

LEARN ABOUT FIBROIDS



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.

What Are Fibroids?

Fibroids are non-cancerous muscular tumors that grow in or around the uterus. They can vary in size and may not always cause symptoms.

Symptoms

- Heavy or painful menstrual periods
- Pelvic pressure or pain (lower belly)
- Lower back pain
- Enlarged belly
- Pain during sexual activity
- Frequent urination

Possible Causes

- Medications to manage symptoms
- Surgery, if necessary, to remove fibroids

Risk Factors	How Do You Know If You Have Fibroid
Age 30s and 40s	A pelvic exam by your doctor
Family history of fi	An ultrasound
Overweight women	MRI
Diet high in red meat and ham. Lifestyle factors, such as alcohol use and stress.	CT scan
Race: African American women are more likely to develop fibroids.	X-rays

Sources: Office of Women's Health, American College of Obstetricians and Gynecologists, Jean Hailes for Women's Health, Mayo Clinic