Health > Health Predisposition

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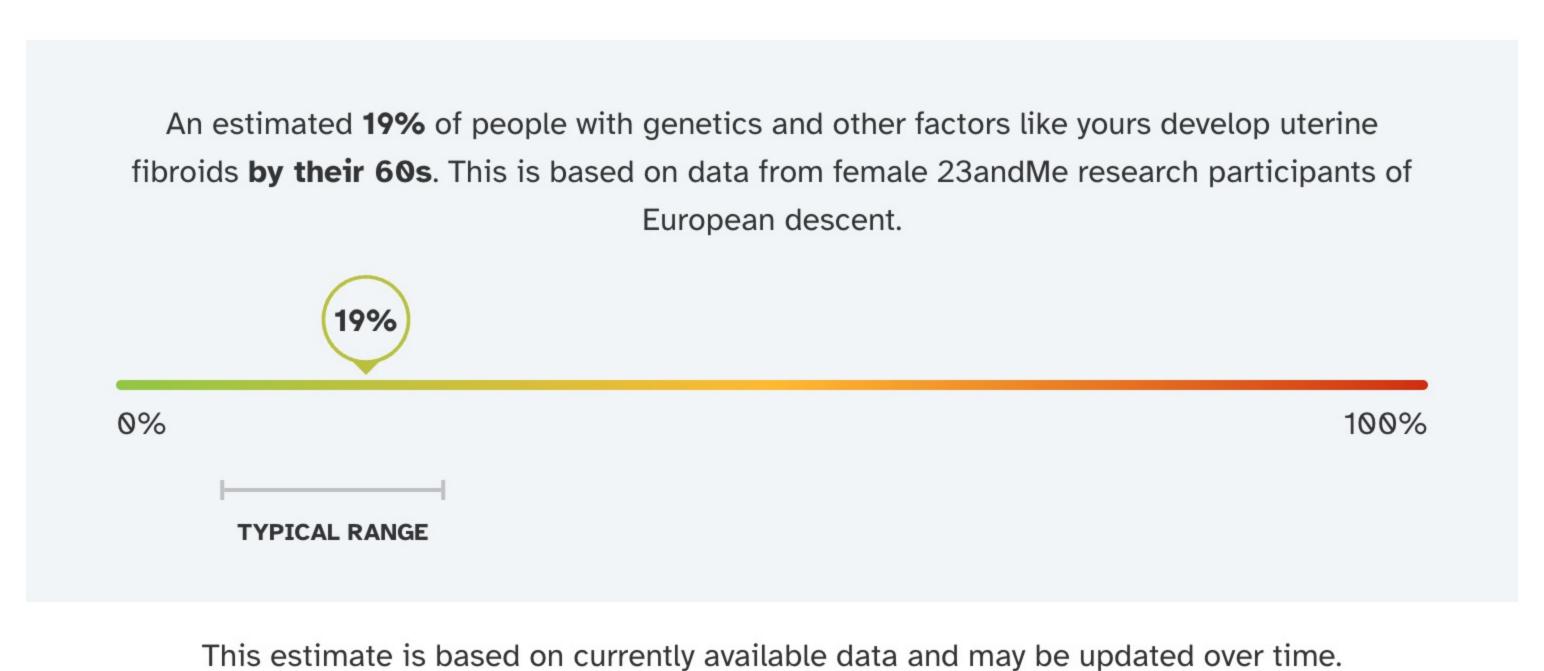
Uterine Fibroids

POWERED BY 23ANDME RESEARCH

Uterine fibroids are a relatively common type of non-cancerous growth in the uterus. Not all fibroids cause symptoms, but some can cause heavy menstrual bleeding, pelvic pressure, or pain.



Jamie, your genetic result is associated with a typical likelihood of developing uterine fibroids.



Ways to take action

Your overall likelihood of developing uterine fibroids also depends on other factors, including lifestyle. Research is ongoing, but experts agree that healthy lifestyle habits may help lower the chances of developing uterine fibroids.

Limit alcohol consumption

Maintain a healthy weight

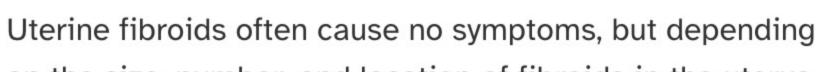
- · Diet: Some research has found a lower risk of uterine fibroids in people who eat more fresh fruits and vegetables, limit red meat, and get plenty of vitamin D from sources like dairy.



About uterine fibroids

What are uterine fibroids?

Uterine fibroids are non-cancerous growths in the uterus. They can vary in size, number, and location within the uterus. The exact cause of uterine fibroids is still unknown, but studies suggest genetics play an important role because fibroids tend to run in families. Reproductive hormones likely play a role too because many people report less bothersome symptoms after the onset of menopause.



How can uterine fibroids impact your health?

on the size, number, and location of fibroids in the uterus, symptoms can vary and may include: Heavy menstrual bleeding

Pain or pressure near the pelvis or low back

people's 30s and 40s)

- Constant urge to urinate or difficulty emptying the
- bladder Infertility or pregnancy complications
- In some cases excessive menstrual bleeding may also lead

to anemia.

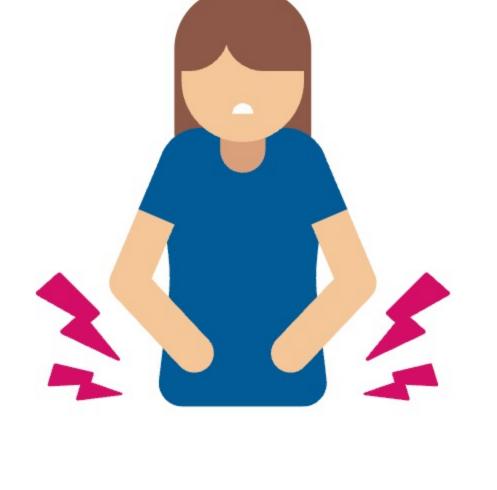
developing uterine fibroids Age (uterine fibroids are most likely to be diagnosed in

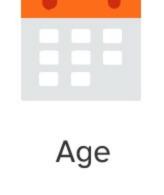
Other factors that can impact your chances of

- Ethnicity (people of African descent have increased
- chances) Family history (people with a first-degree relative with

uterine fibroids have increased chances)

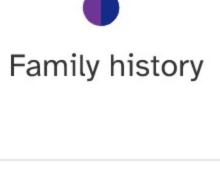






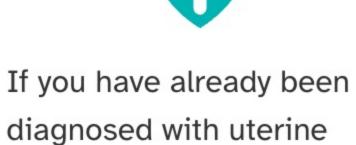






Keep in mind This report does not diagnose uterine fibroids. Consult with a healthcare professional if you are

concerned about your likelihood of developing uterine fibroids, have a personal or family history of uterine fibroids, or before making any major lifestyle changes.



fibroids by a healthcare professional, it is important to continue any treatment plans that they prescribe, including medications and lifestyle modifications.



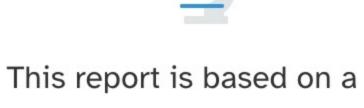
uterine fibroids also depends

on other factors, including age, family history, and lifestyle habits.



genetic variant that could affect your likelihood of developing uterine fibroids.

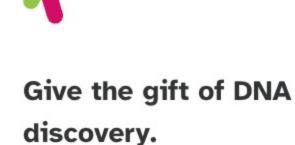
account for every possible



genetic model created using

data from 23andMe research participants. It has not been clinically validated and should not be used to make medical decisions.

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