

## Mayo Clinic Minute: Black women and uterine fibroids

Video

Audio

	A fibroid is a benign or noncancerous growth of the muscle portion of the uterus.
	Fibroids are most often diagnosed in those between 20 and 40 years of age, says Mayo Clinic's Dr. Michelle Louie, ...
	".. and they're certainly more common in people of African descent."
	And fibroids don't often come in sets of one.
Michelle Louie, M.D. Surgery Mayo Clinic	"The majority of women do have more than one fibroid, especially women of African descent. They are more likely to have more numerous fibroids are larger fibroids."
	Symptoms that might require treatment include a heavy or prolonged period.
	"If you're changing a pad or a tampon every hour, if you're not able to go to work or do your normal activities."
	Or when fibroids get so large and begin to exert pressure on the bladder or colon, ...
	"... and cause difficulty with urination, frequent urination or difficulty passing bowel movements."
	Then it's time to seek help. Treatment depends on the size and location of the fibroids. Dr. Louie says she wants patients to know there are options.
	"Help is available, and 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.