

# A GUIDE TO UTERINE FIBROIDS

Understanding the symptoms and treatments of a condition affecting **40%** of women

## WHAT ARE UTERINE FIBROIDS?

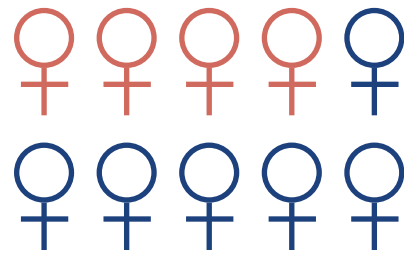
Fibroids are noncancerous growths that develop in the muscular wall of the uterus. While fibroids do not always cause symptoms, their size and location can lead to problems for some women.

## SYMPTOMS INCLUDE:

- Uterine Pressure
- Pelvic Pain
- Heavy Menstrual Bleeding
- Constant Urge to Urinate
- Painful Sexual Intercourse
- Enlarged Abdomen

## DIAGNOSIS

Fibroids are usually diagnosed during a gynecological examination or by ultrasound. Some women have uterine fibroids with minimal symptoms, others have debilitating symptoms that can take control of their lives.



**UP TO 4 IN 10 WOMEN AGED 35+ WILL HAVE UTERINE FIBROIDS OF A SIGNIFICANT SIZE**

**“When it comes to treating Uterine Fibroids, there is significant upside to embolization versus the common alternative of a hysterectomy. Embolization is a simple and safe procedure, offers a speedy recovery, and avoids the removal of your uterus. It’s a procedure that fixes the problem now, while leaving options open for the future. It just makes sense.”**

- Dr. Véronique Caty



**“In 2016, an interventional radiology treatment changed my life. Thanks to uterine fibroid embolization (UFE), gone was the chronic pain I endured for years on end. A short procedure, a one-night stay at the hospital and my symptoms began to subside almost immediately. One month after the treatment, my symptoms had completely disappeared. UFE provides a very attractive alternative to hysterectomy.**

- Gayle Finlay

## TREATMENT

Most fibroids do not cause symptoms and need no treatment. When they do cause symptoms, drug therapy is often the first step in treatment. For some women, this is enough, though not for everyone. The two most common treatment options are hysterectomy or Uterine Fibroid Embolization.

## HYSTERECTOMY

A hysterectomy is the complete removal of the uterus, a procedure that can be necessary for a wide variety of reasons. They often require 3-4 days of hospitalization, followed by 6 weeks of at home recovery before normal activities can resume.

## UTERINE FIBROID EMBOLIZATION (UFE)

UFE is a non-surgical treatment, performed by Interventional Radiologists with the assistance of Medical Radiation Technologists and Nurses, while the patient is sedated. It allows the patient to experience rapid relief from their symptoms.

Through a tiny incision in the skin, a catheter is inserted and guided via imaging to the uterus. Tiny particles are used to block the blood flow to the fibroid, causing it to shrink. This minimally invasive treatment option has proven to be as effective as a hysterectomy, while offering the same long-lasting results.

1/3

OF THE HYSTERECTOMIES DONE  
IN CANADA ARE FOR FIBROIDS

40%

OF WOMEN WHO GOT HYSTERECTOMIES  
TO TREAT NONCANCEROUS CONDITIONS  
DID SO WITHOUT TRYING OTHER  
LESS-INVASIVE OPTIONS FIRST

OFTEN THERE IS NO OVERNIGHT STAY IN HOSPITAL.  
BACK TO NORMAL ACTIVITIES WITHIN A WEEK.



HIGH LEVEL  
OF SUCCESS



SHORTER  
RECOVERY TIME



MINIMAL RISK OF  
COMPLICATION



PRESERVES  
THE UTERUS



Canadian Association for  
**Interventional Radiology**  
Association canadienne pour  
la radiologie d'intervention

The mission of the Canadian Association for  
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health and quality of life of Canadians through  
minimally invasive, image guided therapy.