



VIRGINIA
OBSTETRICS
& GYNECOLOGY^{PC}
Jack P. Ayoub, MD

Fall



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Practice Update 2010

What's New for Fall

Thank you for entrusting your health care to **Virginia Obstetrics & Gynecology and Dr. Ayoub**. As part of our ongoing commitment to continually provide you with the most current care and procedures available, we want to keep you informed about some of the services that our office offers. One of these services is the **Essure** procedure.

If your family is complete, maybe it's time for us to talk about Essure, a permanent birth control solution that has been trusted by women and doctors for over five years. Essure doesn't involve hormones, cutting or the risks of getting your tubes tied. Essure can be performed in the comfort of our office. Essure is covered by most insurance plans, so depending on your specific plan, payment may be as low as a simple co-pay.

The Essure procedure is very simple: a soft flexible micro-insert is placed into your fallopian tubes to create a natural barrier that prevents sperm from reaching the egg. The procedure takes about 13 minutes to perform, and most women are able to leave within 45 minutes of having it done.

The **Essure** procedure offers women the following benefits:

- No cutting
- No slowing down to recover
- No hormones
- No guessing— a simple test can confirm when you rely on Essure for birth control
- Never having to worry about unplanned pregnancy again

Please contact our office today at **703-858-5599** to schedule a consultation to learn more about the Essure procedure and visit our website to learn more www.myvaobgyn.com

essure
YOUR FAMILY IS COMPLETE.
YOUR CHOICE IS CLEAR.™