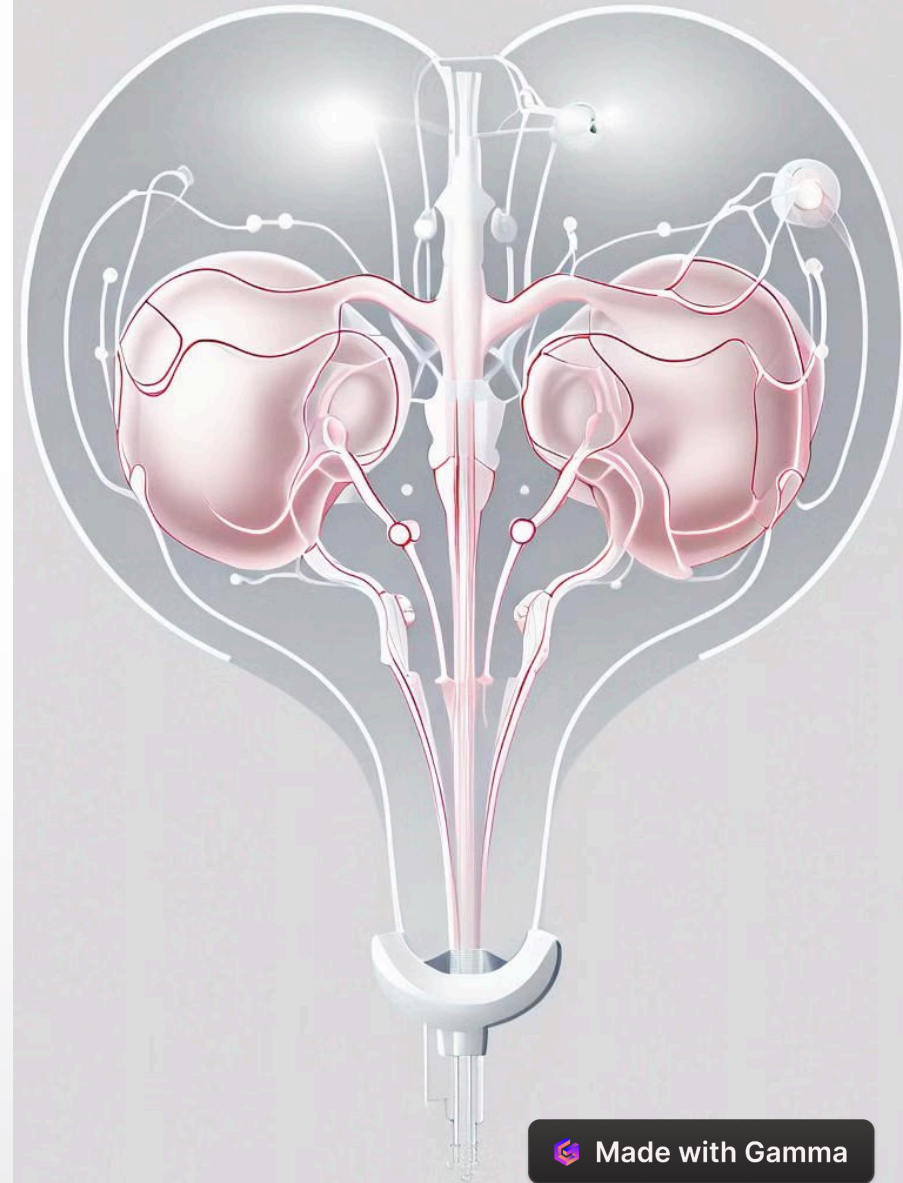


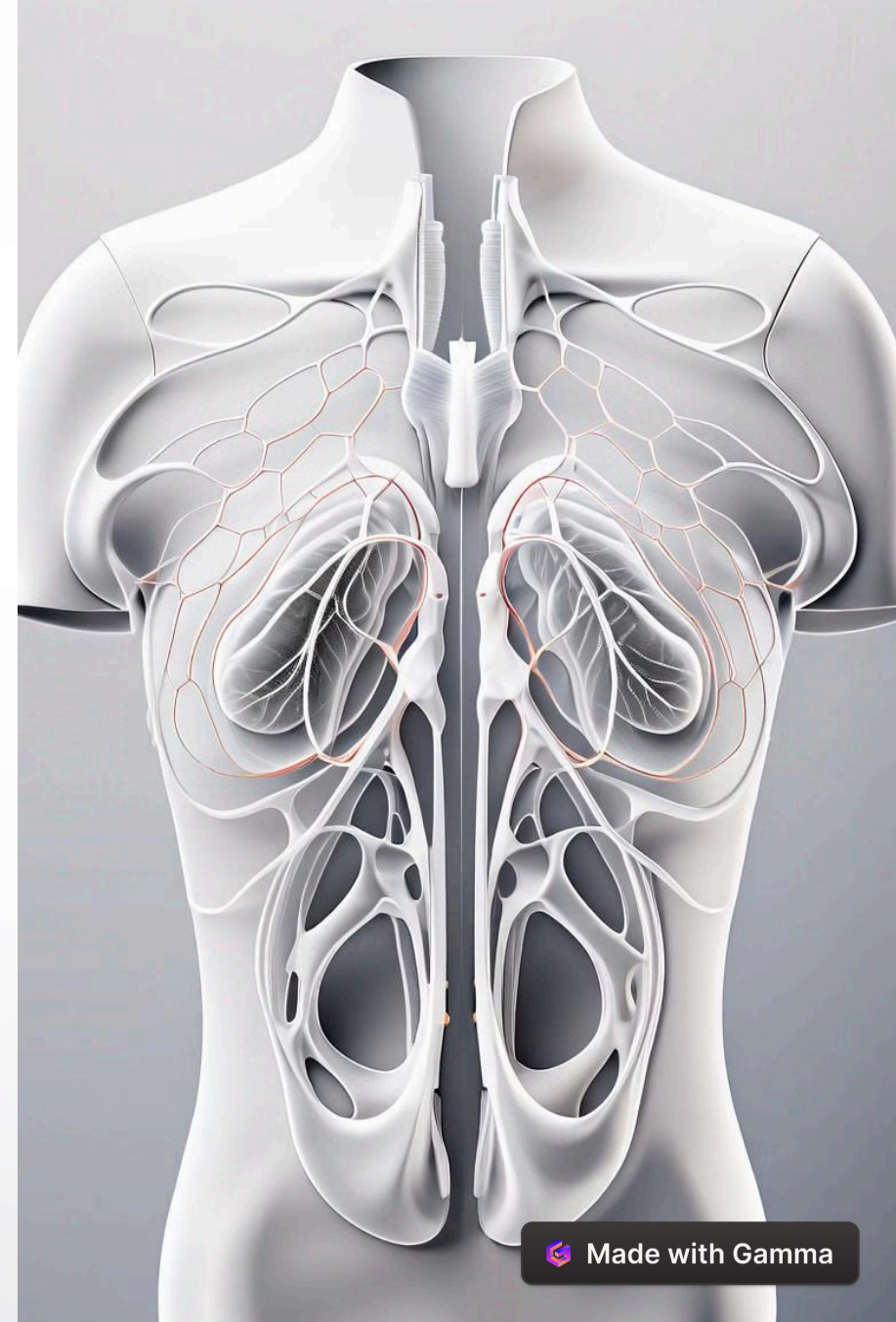
# Introduction to Fibroid Embolizations

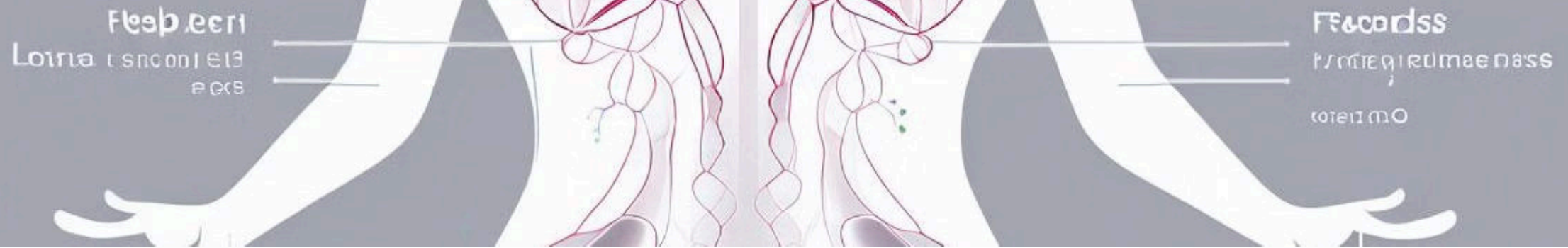
Fibroid embolization is a minimally invasive procedure that shrinks and eliminates uterine fibroids. It offers an effective alternative to surgery, helping women manage troublesome symptoms without major operations. This presentation will explore the key benefits, risks, and considerations of this innovative treatment approach.



# What are Uterine Fibroids?

Uterine fibroids are noncancerous growths that develop in or on the uterus. They can vary greatly in size, from as small as a pea to as large as a grapefruit. Fibroids are made up of muscle and fibrous tissue and are a common condition, affecting up to 80% of women by age 50.





# Symptoms Treated by Fibroid Embolization

## Heavy Menstrual Bleeding

Uterine fibroids can cause abnormally heavy and prolonged menstrual periods, which can lead to anemia and disrupt daily life. Fibroid embolization can help reduce this excessive bleeding.

