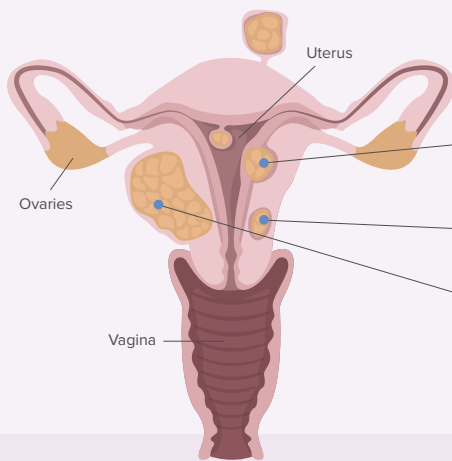


Understanding Uterine Fibroids

What are Uterine Fibroids?

Uterine fibroids (**leiomyomas**) are tumors made of smooth muscle and fibrous connective tissue that arise from the uterus. Fibroids are one of the most common gynecological conditions nationwide. **These growths are non-malignant and are not associated with an increased risk of uterine cancer.**



There are 3 main types of fibroids, classified by where they grow:

- 1. Submucosal fibroids**
Grow just under the uterine lining, bulging into the uterine cavity
- 2. Intramural fibroids**
Grow within the muscle wall of the uterus
- 3. Subserosal fibroids**
Grow just under the surface, projecting outside of the uterus

Some submucosal and subserosal fibroids are **pedunculated**, which means they grow from the lining of the uterus on a stalk that can protrude outside or inside the uterus.

The spectrum of fibroid disease varies widely between individuals based on the size, number, and location of growths. Fibroids can range in size — from tiny seedlings to as large as a melon. Some women can develop multiple fibroids, each differing in size and location.

Common Symptoms

- Severe and irregular menstrual bleeding
- Large and painful blood clots
- Anemia
- Pelvic and back pain
- Bladder or bowel dysfunction
- Fatigue
- Challenges with fertility

Symptoms are not directly correlated to fibroid size or quantity, making it challenging to predict the impact and burden from patient to patient. Furthermore, some women living with fibroids are **asymptomatic** and do not experience discomfort to alert them to their condition.



~25%

of patients will experience symptoms severe enough to require treatment



5.1 hrs

of lost work productivity per week



3 hrs

of lost household productivity per week

Statistics about fibroids are often underestimated because many women may not seek medical care for their symptoms or are undiagnosed.

Who Do Uterine Fibroids Affect?

Uterine fibroids can develop in any girl or woman after the onset of her menstrual cycle. Although fibroids are most commonly diagnosed in individuals in their 30s and 40s, they can occur in adolescents and postmenopausal women, particularly those using hormone therapy. Fibroids tend to increase during the reproductive years and then shrink after menopause.

~ 26 million

women ages
15 to 50 in U.S.

15 million

will experience
related symptoms or
health concerns

By age 50

80% of Black women
and **70% of white women** will
have fibroids



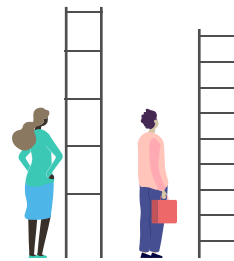
Factors Associated with Fibroids

Many factors can influence a woman's risk for having symptomatic fibroids, including:

- Age
- Obesity
- Family history of fibroids
- High blood pressure
- Vitamin D deficiency
- No history of pregnancy



It is untrue that whole-hair perm at a young age induces early menstruation and leads to an increased risk of uterine fibroids.



Disparities Associated with Fibroids

Fibroids disproportionately affect women of African descent, who tend to experience:

- Onset at a younger age
- More fibroid growths
- More severe symptoms
- Higher rates of surgery and hospitalization

There is some evidence that Hispanic women may also experience fibroids at a higher rate; however, limited data exist on fibroids in Hispanic, Asian, and other women of color.