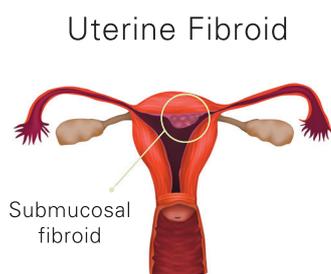


Understanding Uterine Fibroids

According to the United States Department of Health, uterine fibroids—which are usually not cancerous—are most common in women in their 40s and early 50s. Living with the painful, and often inconvenient, symptoms of fibroids, like heavy menstrual periods, can slow you down and interfere with day-to-day activities. Fortunately, there are many options for treating symptoms as well as removal of the fibroids.



What are uterine fibroids?

Uterine fibroids are abnormal growths that develop in or on a woman's uterus. Sometimes these tumors become quite large and cause severe abdominal pain and heavy periods. In other cases, they cause no signs or symptoms at all. Fibroids may also be called leiomyomas, myomas, uterine myomas and fibromas.

There are also different types of fibroids which depend on where it is located, in or on the uterus. They include intramural fibroids, subserosal fibroids, pedunculated fibroids and submucosal fibroids.

The cause of fibroids is still unknown, but some research indicates one or more of the following factors could play a role:

- Hormones
- Family history
- Pregnancy

What are symptoms of fibroids?

Some fibroids do not cause any symptoms. If symptoms are experienced, the severity usually depends on the number of tumors you have as well as the location and size. Some women with fibroids have reported:

- Heavy bleeding (which can be heavy enough to cause anemia) or painful periods
- Feeling of fullness in the pelvic area (lower stomach area)
- Enlargement of the lower abdomen
- Pain during sex
- Lower back pain
- Complications during pregnancy and labor, including greater risk of cesarean section
- Reproductive problems, such as infertility, which is very rare

How are fibroids treated?

To confirm you have fibroids, your doctor may perform imaging tests. These imaging tests could include an ultrasound, magnetic resonance imaging (MRI) or hysterosalpingogram (HSG).

After it is determined you have fibroids, it is time to consider next steps for treatments. There is no single best approach for treating uterine fibroids, but many treatment options are available. It is best to consult with your doctor to develop a customized care plan for your needs. To start, you may want to reduce painful symptoms, in which case medications are typically used. In order to remove or eliminate fibroids or its symptoms, there are non-invasive, minimally invasive and traditional surgical procedures to consider:

- **Non-invasive:** MRI-guided focused ultrasound surgery (FUS)
- **Minimally invasive:** uterine artery embolization, hysteroscopic myomectomy, endometrial ablation, laparoscopic or robotic myomectomy, laparoscopic or robotic hysterectomy
- **Traditional surgeries:** abdominal myomectomy and hysterectomy

Surgical procedures are usually performed by a specially trained gynecologic surgeon.



Meet Dr. Jyothi Rangadhama

Dr. Jyothi Rangadhama is a board-certified gynecologist and Fellow of American College of Obstetricians and Gynecologists. She specializes in minimally invasive gynecologic surgery—laparoscopy and hysteroscopy procedures. She received her medical degree from M.S. Ramaiah Medical College, Bangalore India, in 2002. She began her residency in obstetrics and gynecology in

India. She relocated to the United States and completed residency in obstetrics and gynecology at Jamaica Hospital Medical Center in Queens, New York, where she received many awards throughout her time there and served as Chief Resident for one year. Thereafter, Dr. Rangadhama completed a fellowship in MIGS at St. Elizabeth Medical Center in Utica, New York and has been practicing since 2014. She is fluent in English, Hindi and Kannada.

Dr. Rangadhama strives to deliver quality medical care with utmost compassion.

SCHEDULE AN APPOINTMENT

Nazareth Health Red Lion Road

9922 Roosevelt Boulevard
Philadelphia, PA 19115

Phone: 215.333.4894



Trinity Health
Mid-Atlantic

St. Mary
Medical Center