

# Uterine Fibroid Embolization

A non-surgical alternative to hysterectomy and myomectomy

UNIVERSITY RADIOLOGY



Vascular &  
Interventional Center

# Treat fibroids safely and effectively with UFE

Many women with fibroids mistakenly believe that hysterectomy is the best or only option to treat them. In fact, the uterus is much more important to a woman's long-term health than previously thought; removing it is linked to increased risk of heart disease, cancer, early menopause (even without ovary removal) and more.<sup>1,2,3</sup>

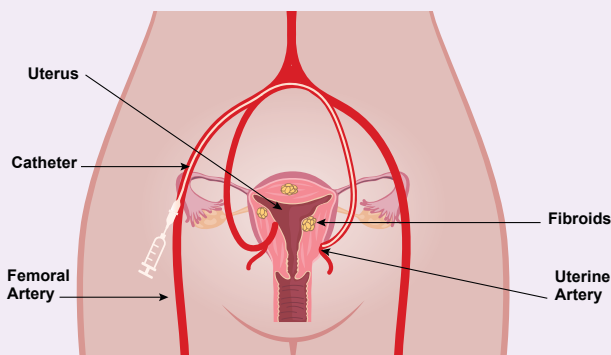
If you have uterine fibroids, you now have a safe, proven and FDA-approved treatment option. Uterine fibroid embolization (UFE) is an outpatient procedure that treats fibroids without surgery and without a hospital stay.

## WHAT ARE UTERINE FIBROIDS?

Uterine fibroids are benign (non-cancerous) tumors that grow on or within the lining of the uterus. They can range in size from as small as a grape to as large as a cantaloupe. Approximately 20-40% of women over age 35 have fibroids, and African-American women are at a higher risk for developing them.

Fibroids can result in pelvic pain or discomfort, urinary incontinence, frequent urination and heavy menstrual bleeding. The location and size of uterine fibroids can affect the severity of these symptoms and impact your quality of life. Fibroids are also hormonally sensitive, so the symptoms can be cyclical, just like with menstruation.

## HOW IS UFE PERFORMED?



## IS UFE RIGHT FOR ME?

You may be a candidate for uterine fibroid embolization if you:

- Are experiencing the symptoms of uterine fibroids
- Are premenopausal
- Are seeking an alternative to hysterectomy (surgical removal of the uterus) or myomectomy (surgical removal of fibroids from the uterus)
- Wish to avoid surgery or are a poor candidate for surgery

It is important to note that UFE can be fertility-restoring; women can and do become pregnant after UFE. However, having a healthy pregnancy depends on individual factors including your age, fibroid characteristics, etc. As with all medical procedures, talk to your doctor if you have questions, or to help determine if UFE is right for you.



## TRADITIONAL TREATMENT OPTIONS

If your fibroids are not causing pain or other symptoms, treatment may not be necessary. Your OB/GYN may wish to monitor their growth during annual examinations. Hormone treatment medication is an option to relieve symptoms such as heavy menstrual bleeding and pelvic pressure, although medication cannot eliminate fibroids and often has side effects, such as weight gain, vaginal dryness and infertility. Surgery, in the form of hysterectomy (removal of the entire uterus) or myomectomy (removal of fibroids from within the uterus) are options that are frequently used today.

# UTERINE FIBROID EMBOLIZATION (UFE)

UFE is a less invasive, FDA-approved and highly effective approach for treating fibroids that does not require the uterus to be removed. Compared to surgery, there is less pain and downtime with UFE, and most patients can resume normal activities in 7-10 days.

It is performed by a specialized doctor called an interventional radiologist, who uses X-ray imaging to guide a catheter into a small incision in the thigh or wrist, and then through the blood vessels to the arteries feeding the fibroid. When there, the radiologist embolizes or “blocks” the blood vessels that feed the fibroid, depriving it of oxygenated blood. The fibroid then shrinks and the symptoms gradually disappear.

Clinical studies show that 93% of women reported improvements in their symptoms and the vast majority of women saw long-lasting relief from symptoms after five years.<sup>4,5</sup>

UFE is performed on an outpatient basis by doctors of University Radiology Vascular & Interventional in our comfortable and convenient center.

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# University Radiology Vascular & Interventional Center

The doctors of University Radiology Vascular & Interventional Center perform minimally invasive, imaging-guided procedures to treat a growing number of diseases and chronic health conditions. We offer timely, informative consultations with our patients to ensure they have the information they need to make the decision that's right for them. Treatments are performed in our state-of-the-art outpatient center, where patients experience concierge-style service and a comfortable environment.

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Phone: (908) 874-9236 | Fax: (908) 874-9237  
[urvascular.com](http://urvascular.com)

16 Mountain Blvd. • Warren, NJ 07059

