

WHY WE NEED A **QUALITY STANDARD** FOR

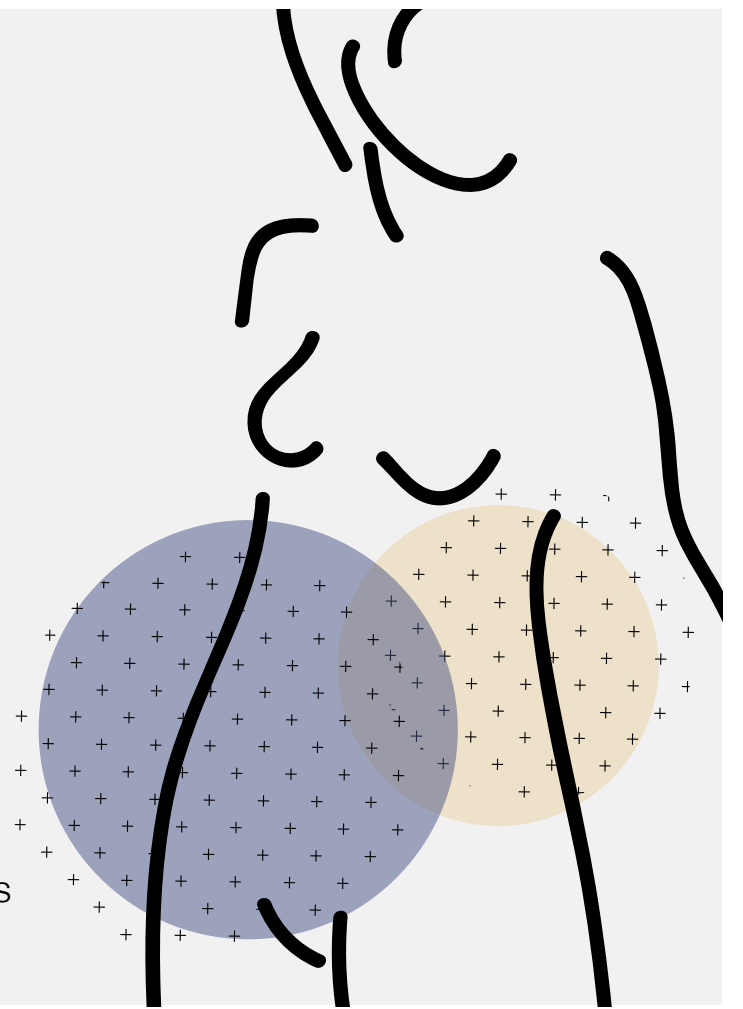
# Heavy Menstrual Bleeding in Ontario

Heavy menstrual bleeding, affecting up to **30% of women**, can have a negative impact on quality of life.<sup>1</sup>



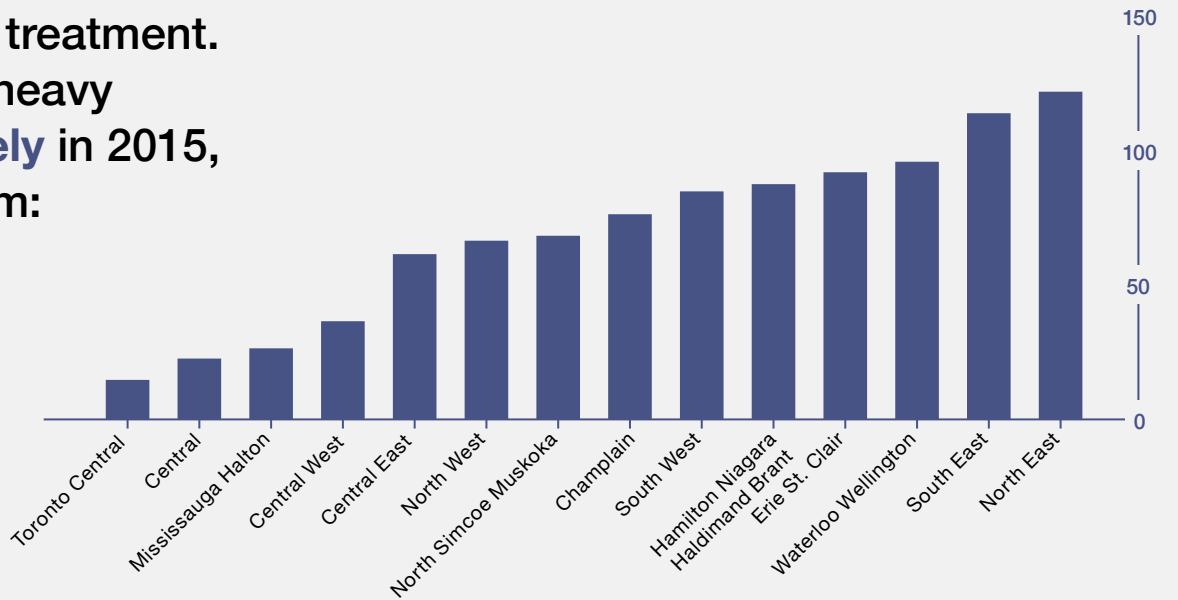
Care for people with heavy menstrual bleeding varies across Ontario.

There are a number of treatments to help decrease bleeding. There are medications such as prescription and over-the-counter medications, as well as intrauterine devices lined with progesterone, and there are procedures such as hysterectomy and endometrial ablation.



Hysterectomy is one option for treatment. The rate of hysterectomies for heavy menstrual bleeding **varied widely** in 2015, a 10 fold difference ranging from:

**10 to 117**<sup>2</sup>  
per 100,000 patients with heavy menstrual bleeding

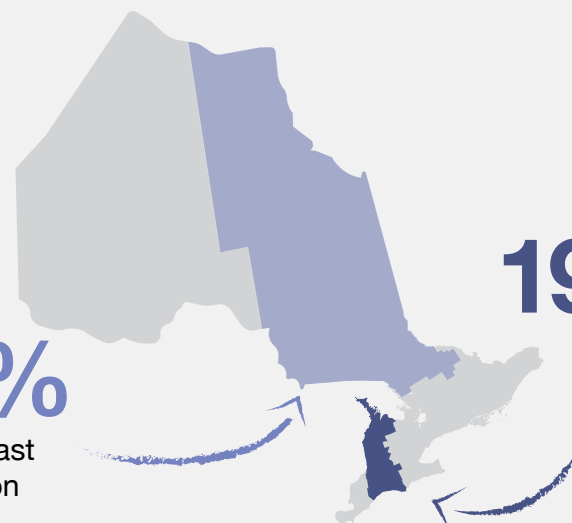


Although there are a number of ways to perform a hysterectomy, open-approach hysterectomies (the most invasive type) continue to be **used at different rates in different regions.**

Of all hysterectomies, open-approach hysterectomies for patients with heavy menstrual bleeding:

**49%**  
in North East LHIN region

**19%**  
in South West LHIN region



## Access to Less Invasive Treatment Options



Variations above suggest that there may be problems with equitable access to all treatment options.

Access may vary depending on the information received about alternative treatment options, or other barriers like cost or availability.

**Together, we can improve the quality of care for people in Ontario diagnosed with heavy menstrual bleeding.**

That's why Health Quality Ontario, in collaboration with clinical experts, patients and caregivers, has developed **Quality Standards** – outlining what quality care looks like.

[hqontario.ca/qualitystandards](http://hqontario.ca/qualitystandards)