temple Community Hospital, a fully accredited medical institution, has been caring for patients from around the world for more than half a century. Temple Community Hospital has been a partner in our [alternative to hysterectomy](#) for the past fifteen years.

Growing and changing with the times to meet the challenges of the next millennium, the Hospital is proud to work with Dr. Tirso del Junco Jr, a doctor who provides women with an alternative to hysterectomy for fibroids, endometriosis, adenomyosis and ovarian cysts.

Temple is a 170-bed acute care facility, centrally located in Los Angeles. It is a fully accredited hospital by the Joint Commission on Accreditation of Hospital Organizations (JCAHO), and continues annually to meet all compliance and patient safety requirements.

The medical staff and patients at the hospital reflect the ethnic diversity of the surrounding community making Temple an institution that truly understands the needs of the community it serves. This staff will be able to answer any questions you may have, and of course, Dr. del Junco Jr. will be available to answer any questions related to FAS, the alternative to hysterectomy, fibroids, endometriosis, adenomyosis, ovarian cysts, or concerns about complications.

ADMISSION INFORMATION:

The Admitting Department has developed procedures to make your admission to Temple Community Hospital as quick and convenient as possible. Your admission will be arranged by the Institute's staff prior to your arrival.

ITEMS NEEDED FOR ADMISSION:

1. All medical insurance information
2. Required identification
3. Necessary documents as advised by the doctor.
4. Pajamas or nightgown
5. Robe
6. Slippers
7. Personal toiletries
8. Panty Girdle

We suggest that you do not bring jewelry or other valuable possessions as we cannot assume responsibility for them. However, if necessary, we have a vault on premises for limited storage.

Any medications you bring with you should be turned over immediately to your nurse. While you are an inpatient, medication not prescribed by your attending physician may not be taken, and will be returned to you at the time of

your discharge. Please let your physician know of the medications you are taking to avoid incurring an adverse reaction to those that are prescribed or administered during your stay.

BEFORE, DURING AND AFTER SURGERY

Before the Operation

Prior to surgery, all patients are required to sign an authorization for the surgery. Unmarried patients under the age of 18 will require a parent or guardian's signature.

Except for pre-operative medications, all food, drink and other medications will be withheld after midnight on the day of your surgery.

If you are scheduled to be admitted to the hospital on the day of your surgery, you must arrive at least two hours prior to the surgery time.

DURING THE OPERATION

Surgery at Temple Community Hospital is performed in one of our six modern, fully equipped Operating Rooms. During the course of your operation, Dr. del Junco Jr. will be assisted by an assistant surgeon, anesthesiologist, registered nurse and additional necessary support staff.

AFTER THE OPERATION

Immediately following surgery, you will be taken to the Recovery Room, where you will receive continuous nursing care until you return to your hospital room.

NURSING STAFF

The hospital has five Nursing Stations, staffed by Registered Nurses (RN's), Licensed Vocational Nurses (LVN's), Nursing Assistants, and a Nursing Supervisor on duty 24 hours per day. If you have concerns or questions, each nursing unit has a Charge Nurse on duty at all times to address those issues.

HOSPITAL FACILITIES

LABORATORY SERVICES

Our on-site laboratory is in operation 24 hours daily, performing a wide range of routine and emergency testing. We utilize state-of-the-art equipment.

RADIOLOGY

Our Radiology Department is a fully-staffed diagnostic facility. We can provide for an array of services, from basic X-rays and mammograms to state-of-the-art CAT (CT) scans and magnetic resonance imaging (MRI).

YOUR STAY

FAS patients remain at Temple Community Hospital 3-4 nights and are given comfortable and spacious private accommodations that welcome a guest should a family member wish to spend the night. Dr. del Junco Jr. recommends that, if possible, someone come and stay with you. Moral support helps tremendously in the recovery process.

FINANCIAL PLANNING

Thank you for considering the Institute for Female Alternative Medicine for your surgical needs. We have several payment options available to assist you in financially planning for your procedure.

We accept Cash, Certified Checks and Money Orders for payment of deposits or balances in the office. We are also proud to announce a new affiliation with **CareCredit**.

