

## Fast Facts

### Uterine Fibroids

- Exact cause unknown
- Thought to develop from stem cells in the smooth muscular tissue of the uterus
  - Single cell divides repeatedly resulting in a firm, rubbery mass
- Noncancerous and doesn't increase 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>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-No symptoms for most women  -Heavy menstrual bleeding -Periods that lasts longer than a week -Pelvic pain/pressure -Frequent urination -Difficulty emptying bladder -Constipation -Backache -Leg pain  <i>Fibroid Outgrows Blood Supply (emergency):</i> -Sudden, sharp pain in lower abdomen -Significant amount of vaginal bleeding	-Wait and see approach for those with no symptoms  <i>Medications:</i> -Gonadotropin-releasing hormone (GnRH) agonists -Progestin-releasing intrauterine device (IUD) -Non-hormonal medication to stop heavy bleeding -Over-the-counter pain relievers  <i>Procedures:</i> -MRI-guided focused ultrasound surgery (FUS) -Uterine artery embolization -Myolysis/Cryomyolysis -Laparoscopic Myomectomy (with or without morcellation) -Hysteroscopic myomectomy (for submucosal fibroids) -Endometrial ablation  <i>Surgery:</i> -Open Myomectomy -Hysterectomy	-Not a definite way to prevent them  <i>Lifestyle Choices that can help:</i> -Eating a healthy diet -Exercising regularly -Maintain a normal weight -Don't consume excessive amounts of alcohol  <i>Note:</i> Taking hormonal contraceptives might help because they regulate your menstrual cycle by regulating your hormones, which is thought to play a role in preventing fibroids

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