

# A Personal Choice With Dr. Monteith

*Where Permanent  
Is Not Forever*

# The Triangle Physician

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# A Personal Choice *with Dr. Monteith*

## Specializing in Male and Female Sterilization Reversal and No-Needle No-Scalpel Vasectomy

Women and men travel across the United States and around the world to A Personal Choice of Raleigh, a unique practice dedicated to outpatient, minimally invasive sterilization and sterilization reversal services in a state-of-the-art facility.

The surgical specialty practice exclusively offers tubal ligation reversal, and vasectomy and vasectomy reversal. Tubal reversal and vasectomy reversal have proven to be more effective and are more affordable than alternative treatments, and vasectomy is safer than tubal ligation.

"I provide male and female patients unbiased care after they have made very personal choices about how best to control their fertility," says Charles W. Monteith, M.D., medical director of A Personal Choice.

Many within the medical community recall the practice when it was Chapel Hill Tubal Reversal Center, founded by Gary S. Berger, M.D. Dr. Monteith joined Dr. Berger there in 2008, and together they provided a unique form of tubal ligation reversal that allows faster patient recovery, avoids prolonged hospitalization and decreases patient recovery time.

After Dr. Berger retired in 2013, Dr. Monteith expanded on his health care vision by giving male patients greater reproductive choice. In late 2013, he relocated the practice to Raleigh, which includes a state-of-the-art, in-office operating room equipped with laminar airflow HVAC, central vacuum and oxygen, modern anesthesia and patient-monitoring equipment. He also incorporated single-incision vasectomy reversal and vasectomy.

The new practice name is a reflection of the broader vision, says Dr. Monteith. "Our new name may not be understandable to the general public but for those who seek our services the immense meaning of our name is readily apparent," he says.

A Personal Choice is conveniently located near North Hills Mall and Midtown Raleigh, so patients can stay in one of the nearby luxury hotels and walk to many restaurants and entertainment venues. The area also provides closer access to Raleigh Durham Airport.

### **Experienced, Effective, Affordable Surgical Services**

The cornerstone of Dr. Monteith's practice is offering female patients who desire more children after tubal sterilization an affordable treatment alternative to in-vitro fertilization.

"Most of our patients have divorced, remarried and would like to have a child with their new partner. Unfortunately some have lost children to tragic events, while others simply have had a change of heart and want to reverse a decision they have grown to regret, because none of us can predict the future," he says.

Since inception of Chapel Hill Tubal Reversal Center, more than 12,000 corrective tubal surgeries have been performed. Since his first such procedure, Dr. Monteith has done 2,000 outpatient female sterilization reversal surgeries. His experience is critically important to those seeking a reversal surgeon. It explains why more than



This in-office operating room is where sterilization reversal surgeries are performed.



Dr. Monteith (second from left) and his medical team perform a sterilization reversal.

95 percent of patients have traveled great distances to the practice.

Additionally, the outpatient tubal ligation reversal services at A Personal Choice are approximately half the cost and twice as successful as a single in vitro fertilization (IVF) treatment. Despite support for tubal reversal by leading infertility professional organizations, in vitro fertilization is widely viewed by many medical professionals as the only option for women with a tubal ligation. This misconception exists, because hospital-based female sterilization reversal is unaffordable to most patients and, as a result, younger doctors have not been exposed to female sterilization reversal, according to Dr. Monteith.

### Experienced Essure Removal Specialists

Dr. Monteith is the first surgeon in the world to report within peer-reviewed medical literature successful pregnancy and birth after reversal of two of the newest forms of female sterilization, Essure and Adiana.

Essure and Adiana sterilization were both approved by the United States Food and Drug Administration in 2001. These newer forms of female sterilization cause blockage of the fallopian tubes in the narrowest portion of the tube. Blockage in this por-

tion of the fallopian tube has historically been the most difficult tubal blockage to surgically correct. Pregnancy rates after Essure sterilization are age dependent but are approximately 35-40 percent.

“I have been particularly proud of our efforts in reversing this newer form of female sterilization, because it provides our patients with an alternative to IVF and because most of the medical community believes these newer procedures cannot be reversed. We simply used an older, historical surgical procedure to correct the newest form of female sterilization,” Dr. Monteith says.

