Uterine Fibroids

**Uterine fibroids** are growths on the wall of your uterus. We do not know what causes uterine fibroids. They are often harmless and are not cancer.

**What are the signs of uterine fibroids?**
If you have uterine fibroids, you may or may not have symptoms or signs. If you do have symptoms, you may have:

- heavy bleeding
- painful periods
- pressure or pain in your lower belly
- lower back pain
- leg pain
- constipation (problems pooping)
- pain during sex
- the need to pee a lot
- problems getting pregnant
- periods longer than 7 days

**How do I know I have uterine fibroids?**
Your doctor may be able to tell if you have uterine fibroids in your regular pelvic exam. If you have symptoms, your doctor may order:

- **an ultrasound** to get a picture of your uterus
- **lab tests** to check if you have uterine fibroids

**What’s the treatment for uterine fibroids?**
- Your doctor may give you medicine to help you with deal the symptoms.
- If the fibroids are too big, growing too fast or are in a sensitive place, you may need more treatment, like a small surgery. Talk to your doctor about other types of treatment.

**Call your doctor if you have:**
- heavy bleeding or painful periods that don’t get better with treatment
- signs of anemia like feeling very tired, pale skin, fast heartbeat, and short breath
- very bad pain in your lower belly
- a swollen belly
- feelings of weakness, dizziness, or fainting

Ask your CHN doctor if you have questions!