



**Weill Cornell Medicine**

# The Facts on Fibroids

Don't miss our Back to Health podcast episode about Fibroid Awareness Month with Tamatha Fenster M.D., M.S., FACOG.

Fibroids are tumors that grow in the uterine wall. Though mostly noncancerous, they can cause pain, heavy bleeding and other quality of life issues. Here's what you should know about fibroids.

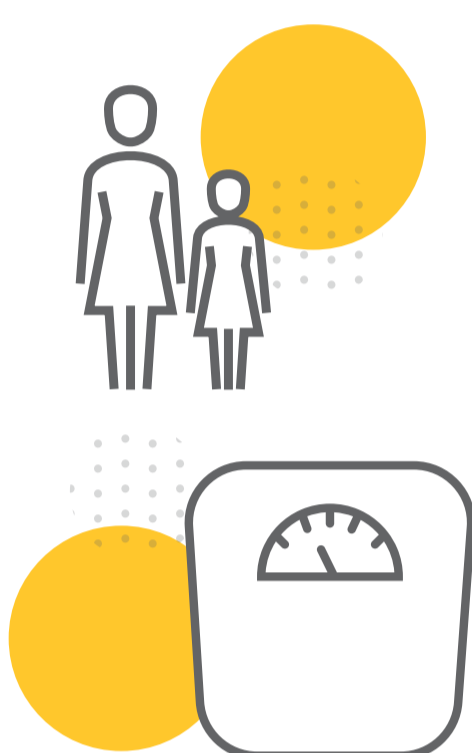
## WHAT ARE THE RISK FACTORS?

### Age

Women are at highest risk from their 30s through menopause.

### Diet

Red meat and ham increase the risk, while green vegetables seem to offer protection.



### Ethnicity

Fibroids are more common among African American women.

### Family

Women whose mothers had fibroids are much more likely to have them as well.

### Weight

Women who are overweight and obese are at greater risk.

## WHAT SYMPTOMS DO THEY CAUSE?



### Anemia

Bleeding between periods

Full feeling in the lower abdomen

Infertility, miscarriage and other pregnancy problems

Need to urinate frequently

Painful periods, lower back pain and painful intercourse

## WHAT ARE THE TREATMENT OPTIONS?

Fibroid treatments at the Weill Cornell Medicine Fibroid and Adenomyosis Program include:

### Embolization

The blood supply to the fibroids is cut off, causing the fibroid to die.

### External Shrinking

Ultrasound or other radio waves heat and shrink fibroids.

### Hysterectomy

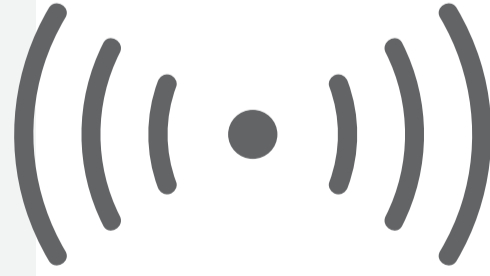
Surgical removal of the uterus can be an option when other treatments are ineffective.

### Medication

These may provide symptomatic relief and/or shrink fibroids.

### Myomectomy

This is a surgical procedure to remove fibroids.



### Have concerns about fibroids?

Consult with The Weill Cornell Medicine Fibroid and Adenomyosis Program today.



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