

**Mayo Clinic Minute**

**Know options for uterine fibroids**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	Many women have uterine fibroids.
<b>Erica Knavel Koepsel, M.D. Radiology — Diagnostic Mayo Clinic</b>	"Uterine fibroids are benign, noncancerous tumors that form within the uterus from an overgrowth of connective tissue and smooth muscle, and they are actually very common within women who are usually premenopausal."
<b>Vivien Williams</b>	Dr. Erica Knavel Koepsel says symptoms include heavy bleeding, anemia, difficulty emptying the bladder, and pelvic pain or pressure.
<b>Erica Knavel Keopsel, M.D.</b>	"We do have a variety of options to help us treat uterine fibroids."
<b>Vivien Williams</b>	Treatments range from medication to surgery. One minimally invasive option is uterine artery embolization.
<b>Vivien Williams</b>	Doctors access the fibroids via catheters inserted through a small artery in the groin or wrist. Once there, they fill the fibroid with contrast to make sure they're in the right spot. Then they deliver small particles that plug up the tiny arteries feeding the fibroids.
<b>Erica Knavel Keopsel, M.D.</b>	"Once these tiny arteries are cut off or plugged up, the blood supply to the fibroid is gone, and the fibroid shrinks."
<b>Vivien Williams</b>	For the Mayo Clinic News Netowrk, I'm Vivien Williams