Since 2008, Dr. Monteith, along with Dr. Berger, has performed more than 160 procedures to remove these devices. In comparison, “Most gynecologists have never removed one of these newer sterilization devices,” he says.

Dr. Monteith recently had a paper accepted for publication in *Obstetrics and Gynecology*, in which he describes the pregnancy rates within a larger cohort of his patients who have undergone Essure reversal. He expects the results of his research to become available before the end of 2014.

Patients also seek Dr. Monteith’s experience in removing Essure coil devices, after experiencing adverse symptoms. “In initial studies submitted to the FDA, less than 3 percent of women experienced pain of varying degrees after Essure sterilization... . With more women undergoing the procedure, we are now seeing more Essure-related complications and those seeking experienced surgical removal for treatment of these complications,” he says.

Dr. Monteith removes Essure devices during an hour-long outpatient surgery with minimal risk to the patient, including low risk of device fracture, and without the need for a hysterectomy.



Dr. Monteith (first row, center) is on a vasectomy mission in Kisumu, Kenya at Marie Stopes Health Clinic.



Above: Dr. Monteith (center, on floor) is with a vasectomy mission team in Cebu, Philippines. Right: Dr. Monteith comforts child while father has vasectomy.

### **Gentle Touch Vasectomy: The Science of No Scalpel, the Art of Minimally Invasive Vasectomy**

Although Dr. Monteith is board certified in obstetrics and gynecology, he also offers male patients Gentle Touch Vasectomy, widely known as the most minimally invasive form of vasectomy that requires neither a needle for anesthesia nor a scalpel for a skin opening. He has performed more than 500 of these procedures in the U.S. and internationally.

“My background in women’s health is what motivated me to provide vasectomy. It was my personal experience that my female patients were exposed to all of the risks of pregnancy and most of the burden of having sterilization. Women often get tubal ligations because of convenience of proximity to childbirth and barriers faced by men who are not as integrated into the health care system,” he says.

“My goal in learning vasectomy was to provide the best vasectomy procedure and experience possible while at the same time decreasing barriers most men are exposed to when considering vasectomy. Vasectomy is a safer and better for men and women.”

Dr. Monteith is now one of the few providers in the Carolinas offering affordable

Gentle Touch Vasectomy, an open-ended vasectomy procedure requiring neither a needle for anesthesia nor a scalpel to complete the procedure. He is the only vasectomy provider offering men the choice of having a single-visit vasectomy procedure and, if patients live long distances away, the option of returning semen samples by mail for after-vasectomy testing.

An active supporter of No Scalpel Vasectomy International, Dr. Monteith has participated in vasectomy mission trips to Kenya and the Philippines and is an active participant in online discussions with vasectomists world-wide regarding all aspects of vasectomy. He also joins other vasectomy providers every November on World Vasectomy Day to increase vasectomy awareness by offering free vasectomies to those who do not have adequate health care coverage for the procedure.

### **Mini-incision Vasectomy Reversal**

Dr. Monteith performed vasectomy for years before he began offering microsurgical skills to male patients seeking reversal of vasectomy.

“Over the years, I heard constant requests

from my female patients to provide vasectomy reversal. During a vasectomy surgical mission, we discussed the concept of how the possibility of vasectomy reversal makes vasectomy more acceptable for some men. Soon after my return from this mission trip, one of my own vasectomy patients inquired about having his vasectomy reversed. It was then that I decided in order to be a complete physician that I need to learn and offer vasectomy reversal.”



Today, after receiving one-on-one training with vasectomy-reversal colleagues, Dr. Monteith reverses vasectomies as an outpatient procedure in his office operating suite, while the patient is under general anesthesia. He keeps the procedure affordable, which gives his female patients another successful alternative to in vitro fertilization.

### **Learning More About This Unique Practice**

Dr. Monteith’s specialty practice is located at 3613 Haworth Drive, Raleigh North Carolina near North Hills Mall Midtown Raleigh just inside the I-440 beltline. For those who would like more information about the services he provides, Dr. Monteith maintains two active websites with extensive information for both patients and health care providers. Information about A Personal Choice and its tubal ligation and vasectomy reversal procedures is online at [www.tubal-reversal.net](http://www.tubal-reversal.net). Information about A Personal Choice and minimally invasive vasectomy is online at [www.bestvasectomy.com](http://www.bestvasectomy.com).