

## **ES's long battle to avoid Hysterectomy...**

October 2002

Dear Dr. Nezhat,

Words cannot describe the gratitude I feel for having you as my surgeon to remove my fibroids. You truly have been given a gift from God and I can't thank you enough for sharing that gift with me.

In our first meeting, I told you that I really did not want the hysterectomy that my OB/GYN recommended and how important it was to save my uterus.

From the very start I trusted you when you looked me straight in the eye and said that you would remove only what was necessary. I imagine in an operating room this becomes a judgment call, ultimately it is your decision what is necessary to keep or not. My surgery lasted 4 hours longer than the 1 hour expected and in that time you expertly removed the growths that did not belong while maintaining the integrity of my body and honoring my heartfelt desire to be a whole person with all my organs intact.

How can I say thank you enough for that gift. You are not merely a gifted doctor but a man among men. My teenage son, who was quite worried, felt completely reassured by you and told me so many times what a nice man you were. He felt your compassion and sincerity and this eased the way for him.

The entire team from start to finish was professional, friendly and eager to assist. The anesthesiologist was wonderful as well. He took the time, as you did, to hear my concerns and wishes and fulfilled those to the best of his ability. As he was putting the mask over my face to put me out, he was uttering positive affirmations about how good the surgery would be and how quickly I would recover. Even though I was a bit scared, inside I smiled and thanked God for such a wonderful team working on me. I knew everything would turn out for the best.

As difficult as the surgery was, within 24 hours I was able to walk 1 mile unassisted, albeit very slowly. It was more of a waddle than a walk, but it felt empowering and I knew my recovery was already underway. Just 4 days later I was back at work taking no pain pills at all. There is some discomfort, but it is manageable. I laid in the sun just 3 days after my surgery in a bikini and you could not tell I even had surgery.

Women are vain and how I appreciate having a body that I can be proud of and not have to hide some ugly scar.

I will always remember your kindness, compassion and competence. You can be sure that I will refer you to anyone in need of your services. I just enjoy telling the story to let people know there are doctors like you out there.

Warmest Regards,

ES, Northern California