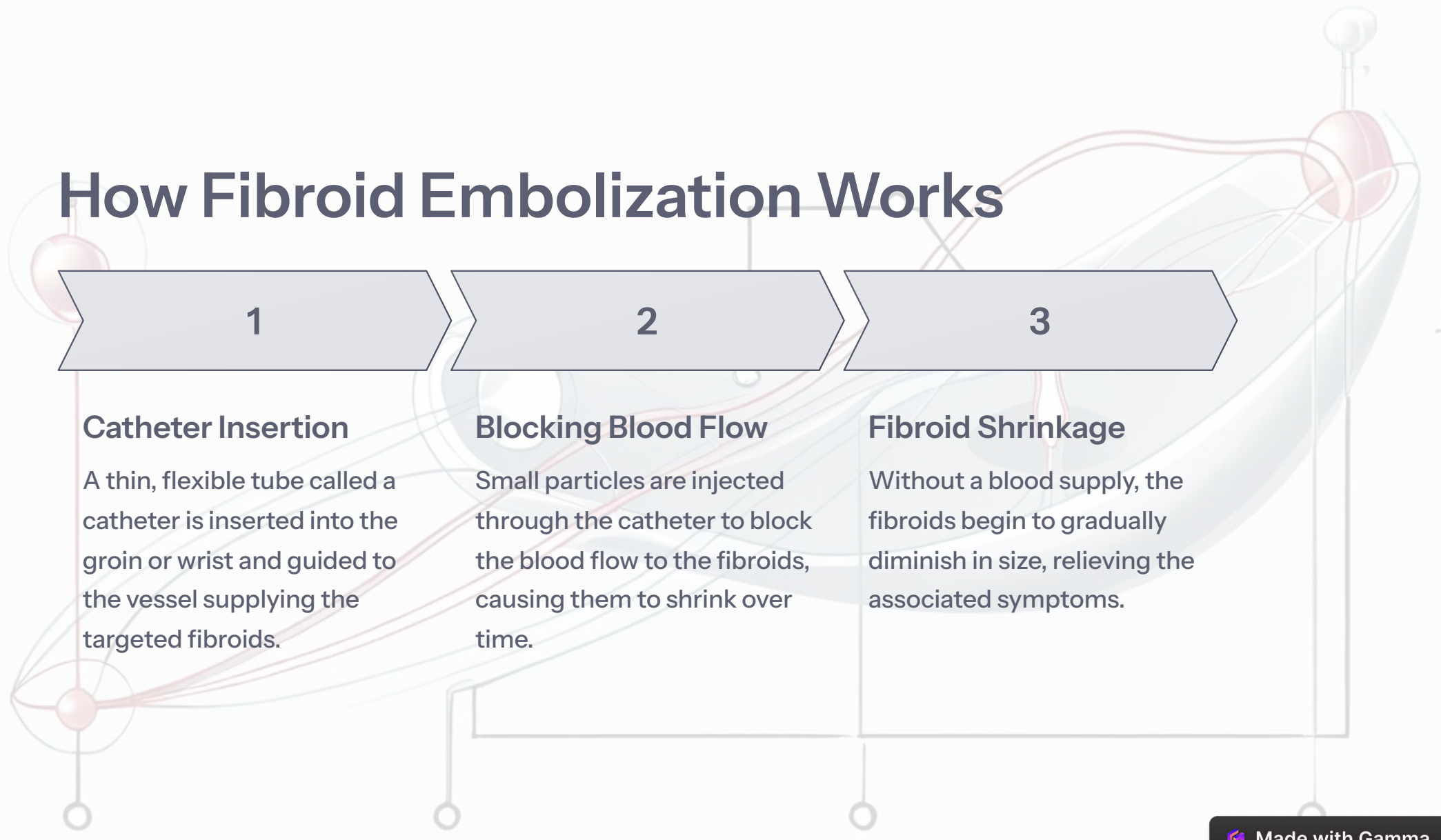
## Pelvic Pain and Pressure

Larger fibroids can put pressure on the surrounding organs, causing pelvic pain, discomfort, and a feeling of fullness. Embolization can shrink these fibroids and alleviate this symptom.

## Reproductive Issues

In some cases, fibroids can interfere with fertility or increase the risk of pregnancy complications. Fibroid embolization may be an option for women seeking to preserve their fertility.

# How Fibroid Embolization Works



**1**

## Catheter Insertion

A thin, flexible tube called a catheter is inserted into the groin or wrist and guided to the vessel supplying the targeted fibroids.

**2**

## Blocking Blood Flow

Small particles are injected through the catheter to block the blood flow to the fibroids, causing them to shrink over time.

**3**

## Fibroid Shrinkage

Without a blood supply, the fibroids begin to gradually diminish in size, relieving the associated symptoms.



# Pros of Fibroid Embolization

## Minimally Invasive

Fibroid embolization is a nonsurgical procedure that avoids the risks and recovery time associated with major surgery.

