



Welcome to Jamie Goldman, PA-C



Desert West is delighted to welcome Jamie Goldman, PA to our Thunderbird and Sonoran offices. A graduate of Arizona State University with a BS in kinesiology, she completed her Master's in physician assistant studies at LeMoyne College in Syracuse, New York.

"It is my philosophy that the combination of compassion and empathy, continuity of care, and open and honest communication will lead to quality and effective healthcare," she said.

Away from the office, Jamie enjoys hiking, biking, downhill skiing, and yoga.

New Treatment Option for Uterine Fibroids

If you're one of the nearly 6.5 million women seeking fibroid treatment in the U.S. this year, you'll be glad to know there's a new tool for addressing those in the uterus, also referred to as uterine leiomyomas or myomas. These benign tumors are fairly common and harmless, but in many women, they can take a toll on our daily lives with symptoms that can include:

- Extreme periods
- Stomach and Pelvic Pain
- Leg & Back Pain
- Anemia
- Stomach Swelling and Bloating
- Pain During Sex
- Digestive Issues
- Frequent urination

The reason fibroids develop remains unclear. Fibroids are smooth muscle

tumors that grow in the wall of the uterus. They vary in size, number and location. Because women often don't realize that what they are experiencing isn't a normal part of menses, they wait an average of 3.6 years to seek treatment. Fibroids are not associated with an increased risk for uterine cancer.

"Every woman has her own challenging experiences with her time of the month," said Lisa Jaacks, MD. "Adding fibroids to the mix can make menses feel never-ending. I tell my patients that their period might be affected by fibroids if it lasts longer than seven days, requires changing your tampon or pad every hour, or has gotten more painful over time." In some cases, there may be no symptoms at all.

A new offering, called the

Acessa procedure, utilizes a laparoscopic ultrasound probe and radiofrequency ablation to destroy fibroid tissue by applying controlled heat energy through a small needle array. The destroyed tissue changes consistency and shrinks over time. Most patients are cleared to go home within two hours of the procedure and can return to work after 4-5 days. Previously, treatment for uterine fibroids was limited to myomectomy, hysterectomy and uterine artery embolization (UAE).

"Your physician will work with you to compare treatments," said Dr. Jaacks. "Treatment decisions are driven by each patient's specific symptoms, size and location of fibroids and desires for future fertility.