

Mayo Clinic Minute: Know your uterine fibroid treatment options

Video	Audio
	They are not uncommon and can be harmless, but for some, uterine fibroids can affect quality of life.
Michelle Louie, M.D. Gynecology Mayo Clinic	"Fibroids can cause predominantly two groups of symptoms. One is bleeding symptoms, where the person experiences very heavy or prolonged periods."
	"The second category of symptoms most commonly experienced by people with fibroids are called 'bulk symptoms.' And that's just when fibroids get so large that they begin to exert a lot of pressure or heaviness in the pelvis, or they can press on surrounding organs like the bladder or the colon."
	Treatment can depend on the size and the location of the fibroids. Nonsurgical options may include monitoring the fibroids if they don't cause bothersome symptoms, or medications to shrink the fibroids.
	"The most traditional treatment option is a surgery called a 'myomectomy.' It's done by your gynecologist or a fibroid specialist, and it's a procedure where we cut into the uterus to remove the fibroid and then sew the uterus back up so that it's preserved for future pregnancy."
	Newer minimally invasive options include radio-frequency fibroid ablation and uterine fibroid embolization that allow most patients to go home the same day with shorter recovery times.
	There are a variety of surgical options available, but the No. 1 message Dr. Michelle Louie wants patients to know is: ...
	"... Help is available and that we can help them achieve a higher quality of life, and they don't have to suffer from fibroid-related symptoms."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.