

# Uterine Fibroid Embolization (UFE)



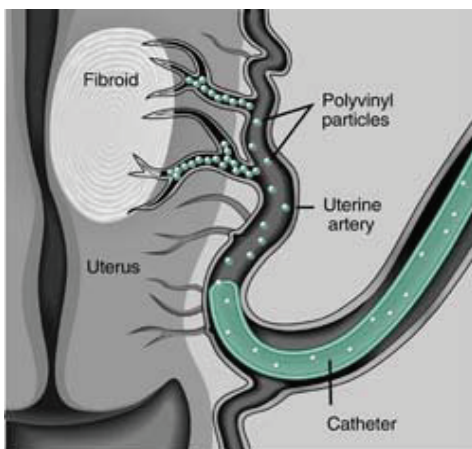
## Uterine Fibroids

Uterine fibroids are noncancerous growths in the uterus that often appear on the muscular wall of the uterus. Uterine fibroids, generally diagnosed during a gynecologic internal exam, are most frequently confirmed by an abdominal ultrasound or MRI.

### Some of the most common symptoms of uterine fibroids include:

- Heavy, excessive menstrual bleeding
- Pelvic pain and pressure
- Urinary incontinence and frequency

Some 20 to 40 percent of women over age 35 have uterine fibroids large enough to cause heavy and prolonged menstrual periods, according to the Society of Interventional Radiology (SIR). SIR also reports that of the 600,000+ women in the US that are diagnosed with uterine fibroids each year, more than 30% undergo hysterectomies. New research reveals many of those women could have been treated by much less invasive means, thus preserving the uterus. Due to the prevalence of this condition, it is essential for all women to understand fibroids, possible symptoms, and the choices available for uterine fibroid treatment.



## UFE Procedure

Uterine Fibroid Embolization (UFE) is a procedure used to treat uterine fibroids and is both FDA approved and covered by insurance. Other treatment options for uterine fibroids include myomectomy (surgical removal of individual fibroids) or hysterectomy (removal of entire uterus).

Uterine Fibroid Embolization is performed by interventional radiologists. Interventional radiologists are board certified physicians who specialize in minimally invasive targeted treatments performed using imaging for guidance. In a UFE procedure, your interventional radiologist uses an x-ray camera called a fluoroscope to guide the delivery of small particles to the fibroids. The small particles are injected through a thin, flexible tube called a catheter. These particles block the arteries that provide blood flow, causing the fibroids to shrink. 90% of patients with pain and bleeding report significant improvement of symptoms with many reporting complete relief of symptoms. Most patients with pressure symptoms also reported significant improvement.

## Advantages of UFE

- Shorter recovery time (typically a one-night hospital stay and a return to normal activities in one week)
- Lower rate of post-procedure complications compared to surgery
- Simultaneous treatment of all fibroids
- Minimal blood loss
- No general anesthesia or surgical incisions

Once you have reviewed as much information as possible about the symptoms and treatment options for uterine fibroids, it will be important to talk with your physician in order to develop a good understanding about your condition.

You will want to schedule an appointment with an Interventional Radiologist to ask additional questions. This will help you make an educated decision about your treatment plan.

As a result of being involved with thousands of these procedures, the RIA team of interventional radiologists, nurses and staff has the unique expertise required to take you through the pre-procedure evaluation, the procedure, the recovery, and the post-procedure follow-up visits.

***RIA doctors are the most experienced practitioners of UFE in the greater Denver area and are committed to providing the highest quality patient care.***

***Call 720.493.3406 and we will be happy to answer all of your questions.***