

# UTERINE FIBROIDS



**Precision Therapy**  
Part of Imaging Healthcare Specialists



# What are Uterine Fibroids?

**Uterine fibroids are benign growths within 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.

For many women, fibroids can result in pelvic pain or discomfort, urinary incontinence, and heavy menstrual bleeding. The location and size of uterine fibroids can affect the severity of these symptoms. Fibroids are also hormonally sensitive, so symptoms can be cyclical like with menstruation.



## **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 menstruation, painful cramping, urinary incontinence, etc.

The long term effects that UFE has on a woman's ability to become pregnant are not well known, although some women have had successful pregnancies after UFE.

**We encourage you to talk to your doctor about your treatment options and ask if UFE is right for you.**



## Traditional Treatment for Fibroids

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



## **UFE – Precision Therapy for Fibroids**

Uterine fibroid embolization (UFE) is a minimally invasive, FDA-cleared and highly effective approach for treating fibroids. It is performed by a specialized doctor—known as an Interventional Radiologist—who uses imaging to guide a catheter through the body 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 improve over time.

UFE is performed on an outpatient basis. The procedure generally takes an hour, and the patient may return home the same day.

# LOCATIONS

**UFE Treatment is Available  
at the Following Location:**

**Hillcrest**

150 W. Washington Street  
San Diego, CA 92103

**For a full list of our locations, please  
visit [imaginghealthcare.com/locations](https://imaginghealthcare.com/locations)  
or scan the QR code below.**



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