Uterine Fibroids

What are uterine fibroids? Uterine fibroids are benign tumors that develop in the muscle wall (myometrium) of the uterus. They can vary in size from a small nodule to a large mass that displaces the uterine cavity. Uterine fibroids are very common, occurring in as many as 70% of women by age 50. While most fibroids remain small and asymptomatic, some can cause heavy bleeding, pain, and other symptoms.

How can uterine fibroids impact your health? Uterine fibroids can cause a variety of health issues, including:

- Heavy menstrual bleeding
- Prolonged or irregular bleeding
- Pain or pressure in the lower abdomen
- Difficulty emptying the bladder
- Difficulty stooling
- Occasional headaches
- Fatigue
- Infertility or complications during pregnancy

Uterine fibroids can also make it more difficult for a woman to conceive or carry a pregnancy to term.

About uterine fibroids

If you have already been diagnosed with uterine fibroids, there are some steps you can take to manage your symptoms and improve your quality of life. Some common treatments include medication, exercise, and lifestyle changes. Surgical options such as hysterectomy or myomectomy may be considered in certain cases.

If you are considering having a baby in the near future and you have uterine fibroids, it’s important to consult with your healthcare provider. They will help determine if the fibroids are affecting your fertility or if they need to be removed before pregnancy.

Keep in mind

The report that you discussed is about uterine fibroids. Consulting with a healthcare professional is crucial to understanding your specific condition and determining the best course of action. If you have any concerns or questions, consider scheduling an appointment with your doctor or gynecologist to discuss your options.

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