



Uterine Fibroid Embolization

A minimally invasive treatment and alternative to hysterectomy



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Physicians

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.





Traditional Treatment Options

If your fibroids are not causing pain or other symptoms, treatment may not be necessary. Your OB/GYN might 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.

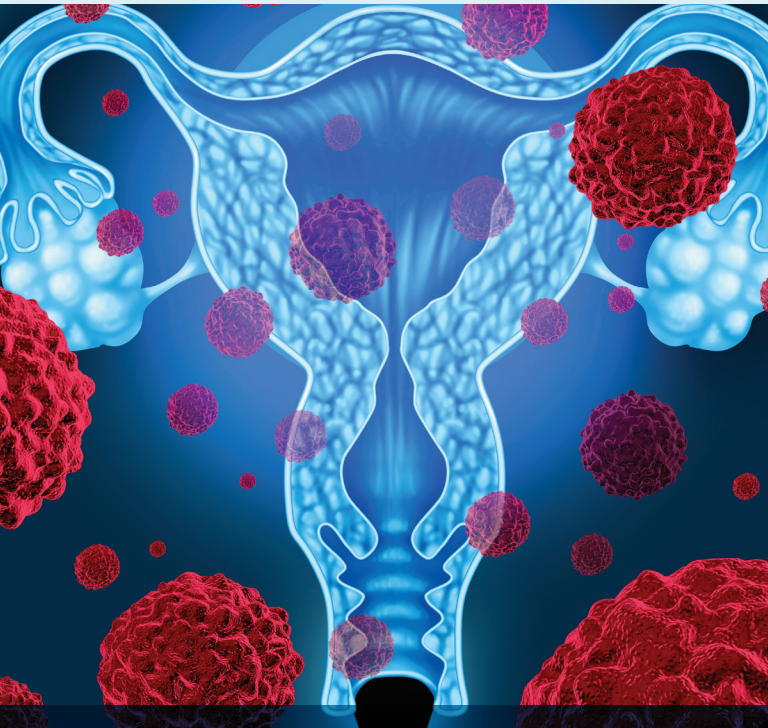
Surgery, in the form of hysterectomy (removal of the entire uterus) or myomectomy (removal of fibroids from within the uterus) are options that are used today. However, surgery is expensive, requires a long and sometimes painful recovery and results in scarring.

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. It is performed by a specialized doctor called an interventional radiologist, who uses X-ray imaging to guide a catheter through the radial or femoral artery in the groin to the uterine artery. When the catheter has reached the location of the fibroids, 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.

UFE is performed in our comfortable and convenient outpatient center. The procedure takes less than an hour, and you may return home the same day.



Is UFE right for me?

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

- Are experiencing the symptoms of uterine fibroids such as heavy bleeding, constipation, or urinary frequency
- Are seeking an alternative to hysterectomy (removal of the uterus)
- Wish to avoid surgery or are a poor candidate for surgery

As with all medical procedures, talk to your doctor if you have questions, and to help determine if UFE is right for you.





National VASCULAR Physicians

National Vascular Physicians is a vascular and interventional radiology practice with locations in National Harbor, MD and Roanoke, VA. We perform minimally invasive treatments and procedures for a number of health conditions and diseases.

We offer the full range of minimally invasive vascular and interventional radiology services at each of our DC-area and Virginia locations. Vascular disease, orthopedic conditions, uterine fibroids, enlarged prostate and more can be treated faster, less expensively and with greater precision and safety than ever before. To learn more, visit NationalVascularPhysicians.com.

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