

Uterine Fibroids

Uterine fibroids develop from the smooth muscle tissue of the myometrium. A single cell divides uncontrollably, producing a firm, rubbery mass. They are the most common benign tumor found in women.

Risk Factors:

- o Heredity - Fibroids tend to run in families
- o Race - African American women are more likely to develop fibroids
- o Lifestyle - Diet high in red meat and alcohol and low in

Signs/Symptoms:

- o Heavy menstrual bleeding
- o Severe menstrual cramping
- o Passing large clots during menstruation
- o Prolonged menstrual periods
- o Pelvic pressure/pain
- o Infertility

Diagnostic Studies:

- o Pelvic exam
- o Ultrasound
- o Hysteroscopy - lighted scope to visualize the uterine cavity

Prevention:

- o Certain birth control pills
- o Diet high in vegetables
- o Maintaining healthy body weight
- o Limiting alcohol consumption



Treatment:

- o Medications that inhibit estrogen and progesterone
- o Oral contraceptives
- o Uterine artery embolization
- o Surgical removal of

References:

Linnard-Palmer, L., & Coats, G. (2021). *Safe maternity and pediatric nursing care* (2nd ed.). F.A. Davis Company.
Uterine fibroids: Symptoms, causes, and treatments. National association for continence. (n.d.).