

# Focus on Fibroids

Uterine fibroids, non-malignant growths of the uterus, are one of the most common gynecological conditions nationwide and a growing and overlooked public health issue.



Fibroids affect about **26 million American women** ages 15 to 50.

## Common Symptoms



Severe and Irregular Menstrual Bleeding



Anemia



Pelvic and Back Pain



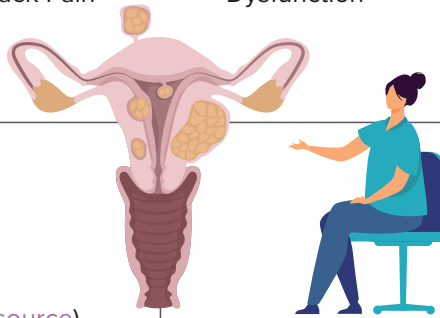
Bladder or Bowel Dysfunction



Fatigue



Impaired Fertility



## Disparities

More than 80% of Black women and nearly 70% of white women have fibroids by age 50. [\(source\)](#)

However, Black women tend to experience:

- Onset at a **younger age**
- More **severe symptoms** [\(source\)](#)
- Higher rates of **surgery and hospitalization**

**There is limited data on how fibroids affect Hispanic, Asian, and other women of color.**

## Challenges in Research, Diagnosis, and Treatment

*There is a pressing need for improvements in the prevention, diagnosis, and treatment of fibroids. For example, minimally invasive and fertility-friendly treatment options would greatly enhance patient quality of life. However, more research funding is needed to achieve these goals.*

Stigma around menstrual issues has contributed to a lack of public awareness about fibroids and insufficient research and development of novel treatments. Symptoms like irregular menstruation are often normalized by patients and providers alike, and many patients spend years without a diagnosis.



## Economic Burden

- **\$5.9 billion to \$34.4 billion** in annual costs to the U.S. health care system
- **\$11,717 to \$25,023** in total costs per fibroid patient per year after diagnosis or surgery [\(source\)](#)
- **5.1 hours** lost work productivity and **3 hours** lost household productivity per week [\(source\)](#)



**3.6 years**

average delay before patients seek treatment



**32% of patients**

wait more than **5 years** to seek treatment [\(source\)](#)



**\$17 million**

in National Institutes of Health funding in 2019, putting fibroids in the bottom 50 of 292 conditions [\(source\)](#)

## Take Action on Fibroids

**The Stephanie Tubbs Jones Uterine Fibroid Research and Education Act of 2021** (H.R. 2007) would increase research funding for uterine fibroids, improve awareness and training, and seek to measure cost to government payers. Specifically, the bill would:



Establish new research funding through the National Institutes of Health, totaling **\$150 million over 5 years.**



Create a public education program through the Centers for Disease Control and Prevention.



Direct the Health Resources and Services Administration to **develop and disseminate fibroids information to health care providers.**



Expand a Centers for Medicare & Medicaid Services database on chronic conditions to **provide information on services for individuals with fibroids.**

**To sign on as a bill cosponsor, contact  
Nisha Thanawala in the office of Rep. Yvette Clarke at [Nisha.thanawala@mail.house.gov](mailto:Nisha.thanawala@mail.house.gov).**

For more information, contact SWHR Chief Advocacy Officer Lindsey Horan at [policy@swhr.org](mailto:policy@swhr.org).