Your genetic result is associated with a typical lifestyle of developing uterine fibroids.

Ways to take action

Your non-BMP-5-risks contribute to your overall risk. If you have a family history of uterine fibroids, consider discussing your results with your healthcare provider to tailor additional lifestyle and medical management approaches. If you are sexually active, talking with your healthcare provider about your options for birth control may be helpful. If you are planning a pregnancy, considering your options for prenatal care and potential for genetic counseling could be beneficial. If you are considering a hysterectomy, speaking with your healthcare provider about the different surgical and nonsurgical options available may be helpful. If you are experiencing symptoms of uterine fibroids, discussing your treatment options with your healthcare provider may be beneficial. If you are overweight or obese, considering your options for weight loss and maintaining a healthy weight may be helpful.

About uterine fibroids

What are uterine fibroids?

Uterine fibroids are benign muscle tumors that arise within the uterine wall. They are common among women of reproductive age and can cause symptoms such as heavy menstrual bleeding, pelvic pain, and pressure on nearby organs. Fibroids can grow in various locations within the uterus, including the wall, the lining, or the neck, and can range in size from small to very large.

How do uterine fibroids impact health?

Uterine fibroids can cause discomfort, pain, and bleeding, depending on their size, location, and how they affect your body. They can also cause fertility problems, increase the risk of miscarriage, and make it more difficult to carry a pregnancy to term.

How are uterine fibroids diagnosed?

Uterine fibroids can be diagnosed through a combination of symptoms, medical history, and imaging tests. Your healthcare provider may recommend tests such as an ultrasound, MRI, or hysteroscopy to confirm the diagnosis and determine the size and location of the fibroids.

Take action now

- Your genetic result is associated with a typical lifestyle of developing uterine fibroids.

- Ways to take action include discussing your results with your healthcare provider to tailor additional lifestyle and medical management approaches. If you are sexually active, talking with your healthcare provider about your options for birth control may be helpful. If you are planning a pregnancy, considering your options for prenatal care and potential for genetic counseling could be beneficial. If you are considering a hysterectomy, speaking with your healthcare provider about the different surgical and nonsurgical options available may be helpful. If you are experiencing symptoms of uterine fibroids, discussing your treatment options with your healthcare provider may be beneficial. If you are overweight or obese, considering your options for weight loss and maintaining a healthy weight may be helpful.

- Keep in mind that the impact of non-BMP-5-risks on uterine fibroids is not well understood.

- Miscarriages are most common in women with uterine fibroids, with an increased risk of 11% higher than those without fibroids. However, it is not clear whether the fibroids directly cause miscarriages or if they are a marker for other underlying conditions.

- The definition of uterine fibroids varies, with some studies defining it as any uterine mass greater than 1 cm in diameter and others defining it as any uterine mass greater than 2 cm in diameter. This variation in definition can make it challenging to compare studies and understand the true prevalence of uterine fibroids.

- SciVita provides valuable resources for women affected by uterine fibroids. The website offers information and support for women, including discussion forums and educational resources.

- visiting the site can help you find more resources and connect with others affected by uterine fibroids.