

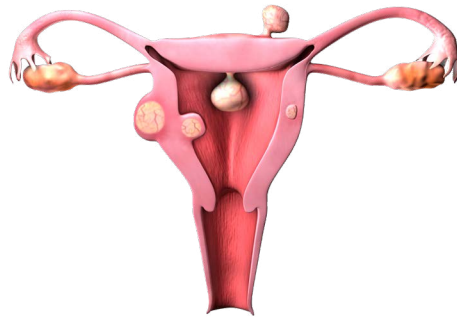
Getting familiar with **uterine fibroids**

Did you know that over **70% of women** have uterine fibroids by the start of menopause?¹

70% 

Use this resource to **learn whether you have warning signs for uterine fibroids.**

Uterine fibroids are benign (not cancerous) tumors that grow from the muscle tissue of the uterus.²



If you have uterine fibroids, you are not alone. About **19 million** women in the US suffer from symptoms of uterine fibroids.^{1,3}

This resource can help you talk to your healthcare provider about uterine fibroids.

Uterine fibroids have **several warning signs**

Check off any warning signs you have had:⁴



Heavy bleeding during your period



Feeling full in your belly area



Anemia (not having enough red blood cells, which are the cells that carry oxygen throughout your body⁵)

Some warning signs of anemia include feeling tired or weak, shortness of breath, and dizziness⁵



Having to urinate a lot



Painful periods



Lower back pain

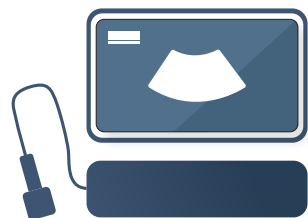


Pain during sex

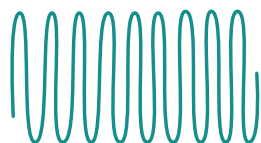


Reproductive problems

You may also have warning signs that are **not on this list**. Write down any other questions that you have about warning signs on the next page. **Talk to your healthcare provider about these warning signs.**



ULTRASOUND



SOUND WAVES

Uterine fibroids can be found during a routine pelvic exam. More tests can provide extra information.²

An **ultrasound exam** uses sound waves to create a picture of the uterus and other pelvic organs.²

If you have warning signs due to uterine fibroids, you have several treatment choices:^{6,7}



Pain medicine including over-the-counter or prescription medications



Hormone-based therapies including birth control pills and gonadotropin-releasing hormone (GnRH) activator/blocker medicines



Surgical treatment including:

- Myomectomy, which is the removal of fibroids while leaving the uterus in place^{2,7}
- Hysterectomy, which is the removal of the uterus^{2,7}
- Endometrial ablation, which is removal or destruction of the lining of the uterus⁷
- Uterine fibroid embolization (UFE) or uterine artery embolization (UAE) where blood supply to the fibroid is blocked⁷



Do you have any **questions** about the treatment choices for uterine fibroids? Write them down here and **ask your healthcare provider** about them.



If you think you may have uterine fibroids, talk to your healthcare provider today.



*To learn more, visit the uterine fibroids page on the **Uterine Health Guide**.*

1. Stewart EA, et al. *BJOG*. 2017;124(10):1501-1512. 2. The American College of Obstetricians and Gynecologists. Uterine fibroids. Updated July 2022. Accessed November 24, 2023. <https://www.acog.org/womens-health/faqs/uterine-fibroids> 3. United States Census Bureau. Age and sex composition in the United States: 2021. Accessed November 24, 2023. <https://www.census.gov/data/tables/2021/demo/age-and-sex/2021-age-sex-composition.html> 4. National Institute of Child Health and Human Development. What are the symptoms of uterine fibroids? Updated November 2, 2018. Accessed November 24, 2023. <https://www.nichd.nih.gov/health/topics/uterine/conditioninfo/symptoms> 5. National Heart, Lung, and Blood Institute. What is anemia? Updated March 24, 2022. Accessed November 24, 2023. <https://www.nhlbi.nih.gov/health/anemia> 6. National Institute of Child Health and Human Development. What are the treatments for uterine fibroids? Updated November 2, 2018. Accessed November 24, 2023. <https://www.nichd.nih.gov/health/topics/uterine/conditioninfo/treatments> 7. Office on Women's Health. Uterine fibroids. Published February 19, 2021. Accessed November 24, 2023. <https://www.womenshealth.gov/a-z-topics/uterine-fibroids>