Uterine Fibroids are small, non-cancerous growths that occur in the uterus. Although they may cause symptoms, some women experience no symptoms at all. Most women with fibroids are asymptomatic, however, some may experience symptoms such as heavy periods, chronic pelvic pain, or pressure on the bladder or rectum.

Ways to take action
Your risk of developing uterine fibroids also depends on your family history, ethnicity, lifestyle, and age. To help reduce your risk:
- Maintain a healthy weight
- Limit alcohol consumption
- Exercise regularly: You may have heard that certain foods, such as soy, can help reduce the risk of fibroids. However, there is no clear evidence that foods such as soy can affect the size or growth of fibroids.

About uterine fibroids
What are uterine fibroids?
Fibroids are non-cancerous growths that occur in the uterus. They may vary in size, number, and location within the uterus. The exact cause of fibroids is unknown, but it is believed that abnormal growths of uterine muscle cells, called myocytes, may contribute to their development.

How can uterine fibroids impact your health?
Uterine fibroids affect one in four women, and can cause a range of symptoms, including:
- Heavy bleeding
- Pain during intercourse
- Difficulty getting pregnant
- Nausea or vomiting
- Abdominal or pelvic pressure
- Urinary or bowel symptoms

Other factors that can impact your chances of developing uterine fibroids:
- Age: Uterine fibroids are more likely to be diagnosed in premenopausal women.
- Family history: If a close relative has had uterine fibroids, you may be at increased risk.

Keep in mind
This guide is not intended as a substitute for professional medical advice. Always consult your healthcare provider for advice on any health concerns you may have.

How to get your copy

Methods
The research is based on a cross-sectional model that assesses various factors that may impact the risk of uterine fibroids. The study included a sample of 1,000 women, aged 18-70 years, from different regions of the world. The data were collected through a standardized questionnaire and medical records. The main outcome was the diagnosis of uterine fibroids, which was confirmed by a radiological or histological examination.

Fibroids are more common in women who have undergone a hysterectomy or oophorectomy. This suggests that factors such as age, ethnicity, and family history may play a role. However, more research is needed to understand the underlying mechanisms that contribute to the development of fibroids.

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