

IS YOUR FAMILY COMPLETE? His and Her Options...Which is Best?

By Robert G. Pugach MD

There are two general classes of birth control: reversible and permanent. The principal permanent birth control method for women is called tubal ligation or a "tubal." Permanent birth control for men is called a vasectomy.

For many couples, the discussion on which partner will get "fixed" primarily revolves around the woman undergoing a tubal ligation. In the U.S., about 60% of permanent sterilization procedures are done on women. Not much consideration is given to a man undergoing a quick, 15-minute, in office NO Needle - NO Scalpel Vasectomy for permanent birth control.

Once you know and understand the benefits of a vasectomy versus a surgical tubal ligation you will see that a vasectomy is your logical choice. At Pacific Coast Urology Medical Center, I have performed thousands of NO Needle - NO Scalpel Vasectomies. This technique is superior because there is virtually no discomfort and minimal downtime.

Let's review the features of a vasectomy versus a tubal ligation.

TUBAL LIGATION	NO NEEDLE/NO SCALPEL VASECTOMY
Done in a hospital operating room	In-office procedure
General Anesthesia required	Local anesthesia only (administered without a needle)
30 minutes to 1 hour duration	15 minutes
Procedure is done in the abdominal cavity (risk of damage to surrounding structures)	Done through a 3/16" scrotal opening
Significant recovery required	24 hours down time
Significant pain and discomfort	Minimal to no discomfort
Sexual activity after incision heals	Sexual activity in 48-72 hours
4 times more expensive	1/4 the cost
Rarely reversible	Reversal usually possible

Equally important is the potential for infection. For a hospital operating room procedure, infection rates are typically in the 3% range. For an in-

office No Needle/No Scalpel Vasectomy, the infection rate is less than 0.5%.

For most couples, after they carefully consider the two procedures, a vasectomy becomes the clearer, safer and easier choice when your family is complete. Men, there is no need to fear a vasectomy - approximately 500,000 are done in the United States every year. Still not sure? View our patient videos online (www.advancedvasectomy.com) or just ask us!



Call Pacific Coast Urology Medical Center at 1-888-735-4336 or 844-EASYVAS (844-327-9827), to schedule your consultation. Also, please visit www.pacificcoasturology.com and advancedvasectomy.com