

UP TO **80%** OF WOMEN will experience

by the **age of 50.**

Can you fill  
in the blank?

**GET THE FACTS.**



# What are fibroids?

Noncancerous tissue growths in the uterus<sup>1</sup>

UP TO **80%** of all women will have fibroids **by the age of 50**<sup>2</sup>

**3X**

**African American women** are three times more likely to experience fibroids than other races<sup>3</sup>



## Symptoms<sup>1</sup>

- Heavy menstrual bleeding
- Menstrual periods lasting more than a week
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying the bladder
- Constipation
- Backache or leg pains

While less invasive options exist

MORE THAN **200,000** women in the U.S. undergo hysterectomy to treat fibroids every year<sup>4</sup>

## Minimally Invasive Options Can Preserve Fertility<sup>2,5</sup>

### Non-Surgical

Reduces Bleeding

Hormone Therapy  
(Oral Contraceptives)

Intrauterine Device  
(IUD)

### Procedural

Removes Fibroids

Hysteroscopic Myomectomy  
(vaginal)

Laparoscopic Myomectomy  
(incision)

Learn more at **ChangeTheCycle.com**

#### REFERENCES:

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2. Uterine Fibroid Fact Sheet. Office of Women's Health, U.S. Department of Health and Human Services. <https://www.womenshealth.gov/a-z-topics/uterine-fibroids>. Accessed April 27, 2017. 3. Stewart EA, Nicholson WK, Bradley L, Borah BJ. The Burden of Uterine Fibroids for African-American Women: Results of a National Survey. *Journal of Women's Health*. 2013;22(10):807-816. doi:10.1089/jwh.2013.4334. 4. Uterine Fibroids. National Institutes of Health. <https://report.nih.gov/NIH/factsheets/ViewFactSheet.aspx?csid=50>. Accessed May 30, 2018. 5. Brigham and Women's Hospital. Fibroids: Treatment. U.S. News & World Report. <https://health.usnews.com/health-conditions/sexual-health/fibroids/treatment>. Accessed May 20, 2018.