

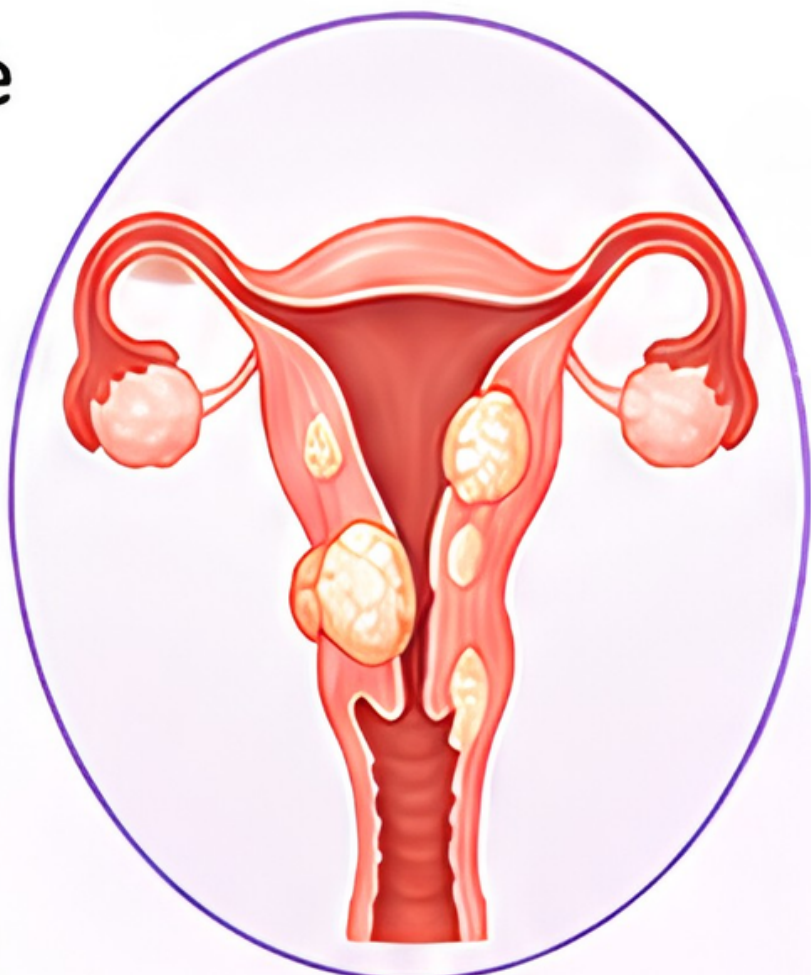
PATIENT EDUCATION CONTENT

Uterine Fibroids



DEFINITION

Uterine fibroids are non-cancerous (benign) growths that develop in or on the uterus. They vary in size and number.



UTERINE FIBROIDS

Non-cancerous growths that develop in or on the uterus. Common in women during reproductive years.



CAUSES

The exact cause is unknown, but fibroids are believed to be influenced by hormones (estrogen and progesterone), genetic factors, and growth factors.



