

My Fibroid Story

Once upon a routine GYN checkup my physician felt something abnormal and ordered an ultrasound. This showed a few fibroid tumors, which are benign growths in the uterus. Many women get them and may never require treatment. Some experience heavy bleeding, pain, urinary frequency, anemia, back pain, and other problems and decide to have them treated.

There are many treatments for fibroids and many factors affecting which treatment is right for you. One factor affecting treatment is the location of the fibroids. Fibroids may grow during pregnancy and shrink during menopause.

Some of the treatments include doing nothing, myomectomy, hysterectomy, uterine artery embolization, hormones, medications, myolysis, cryomyolysis, MRI guided focused ultrasound, laser surgery, and ablation. There are risks and benefits with most procedures, but most importantly you need to do the research to find out what's best for you and your specific situations.

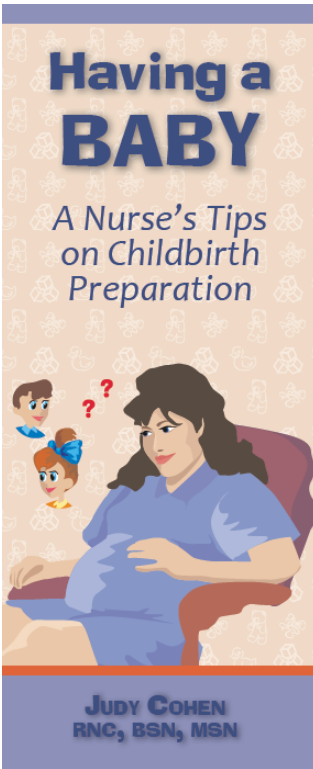
I found that with a myomectomy half the time the fibroids grow back and also any uterine surgery automatically buys you a cesarean section for future pregnancies in most cases.

I was not interested in having a hysterectomy. This is a major operation, which may be appropriate for some but was not an option for me. I wanted to keep my uterus. Hysterectomies can lead to other complications such as but not limited to bleeding, infection, bowel and bladder problems, damage to other organs, early menopause. The recovery is about 6 weeks.

I researched the topic and found out about a procedure called UAE or uterine artery embolization. I found it to be about 85-90% successful. A physician known as an Interventional radiologist performs this procedure. There are various ways it can be done. Some women get a regional anesthetic like a spinal or epidural. I had IV conscious sedation and local anesthesia. I was admitted to the hospital, stayed overnight and was discharged in the morning. There were some post procedural symptoms and cramps, but they were controlled with medication. The procedure involved a catheter being inserted into my femoral artery, and then dye is injected to see the blood flow to the fibroids. Once they see the blood flow feeding the fibroids, small particles like sand are injected into the blood vessels occluding the blood supply to the fibroids. Eventually without the blood supply they shrink up and die. I was back to work in a week and totally relieved of all my symptoms.

For more information:

- www.sirweb.org
- www.mayoclinic.com



*For more information, go to:
GetReady4Baby.com*

[Or click here to purchase my booklet](#)