## Symptom Relief

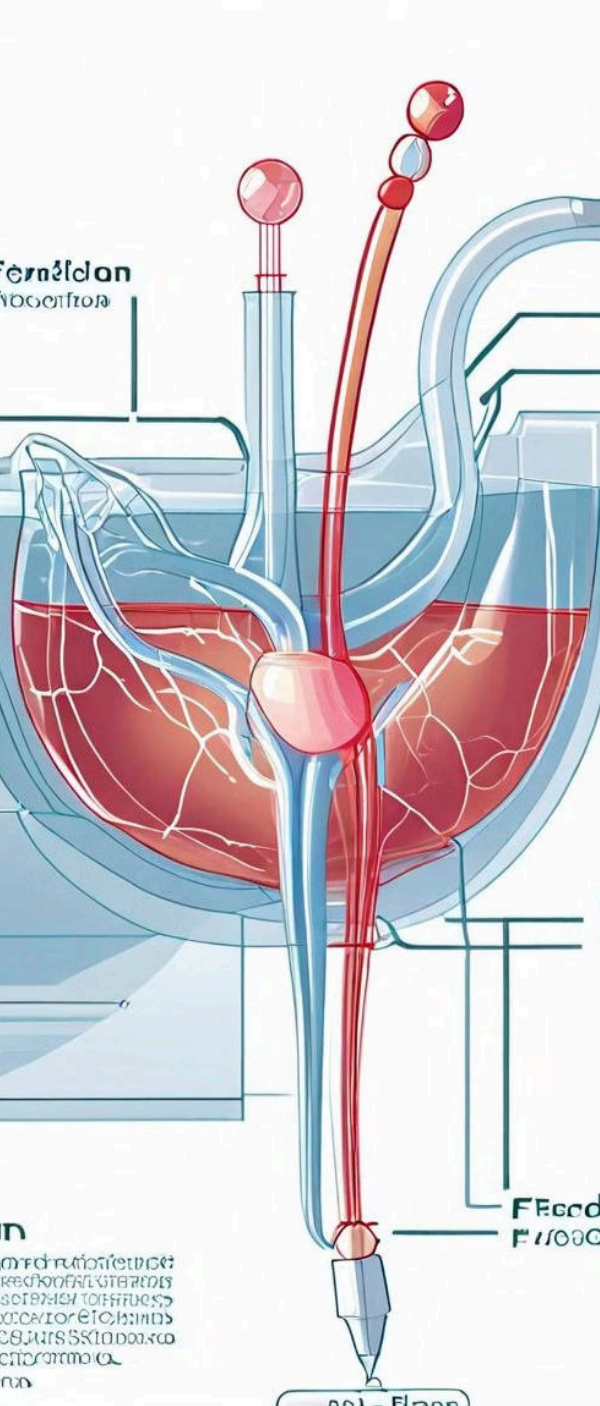
The procedure can effectively reduce or eliminate troublesome symptoms like heavy bleeding, pelvic pain, and reproductive issues caused by fibroids.

## Uterine Preservation

Unlike hysterectomy, fibroid embolization leaves the uterus intact, preserving fertility options for women who desire future pregnancies.

## Shorter Recovery

Patients typically experience a faster recovery time of 1-2 weeks, versus 4-6 weeks for open surgery.



# The Embolization Procedure

1

## Accessing the Vessels

The procedure begins with the insertion of a thin, flexible catheter into the groin or wrist area to access the femoral or radial artery. The catheter is then carefully guided through the blood vessels to reach the targeted area.

2

## Blocking the Blood Supply

The interventional radiologist uses the catheter to inject tiny embolic particles into the uterine blood vessels. These particles block the blood flow to the fibroids, causing them to gradually shrink over the following weeks.

3

## Monitoring and Completing

The radiologist monitors the procedure with real-time imaging to ensure the fibroids are properly embolized. Once satisfied, the catheter is removed, and the small incision is closed with a bandage.

# Post-Operative Care and Recovery



## Recovering in the Hospital

After the fibroid embolization procedure, patients typically stay in the hospital for 1-2 days for monitoring and initial recovery. During this time, nurses will closely track vital signs and provide pain medication as needed.



## Continuing Recovery at Home

Most patients can return home within a day or two and continue their recovery there. They may experience some discomfort or cramping, but this can be managed with over-the-counter pain medication.



## Gradual Return to Normal Activities

Over the next 1-2 weeks, patients can gradually resume their normal daily routines, including light exercise and work. However, they should avoid heavy lifting or strenuous activities until fully healed.

# Conclusion and Key Takeaways

Fibroid embolization is a minimally invasive, uterus-preserving procedure that can effectively relieve troublesome symptoms caused by uterine fibroids. While there are some potential risks and a period of recovery, the benefits often outweigh the drawbacks for many women.

