

## Fast Facts

### Uterine Fibroids

- Exact cause is unknown
- Thought to develop from stem cells in the smooth muscular tissue of the uterus
  - Single cell repeatedly divides, resulting in a firm, rubbery mass
- Noncancerous and doesn't increase the risk of developing uterine cancer
  - Can grow slowly, rapidly, or not at all
  - Can appear during pregnancy and disappear or shrink in size after
- Classified by location: Intramural (inside the muscular uterine wall), Submucosal (on the inner lining of the uterine cavity), and Subserosal (on the outside of the uterus)
- Most don't interfere with getting pregnant, but submucosal can cause infertility and pregnancy loss due to their location
- All fibroids put you at risk for complications during pregnancy

<i><b>Symptoms</b></i>	<i><b>Treatment</b></i>	<i><b>Prevention</b></i>
-No symptoms for most women	-Wait and see approach for those with no symptoms	-Not a definite way to prevent them
-Heavy menstrual bleeding -Periods that last longer than a week -Pelvic pain/pressure -Frequent urination -Difficulty emptying the bladder -Constipation -Backache -Leg pain	<i>Medications:</i> <ul style="list-style-type: none"> <li>-Gonadotropin-releasing hormone (GnRH) agonists</li> <li>-Progestin-releasing intrauterine device (IUD)</li> <li>-Non-hormonal medication to stop heavy bleeding</li> <li>-Over-the-counter pain relievers</li> </ul> <i>Procedures:</i> <ul style="list-style-type: none"> <li>-MRI-guided focused ultrasound surgery (FUS)</li> <li>-Uterine artery embolization</li> <li>-Myolysis/Cryomyolysis</li> <li>-Laparoscopic Myomectomy (with or without morcellation)</li> <li>-Hysteroscopic myomectomy (for submucosal fibroids)</li> <li>-Endometrial ablation</li> </ul> <i>Surgery:</i> <ul style="list-style-type: none"> <li>-Open Myomectomy</li> <li>-Hysterectomy</li> </ul>	<i>Lifestyle Choices that can help:</i> <ul style="list-style-type: none"> <li>-Eating a healthy diet</li> <li>-Exercising regularly</li> <li>-Maintain a normal weight</li> <li>-Don't consume excessive amounts of alcohol</li> </ul> <i>Note:</i> Taking hormonal contraceptives might help because they regulate your menstrual cycle by regulating your hormones, which are thought to play a role in preventing fibroids
<i>Fibroid Outgrows Blood Supply (emergency):</i> <ul style="list-style-type: none"> <li>-Sudden, sharp pain in the lower abdomen</li> <li>-Significant amount of vaginal bleeding</li> </ul>		

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