

UTERINE FIBROIDS ^{1,2}

Uterine Fibroids are growths in the muscle wall of the uterus. They are also known as leiomyomas or myomas.

Prevalence, symptom severity, and overall disease burden is generally higher among black women.

Estimating prevalence is difficult as many fibroids are asymptomatic.

SYMPTOMS³



Heavy periods

Heavy menstrual bleeding is a sign of uterine fibroids



Pelvic pain/pressure

Weight of fibroids on the pelvic organs may result in pain



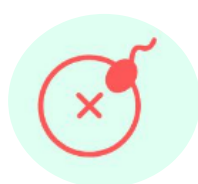
Frequent Urination

Growing fibroids press against the bladder and cause the urge to pee



Enlarged lower abdomen

Growing fibroids can cause enlargement in the uterus leading to a bulge in the lower abdomen



Infertility

Uterine fibroids leads to infertility in some women

RISK FACTORS³



Age

Risk is greater in women > 30s



Family history



Ethnicity

African/Black women are more likely to develop fibroids



Vitamin D deficiency



Consumption of food additives may contribute to fibroid risk.



Diet
High red meat consumption, soy milk increase risk

TREATMENT³



Traditional

Over-the-counter (OTCs) pain medications



Hysterectomy

Surgical removal of the uterus



Endometrial ablation

Removes the uterine lining



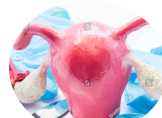
Gonadotropin-releasing hormone (GnRH) agonist

Halts menstrual cycle and potentially shrink fibroids



Uterine fibroid embolization

Blocks blood supply to fibroid causing shrinkage



Myomectomy

Surgically targets the fibroids without destroying healthy tissue

Sources:

- 1.Elizabeth, M.N (2022) Uterine Fibroids Facts and Statistics: What you need to know. Retrieved from <https://www.verywellhealth.com/uterine-fibroids-facts-and-statistics-5694144>
- 2.Uterine Fibroids: Burden and Unmet Medical Need. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6193285/>
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