

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.

An estimated **19%** of people with genetics and other factors like yours develop uterine fibroids **by their 60s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

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.

- Maintain a healthy weight
- Limit alcohol consumption
- 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?

Uterine fibroids often cause no symptoms, but depending 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
- Constant urge to urinate or difficulty emptying the bladder
- Infertility or pregnancy complications



In some cases excessive menstrual bleeding may also lead to anemia.

Other factors that can impact your chances of developing uterine fibroids

- Age (uterine fibroids are most likely to be diagnosed in people's 30s and 40s)
- Ethnicity (people of African descent have increased chances)
- Family history (people with a first-degree relative with uterine fibroids have increased chances)



Age



Ethnicity



Family history

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.



If you have already been diagnosed with uterine fibroids by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing uterine fibroids also depends on **other factors**, including age, family history, and lifestyle habits.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing uterine fibroids.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

How we got your result



Give the gift of DNA discovery.

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