



Understanding UTERINE FIBROIDS

DEFINITION: Uterine fibroids are tumors that grow on the muscular walls of the uterus and can be one tumor or several of different sizes. These growths are non-malignant and are not associated with an increased risk of uterine cancer., however symptoms can make everyday life uncomfortable and even affect pregnancy.

Many women experience health conditions that affect the uterus. Since these conditions can present with similar symptoms, it's important to talk with your health care provider so you can get the right diagnosis and treatment.

SYMPTOMS OF FIBROIDS MAY INCLUDE:

Although uterine fibroids are very common, not everyone will experience symptoms. If you do experience symptoms, it is important to talk with your health care provider about treatment options.



Abnormal Bleeding

- Bleeding or spotting between menstrual periods.
- Heavy bleeding (which can be heavy enough to cause anemia) or painful periods.
- Needing to change your tampon or pad more than once per hour during your period.
- Periods that last longer than 7 days.



Pelvic Discomfort

- A general feeling of heaviness, pressure, or discomfort in the pelvis or lower abdomen.
- Difficulty lying face-down, bending over, or exercising without feeling uncomfortable.



Pelvic Pain

- Acute: severe pain in a specific area; usually goes away within a few weeks.
- Chronic: pain does not completely resolve itself, but tends to be more mild.



Bowel Problems

- Difficult or painful bowel movements.
- Frequent hemorrhoids.



Bladder Problems

- Frequent urination.
- Waking up several times a night to urinate.
- Difficulty urinating, even with a full bladder.

TREATMENT: After a uterine fibroid diagnosis, they are treated depending on the impact they have on your life. Treatment options range from medications to surgery. Speak with your health care provider to determine what is most important for you and your health.

Learn more about uterine fibroids at
UterineFibroidsFL.com

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