SIGNS AND SYMPTOMS



Heavy or prolonged menstrual bleeding



Lower back pain



Pelvic pain or pressure



Pain during intercourse



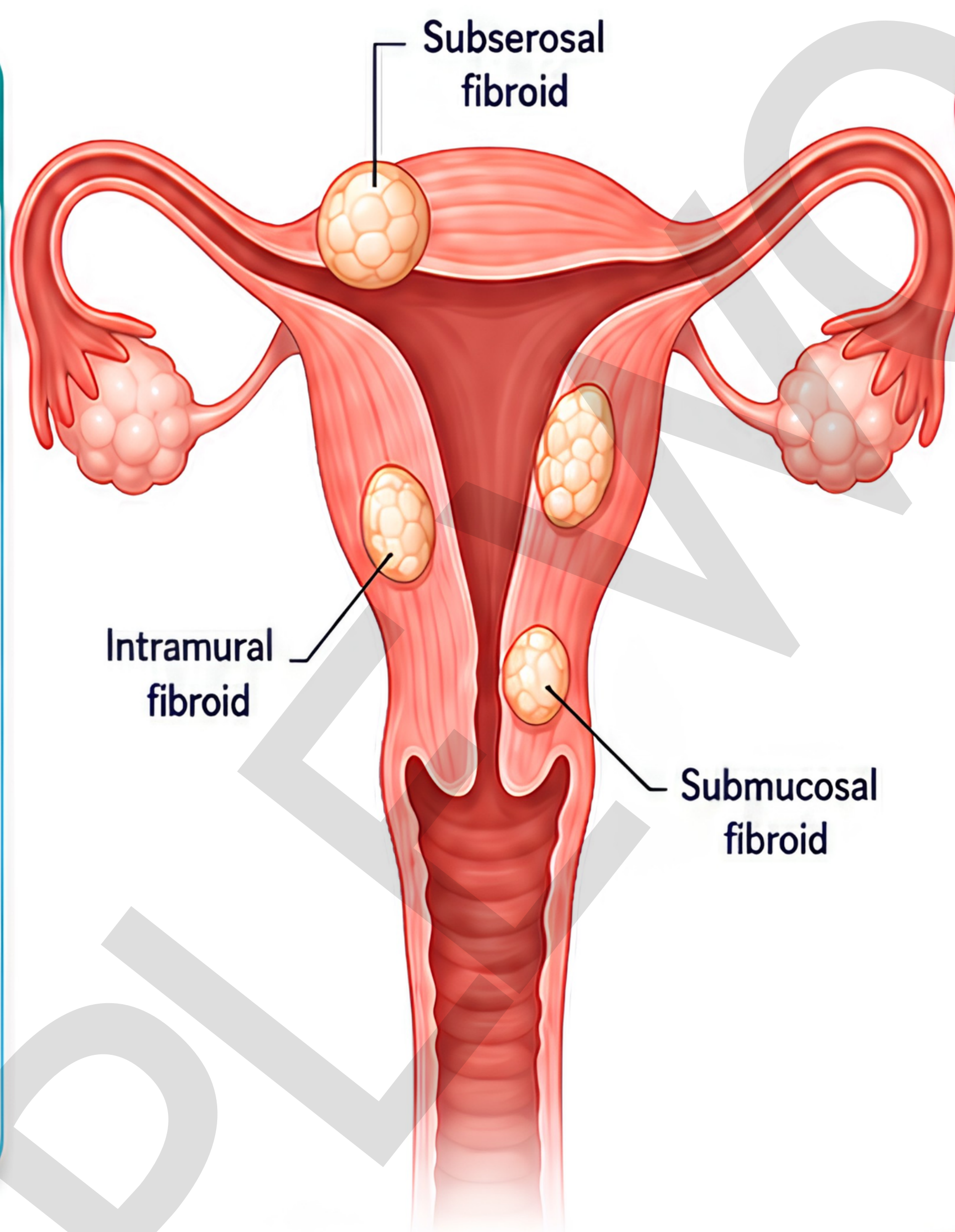
Frequent urination



Enlarged abdomen (in some cases)



Constipation



RISK FACTORS

- Age (30–50 years)
- Family history of fibroids
- African ancestry
- Obesity
- Early onset of menstruation
- Diet high in red meat and low in fruits and vegetables



DIAGNOSIS



Pelvic examination



Ultrasound (most common)



MRI scan



Hysteroscopy

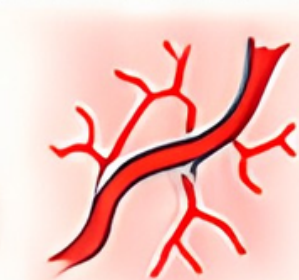
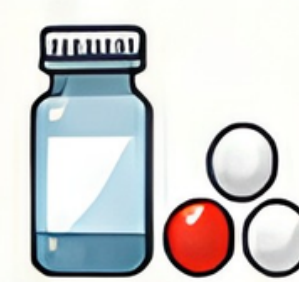


Sonohysterography



TREATMENT

- Watchful waiting (if no symptoms)
- Medications to control symptoms or shrink fibroids
- Minimally invasive procedures (e.g., uterine artery embolization)
- Myomectomy (fibroid removal)
- Hysterectomy (removal of the uterus)



PREVENTION



Maintain a healthy weight



Eat a balanced diet rich in fruits and vegetables



Exercise regularly



Manage hormone-related risk factors



Note: There is no guaranteed way to prevent fibroids, but healthy lifestyle choices may help reduce the risk.