

Fibroid Awareness MONTH

Show your support for the millions of women suffering from fibroids by spreading the word on social media.



Tell Your Story #MyFibroidStory

Show Your Support #WhyIWearWhite

What are fibroids?

Noncancerous tissue growths in the uterus¹

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

3X

African American women are three times more likely to experience fibroids than other races³



Symptoms¹

- 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 year⁴

Minimally Invasive Options Can Preserve Fertility^{2,5}

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:

1. Uterine fibroids: Overview. Mayo Clinic. <http://www.mayoclinic.org/diseases-conditions/uterine-fibroids/home/ovc-20212509>. Accessed April 25, 2017.
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.