

# WHAT ARE FIBROIDS?

Noncancerous tissue growths in the uterus<sup>1</sup>

UP TO **80%** of all women will have fibroids by the age of 50<sup>2</sup>

**3x**

**AFRICAN AMERICAN WOMEN** are three times more likely to experience fibroids than other races<sup>3</sup>



## SYMPTOMS<sup>1</sup>

- Heavy menstrual bleeding
- Menstrual periods lasting more than a week
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying the bladder
- Constipation
- Backache or leg pains

**WHILE LESS INVASIVE OPTIONS EXIST**

**MORE THAN 200,000** women in the U.S. undergo hysterectomy to treat fibroids every year<sup>4</sup>

## MINIMALLY INVASIVE OPTIONS CAN PRESERVE FERTILITY<sup>25</sup>

### NON-SURGICAL

#### REDUCES BLEEDING

Hormone Therapy  
(Oral Contraceptives)

Intrauterine  
Device  
(IUD)

### PROCEDURAL

#### REMOVES FIBROIDS

Hysteroscopic  
Myomectomy  
(vaginal)

Laparoscopic  
Myomectomy  
(incision)

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#### REFERENCES:

1. Uterine fibroids: Overview. Mayo Clinic. <http://www.mayoclinic.org/diseases-conditions/uterine-fibroids/home/ovc-20212509>. Accessed April 25, 2017.  
2. Uterine Fibroid Fact Sheet. Office of Women's Health, U.S. Department of Health and Human Services. <https://www.womenshealth.gov/a-z-topics/uterine-fibroids>. Accessed April 27, 2017. 3. Stewart EA, Nicholson WK, Bradley L, Borah BJ. The Burden of Uterine Fibroids for African-American Women: Results of a National Survey. *Journal of Women's Health*. 2015;22(10):807-816. doi:10.1089/jwh.2013.4334. 4. Uterine Fibroids. National Institutes of Health. <https://report.nih.gov/NIHfactsheets/ViewFactSheet.aspx?csid=50>. Accessed May 30, 2018. 5. Brigham and Women's Hospital. Fibroids: Treatment. U.S. News & World Report. <https://health.usnews.com/health-conditions/sexual-health/fibroids/treatment>. Accessed May 20, 2018.



# FIBROID

## AWARENESS MONTH

Show your support for the millions of women who suffer from fibroids by wearing white and sharing a photo on social media to tell us why raising awareness is important to you.

**#WhyIWearWhite**

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