CareCredit is a medical financing company that offers patients low interest loans for medical and dental procedures. These loans can pay for deductibles, co-payments, surgical deposits or balances due. Interest rates currently around 14% are offered, and there is no prepayment penalty on your account. If you need money to have your surgery, just log onto www.Carecredit.com or call 1-800-365-8295. The application process is easy and the approval takes only minutes. This program takes the financial worry out of the picture and for only a small monthly payment, your surgery can become an immediate reality. Please call our office if you have any questions.

INSURANCE AND PRICING

Provided in this section is information to assist you with your preparation and financial planning for Female Alternative Surgery at the Institute for Female Alternative Medicine.

Information needed prior to your visit

Please provide the following before you visit the Institute:

1. A copy of the pelvic ultrasound, or CT or MRI report within the past year positively identifying a disease such as fibroid tumors (or fibroids), endometriosis, adenomyosis, or ovarian cysts that requires a surgical alternative to hysterectomy.
2. A pap smear result within the past year.

3. Insurance information to verify benefits and begin a pre-certification process. We will need a copy of both the front and back of your insurance card, your date of birth and phone number where we can call you back.

DOES INSURANCE COVER FEMALE ALTERNATIVE SURGERY?

Prior to your visit, please send the Institute's Program Coordinator your insurance information so that your coverage and benefits for the surgery can be verified. Insurance information will be given to our affiliate, Temple Community Hospital, so that inpatient hospital benefits can be verified and out of pocket costs estimated. Temple, as a courtesy to the Institute's patients, gives a significant percentile discount on services. Therefore, most patients only have outstanding deductibles that are owed and collected at the time of admission.

Coverage must consist of a private insurance policy, either a PPO, POS or Indemnity plan. FAS, the surgical alternative to hysterectomy, is not covered by Medicare, Medical or HMO/EPO plans of any type.

There is often a significant variance in insurance benefits and coverage depending on state of residence, policy and group plan. All patients are required to put down a surgical deposit the week of arrival to the program. The amount of the deposit depends on your verified insurance benefits. This deposit must be paid by cash, money order, bank certified check or CareCredit. We cannot accept personal checks or credit cards for this surgery deposit.

The Institute cannot guarantee the exact amount of insurance reimbursement prior to the surgical procedure. This is dependent on coverage levels and medical reviews within the insurance company. Reimbursement can be widely variable within one insurance carrier. We will do our best to financially prepare you based on previous experience with insurance payors.

The Institute will bill all private insurance companies directly for surgical services.

HOW MUCH IS THE INITIAL CONSULTATION WITH DR. DEL JUNCO JR?

The initial consultation with Dr. del Junco Jr. is \$300 and includes the following:

- Taking a complete personal history
- Thorough explanation of Female Alternative Surgery
- Review of educational videos

This service is paid for at the time of the consultation either by cash, personal check or credit card. Insurance paperwork is provided to you for filing with your insurance provider.

WHAT IF I DON'T HAVE INSURANCE?

For those patients without insurance coverage, or who have HMO plans or restrictive managed care policies, the Female Alternative Surgical procedure is available at a significantly reduced flat fee. Please [contact us](#) for more information.

THE FEE INCLUDES:

- Surgeon's fees
- Assistant Surgeon's fees
- Medical Internist clearance with four-hospital day visits
- Anesthesiology fees
- Radiology fees
- All Laboratory tests including a complete Hormone Panel
- Pathology processing
- Medical review of all surgical specimens
- Laser Company fees for two Lasers and technical support staff
- Operating room time
- Operating room equipment costs
- A copy of ALL medical records (operative report, lab reports, etc.)
- 4 day hospital stay in a private room with your companion
- Meals for you and your companion








Remaining expenses not included in the fee are: transportation to and from Los Angeles and the cost of a one-week hotel stay to have the mandatory follow-up visit with the doctor.

IS FINANCING AVAILABLE?

We are proud to announce a new affiliation with **CareCredit**. **CareCredit** is a medical financing company that offers patients low interest loans for medical and dental procedures. These loans can pay for deductibles, co-payments, surgical deposits or balances due. Interest rates currently around 14% are offered, and there is no prepayment penalty on your account. If you need money to have your surgery, just log onto www.Carecredit.com or call **1-800-365-8295**. The application process is easy and the approval takes only minutes. This program takes the financial

worry out of the picture and for only a small monthly payment your surgery can become an immediate reality. Please call our office if you have any questions or log onto www.CareCredit.com.

