

**UTERINE FIBROID**

**EMBOLIZATION**

**Medicine**  
*without limits*

**LVI**

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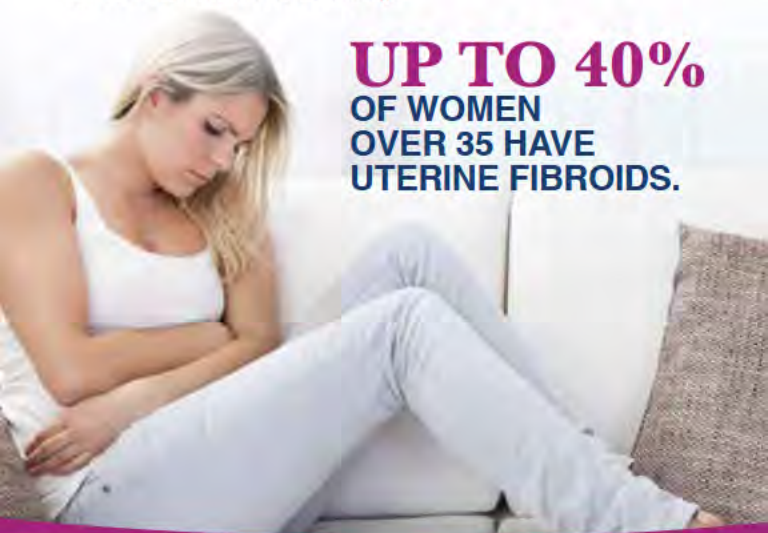
# THE NON-SURGICAL OPTION TO TREAT UTERINE FIBROIDS



For a woman with uterine fibroids, pain and heavy menstrual bleeding is a huge obstacle to a normal lifestyle. Even the simplest things—that she never gave a second thought to in the past—now require an unusual number of precautions and careful planning.

Uterine fibroid embolization (UFE) is an effective alternative to hysterectomy or myomectomy. This safe and FDA-cleared procedure, performed by an interventional radiologist, requires no anesthesia and offers a much faster recovery.

**UP TO 40%**  
OF WOMEN  
OVER 35 HAVE  
UTERINE FIBROIDS.





## IS UFE RIGHT FOR ME?

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

- Are experiencing the symptoms of uterine fibroids
- Are not or no longer wish to become pregnant
- Are seeking an alternative to hysterectomy (removal of the uterus)
- Wish to avoid surgery or are a poor candidate for surgery

It is not known the long term effects that UFE has on a woman's ability to become pregnant. If you decide on UFE, becoming pregnant in the future can be extremely difficult – although some women have had successful pregnancies after UFE. As with all medical procedures, talk to your doctor if you have questions, and to help determine if UFE is right for you.

1. Smith WJ, Upton E, Shuster EJ, Klein AJ, Schwartz ML. Patient satisfaction and disease specific quality of life after uterine artery embolization. *Am J Obstet Gynecol.* 2004;190(6):1697–1703.
2. Scheurig-Muenkler C, Koesters C, Powerski MJ, Grieser C, Froeling V, Kroencke TJ. Clinical long-term outcome after uterine artery embolization: sustained symptom control and improvement of quality of life. *J Vasc Interv Radiol.* 2013;24(6):765–771
3. Laughlin SK, Schroeder JC, Baird DD. New directions in the epidemiology of uterine fibroids. *Semin Reprod Med.* 2010;28(3):204–217



## 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 the age 35 have fibroids, and African-American women are at a much 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. In addition hysterectomy can result in earlier menopause, as well as weight gain, depression and a number of sexual side effects.

Myomectomy is the preferred treatment of fibroids for women who wish to become pregnant, and/or to improve their chances for becoming pregnant. However, fibroids often return within a few years of having this procedure.



## UTERINE FIBROID EMBOLIZATION (UFE)

UFE is a safe, proven and minimally-invasive treatment for uterine fibroids. A specially trained interventional radiologist uses imaging guidance to thread a small catheter through your body to the site of the blood vessel feeding the fibroids. The vessel is then blocked, causing the fibroids to shrink and reduce the symptoms they are causing. The procedure is performed in less than an hour, requires only a small nick in the skin, and patients can return home within 24 hours. Lakeland Vascular Institute physicians are among the most experienced in Florida at performing this procedure.

Women who undergo UFE have demonstrated a high level of satisfaction and a significant improvement to their quality of life, even over the long term.<sup>1,2</sup> In a recent study of four randomized clinical trials comparing UFE to surgical interventions, UFE was associated with less blood loss, a shorter hospital stay and a faster return to work.<sup>3</sup>

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# LAKELAND VASCULAR INSTITUTE MEDICINE WITHOUT LIMITS™

Interventional radiology (IR) represents an exciting new frontier in disease and pain treatment. Today's IR therapies are more precise, less invasive and more effective than ever... giving you and your doctor additional options to treat disease and restore you to optimal health.

At the Lakeland Vascular Institute, we do so much more than treat vascular disease. We use the body's vascular system—along with state-of-the-art imaging guidance—to reach the source of the problem and deliver precisely targeted therapy. Cancerous tumors, spine fractures, abdominal aortic aneurysms, uterine fibroids, obesity and of course, vascular disease and access. These and many other health conditions can be treated faster, less expensively and with greater safety and accuracy than ever before.

*For questions, consultations and scheduling,  
please call 863-577-0316*



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