

# treatment options



Procedure	What is it?	Advantages	Disadvantages
<i>Hysterectomy</i>	<ul style="list-style-type: none"> <li>• Surgical removal of the uterus.</li> <li>• Expect a hospital stay and a recovery period.</li> </ul>	<ul style="list-style-type: none"> <li>• Fibroids never come back because the uterus is removed.</li> </ul>	<ul style="list-style-type: none"> <li>• Reproductive potential is lost. Other side effects possible.</li> <li>• Recovery time is typically several weeks.</li> </ul>
<i>Abdominal myomectomy</i>	<ul style="list-style-type: none"> <li>• Removal of one or more of the fibroids with open abdominal surgery.</li> </ul>	<ul style="list-style-type: none"> <li>• Preserves the uterus and cervix.</li> </ul>	<ul style="list-style-type: none"> <li>• A re-occurrence of the fibroid symptoms is possible if new fibroids grow.</li> </ul>
<i>Laparoscopic or hysteroscopic myomectomy</i>	<ul style="list-style-type: none"> <li>• One or more of the fibroids are removed using laparoscopic or endoscopic techniques.</li> </ul>	<ul style="list-style-type: none"> <li>• Less invasive than open abdominal myomectomy, fibroids can be removed via abdominal endoscope or the cervix/vagina.</li> </ul>	<ul style="list-style-type: none"> <li>• Not suitable for larger, multiple, or deep fibroids.</li> </ul>
<i>Uterine artery embolization</i>	<ul style="list-style-type: none"> <li>• The uterine artery is blocked with small particles; the fibroid is starved of its blood supply.</li> </ul>	<ul style="list-style-type: none"> <li>• Symptom relief with shorter hospital stay than hysterectomy or myomectomy.</li> </ul>	<ul style="list-style-type: none"> <li>• Risks include radiation, premature menopause, serious infection, bleeding and embolization of other than the fibroids.</li> </ul>
<i>Magnetic Resonance guided Focused Ultrasound</i>	<ul style="list-style-type: none"> <li>• The use of focused ultrasound waves to heat and destroy fibroid tissue. MRI images are used for treatment planning and feedback.</li> </ul>	<ul style="list-style-type: none"> <li>• No surgical incision required. No radiation; quick return to normal life.</li> </ul>	<ul style="list-style-type: none"> <li>• Fibroid recurrence not proven. Not suitable for persons contraindicated for MRI.</li> </ul>
<i>Hormone therapy</i>	<ul style="list-style-type: none"> <li>• A drug treatment that causes fibroid shrinkage.</li> </ul>	<ul style="list-style-type: none"> <li>• Non-surgical, conservative method of fibroid treatment.</li> </ul>	<ul style="list-style-type: none"> <li>• Treatment is only effective for 6-12 months.</li> <li>• Causes menopausal symptoms.</li> <li>• May result in rapid return of symptoms after stopping treatment.</li> </ul>
<i>Watchful waiting</i>	<ul style="list-style-type: none"> <li>• No treatment.</li> <li>• Monitoring for any progression of symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>• Sometimes fibroid symptoms diminish with menopause.</li> </ul>	<ul style="list-style-type: none"> <li>• Fibroids can continue to grow with an increase in symptoms.</li> <li>• Fibroids beyond a certain size may require surgery.</li> </ul>

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