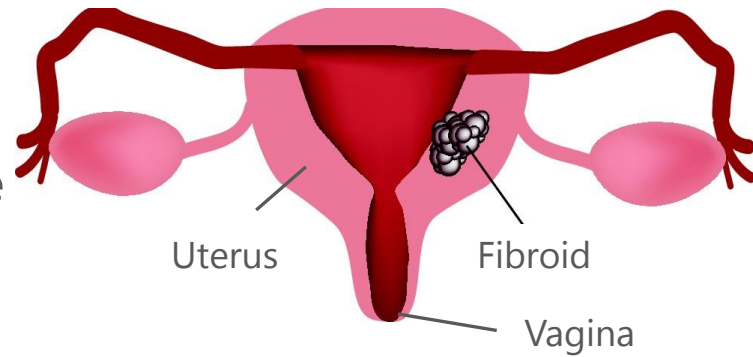


Uterine Fibroids

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 deal with 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!