Uterine Fibroids

Uterine fibroids are relatively common among women, occurring in about 70% of all women. While fibroids cause symptoms in some, many women remain asymptomatic or only present in the form of a symptom. 

About uterine fibroids

What are uterine fibroids?

Uterine fibroids are non-cancerous growths in the uterus. They are common, affecting about 20% of women in the United States. These growths can be single or multiple, and may vary in size from a small pea to a grapefruit or larger.

How do uterine fibroids impact your health?

Uterine fibroids can cause a variety of symptoms, including:
- Heavy or painful periods
- Difficulty urinating
- Pain or pressure in the lower abdomen
- Difficulty in conceiving or carrying a pregnancy
- Abdominal or pelvic discomfort

Fibroids can also cause anemia and other complications.

Other factors that can impact your chances of developing uterine fibroids:

- Family history: Having a family member with uterine fibroids can increase your risk.
- Race: African American women are more likely to develop uterine fibroids.
- Age: Fibroids are more common in women over the age of 30.

Fibroids can also be diagnosed in other conditions such as obesity, pregnancy, and menopause.

Keep in mind

The more severe outcomes, including pain and blood loss, are less common. You should consult with a physician to determine if your symptoms suggest the need for further investigation.

For more information:

- The American College of Obstetricians and Gynecologists (ACOG) offers guidelines for the management of uterine fibroids.
- The National Institutes of Health (NIH) provides resources and information on uterine fibroids.

Resources

- American College of Obstetricians and Gynecologists (ACOG)
- National Institutes of Health (NIH)

For more information, please consult with a healthcare provider.


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