

**Mayo Clinic Minute**

**4 myths about fibroids**

Video	Audio
<b>Ebbie Stewart, M.D.</b> <b>Obstetrics and Gynecology</b> <b>Mayo Clinic</b>	“There are a lot of myths surrounding uterine fibroids.”
<ul style="list-style-type: none"><li>• <b>Heavy bleeding</b></li><li>• <b>Anemia</b></li><li>• <b>Changes in bowel and bladder habits</b></li><li>• <b>Difficulty getting or staying pregnant</b></li><li>• <b>Myth 1: Hysterectomy is only treatment.</b></li></ul>	Dr. Ebbie Stewart says fibroids are noncancerous growths of the uterus. Symptoms include heavy menstrual bleeding, anemia, changes in bowel and bladder habits, and difficulty getting or staying pregnant. And myths about fibroids may keep some women from getting proper treatment. Myth 1: Hysterectomy is the only treatment that works.
<b>Ebbie Stewart, M.D.</b>	“That’s clearly not true.
<ul style="list-style-type: none"><li>• <b>Myth 2: Growing fibroid is cancer.</b></li></ul>	Myth 2: A growing fibroid is a cancer.
<b>Ebbie Stewart, M.D.</b>	“Sometimes cancers can be mistaken for fibroids, but that’s pretty rare.”
<ul style="list-style-type: none"><li>• <b>Myth 3: Fibroids affect women in 30s and 40s.</b></li></ul>	Myth 3: Fibroids only affect women in their 30s and 40s.□□□□□
<b>Ebbie Stewart, M.D.</b>	“Even if you’re 24, if you’re having eight days of menstrual bleeding a month, it’s appropriate to ask if you might have uterine fibroids.”
<ul style="list-style-type: none"><li>• <b>Myth 4: Can’t get or stay pregnant</b></li></ul>	Myth 4: You can’t get or stay pregnant. Dr. Stewart says fibroids can make pregnancy difficult, but not impossible.  For the Mayo Clinic news Network, I’m Vivien Williams.