



What Are Fibroids?

Fibroids, also called **myomas** or **leiomyomas**, are **non-cancerous growths** made of muscle and connective tissue that develop in the wall of the uterus. They are **very common**, affecting up to **80% of women** at some point in their lives. Fibroids can grow, shrink, or stay the same over time.



Are Fibroids Cancerous?

✅ **No** – Fibroids are **benign (non-cancerous)** and do not increase the risk of uterine cancer.

⚠️ What Symptoms Do Fibroids Cause?

Most fibroids **do not** cause symptoms. However, larger fibroids may lead to: ✅ **Heavy or prolonged menstrual bleeding** ✅ **Pelvic pain or pressure** ✅ **Frequent urination or difficulty emptying the bladder** ✅ **Constipation** ✅ **Bloating or an enlarged abdomen** ✅ **Rarely, fertility issues or pregnancy complications**



How Are Fibroids Diagnosed?

Fibroids are usually found during a **pelvic ultrasound (USS)**. In some cases, additional tests may be needed: ♦ **MRI scan** – Provides a detailed view of fibroid size and location.

♦ **Hysteroscopy** – A small camera is inserted into the uterus to check for fibroids inside the uterine cavity. ♦ **Sonohysterogram (Saline Infusion Ultrasound)** – Uses fluid to give a clearer image of the uterus.



Do I Need Treatment?

If fibroids are **small and not causing symptoms**, no treatment is needed. If they cause **significant symptoms**, treatment options include:



Medications

- **Hormonal treatments** (e.g., birth control pills, IUDs, or GnRH agonists) can help shrink fibroids and control bleeding.
- **Tranexamic acid or NSAIDs** to reduce heavy bleeding.



Procedures & Surgery

- **Myomectomy** – Surgical removal of fibroids while keeping the uterus intact (for women wanting to preserve fertility).
 - **Hysterectomy** – Removal of the uterus, a permanent solution for severe cases.
 - **Uterine Artery Embolisation (UAE)** – A procedure to block the blood supply to fibroids, causing them to shrink.
 - **MRI-Guided Focused Ultrasound** – High-intensity ultrasound waves break down fibroids without surgery.
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◆ If you have fibroids and experience symptoms, speak with your doctor about the best treatment options for you. 💙