

# Wellness Tips for Uterine Fibroids

Here are some strategies to help you maintain an active and healthy lifestyle along your journey with fibroids.



## Healthy Diet

Consuming a diet rich in green and cruciferous vegetables, fruits, and low-fat dairy may help lessen fibroid symptoms, whereas a sugar-rich diet can have the opposite effect. Iron-rich meals can assist in avoiding anemia if your periods are extremely heavy and long.



## Regular Exercise

Exercise has a wide range of health benefits. Some fibroid symptoms can be lessened by incorporating exercise into your daily routine, such as stretching, cardiovascular activities, and strength training, which release endorphins that help to alleviate pain and cramps. Managing weight and obesity also reduces risk of fibroids.



## Stress Management

Fibroid symptoms can create physical discomfort as well as cause emotional strain for women and their relationships. Practicing stress-reducing activities like yoga or meditation may help decrease inflammation and relieve stress-aggravated pain. Alternative therapies such as acupuncture have also been found to help reduce period pain in some women.



## Sexual Health

Heavy and irregular menstrual bleeding and pelvic pain can interfere with your sexual life. It may feel uncomfortable discussing your condition or concerns about your relationship, but it helps if you can be open and honest. Discuss your symptoms and how they may interrupt your plans from time to time with your partner. Find ways to cope with your symptoms together.



## Support System

Supportive family and friends are just as crucial as medical care when dealing with the persistent symptoms and potential reproductive issues associated with fibroids. Joining a support group to connect with other women who have fibroids helps many women. Women often struggle to reveal the sensitive details of their fibroid issues, but open communication with friends or family can lead to better support.



## Travel Preparedness

Scheduling travel during the less problematic times of your monthly cycle and packing portable heat wraps or thermal pads to manage pain can be helpful when you're on-the-go. Try to journal what you eat and drink that might be different from your normal regimen at home, and carve out enough time to rest and allow your body to recuperate after strenuous or high-intensity activities.