SURGERY AND CALENDAR INFORMATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Fly to Los Angeles 	Consultation with Dr. Tirso del Junco Jr. Van Nuys Office 	11am - 1pm Clearance at Temple Community Hospital Afternoon: Free	Find your way around Los Angeles
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Enjoy some sightseeing. 7pm: Check into Temple Community Hospital	7:30 AM: Female Alternative Surgery 	In Hospital 	In Hospital 	Discharge in afternoon- Yeah!!	Enjoy the sites and sounds of Los Angeles 	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9am: Post operative visit with Dr. Tirso del Junco Jr. Van Nuys office Fly home after noon anytime Thurs evening: Welcome Home!		

LOS ANGELES HOTELS

The following is a list of Hotels our patients have stayed in while in Los Angeles recovering from FAS. These hotels range in price and location therefore we recommend you review their websites and/or call them for any reservation information.

Glendale Hilton 100 W. Glenoaks Blvd.
 Glendale CA
 818 956 5466
www.Hilton.com

Casa Malibu 22752 Pacific Coast Highway
Malibu, CA
310 456 2219
www.casamalibu@earthlink.net

Ocean Lodge Hotel 1667 Ocean Avenue
Santa Monica, CA
800 393 6310
www.oceanlodgehotel.com

Best Western 123 W. Colorado Blvd.
Glendale, CA
818 247 0111
www.bestwestern.com/goldenkeyglendale

Best Western 5525 Sepulveda Blvd.
Van Nuys, CA
818 787 2301

Marriott Courtyard 15433 Ventura Blvd.
Sherman Oaks, CA
818 981 5400
www.marriott.com

Ramada Inn 1160 No. Vermont
Hollywood, CA
323 660 1788
(2007 Renovation property of the year)

Kioto Gardens 120 South Los Angeles Street
Los Angeles, CA
213 629 1200

**Miayaki
Hotel** 328 East 1st Street
Los Angeles, CA
213 617 0004

Condos www.VRBO.com
Vacation Rentals by Owner

TOUR OF THE CLINIC



The Institute for Female Alternative Medicine moved to its current location at 6815 Noble Avenue, Van Nuys, CA in March of 2007. When you arrive, come to Suite 410



Welcome to the lobby of the Institute for Female Alternative Medicine. You will be greeted by one of the Doctor's staff members who will be expecting you.



As part of your first office visit, you'll gain a greater understanding of Female Alternative Surgery by watching a video of an actual surgical procedure performed by Dr. del Junco Jr.

Dr. del Junco Jr. videotapes all of his surgeries so they can be viewed confidentially by the patient afterwards.



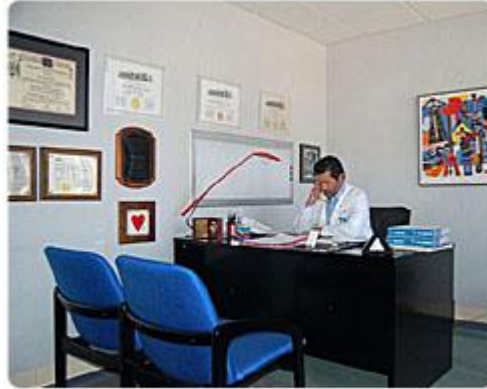
This visit to the doctor will not be like it is with other doctors. Dr. del Junco Jr. will talk to you about options you have to treat your condition in the place of hysterectomy and about how Female Alternative Surgery can work for you.



You have probably been in many of these rooms trying to find a solution to the medical problems you have been experiencing. Although it looks like the other rooms there is one difference. The doctor here will never try to treat a benign

condition with a hysterectomy. Relax.

Now, let's go visit Dr. del Junco in his office.



Doctor del Junco Jr. will probably be the first doctor you visit who will not use the word '*Hysterectomy*'. He'll help to educate you about your body and how Female Alternative Surgery can work for you.

Thank you for joining us on our virtual tour of the Institute for Female Alternative Medicine. If you have any questions, please feel free to [contact us](#).