

# What are fibroids?

- the most common benign tumor found in women that can cause abnormal menstrual bleeding and infertility
- fibroids are also known as myomas and leiomyomas
- they develop from the smooth muscular tissue of the myometrium
- exact cause is unknown
- a single cell divides uncontrollably and produces a firm rubbery mass
- fibroids usually shrink during menopause

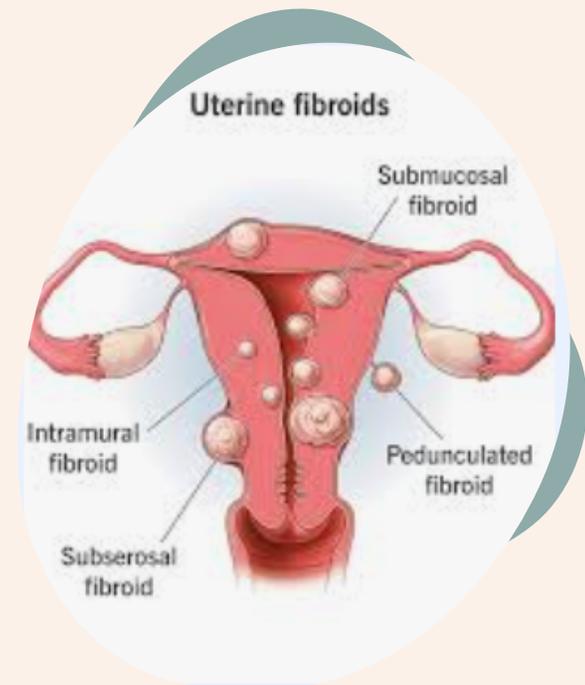


## resources

Linnard-Palmer, L., & Coats, G. H. (2025). Safe maternity and pediatric nursing care. F.A. Davis.

Can uterine fibroids be prevented?. Fibroid Institute Texas. (2024, April 30). <https://www.fibroidfree.com/fibroids/can-uterine-fibroids-be-prevented/>

# Uterine Fibroids



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## Risk Factors

### Hereditary

- fibroids run in families

### Race

- black women are more likely to develop fibroids

### Lifestyle

- A diet high in red meat and alcohol and low in vegetables can raise risk.

## symptoms

- heavy menstrual bleeding
- severe menstrual cramps
- passing of large clots during menses
- prolonged menstrual periods
- pelvic pressure or pain
- infertility

## Diagnostic tests

- pelvic examination
- ultrasound
- hysterosonography
- hysteroalpinography
- hysteroscopy

*It is difficult to prevent fibroids but here are some lifestyle factors to decrease the risk:*

- lower stress levels
- get more exercise (light; like yoga, walking, swimming)
- Avoid alcohol as it triggers inflammation and raises hormone levels
- Start a vitamin D supplement routine. It helps stop fibroids from getting bigger.

## Treatment options

symptoms are usually mild so medical management consists of watchign and waiting to see if the fibroids will grow large enough to cause problems or shrink over time.

If a problem the HCP can:

- prescribe meds that inhibit estrogen and progesterone in order to shrink the fibroids
- prescribe oral contraceptives or GnRH agonist meds to decrease menstrual bleeding and shrink fibroids
- perform uterine artery immobilization, where blood supply is cut off to the fibroids causing them to shrink
- perform surgery to remove the fibroids from the uterus or a hysterectomy to remove the uterus itself

