

Mayo Clinic Minute

Fighting fibroids

Video	Audio
Vivien Williams •	Between 75 and 80 percent of women will develop fibroids in their lifetimes.
Ebbie Stewart, M.D. OB-GYN Mayo Clinic	“A fibroid is a benign growth in the uterus.”
Vivien Williams	Dr. Ebbie Stewart says fibroid symptoms include heavy menstrual bleeding, anemia, bowel and bladder function issues, and pain. Standard treatment is major surgery — hysterectomy, but ...
Ebbie Stewart, M.D.	“... There are a whole new generation of noninvasive or minimally invasive fibroid therapies, and we’ve been doing a randomized clinical trial comparing two of them — uterine artery embolization and focused ultrasound.”
Vivien Williams	During uterine artery embolization, doctors place beads in arteries that block blood flow, killing the fibroid. In focused ultrasound, strong sound waves break up fibroids during an MRI. Both get women back on their feet faster than hysterectomy, but Dr. Stewart’s study showed focused ultrasound offers the fastest recovery. For the Mayo Clinic News Network, I’m Vivien Williams.