



UFE

A LESS INVASIVE
WAY TO TREAT
UTERINE FIBROIDS



What are uterine fibroids?

Uterine fibroids are benign (non-cancerous) tumors that grow from 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 greater 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, more invasive, requires a long and sometimes painful recovery and results in scarring. Myomectomy is the preferred treatment for women who wish to become pregnant.



Uterine Fibroid Embolization (UFE)

UFE is a less invasive, FDA-approved and highly effective approach for treating fibroids. It is performed by a specialized doctor called an interventional radiologist, who uses X-ray imaging to guide a catheter through the femoral artery in the groin to the uterine arteries. 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.

UFE is performed on an outpatient basis. The procedure takes less than an hour, and the patient may return home less than 24 hours after the procedure.

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

The long term effects that UFE has on a woman’s ability to become pregnant are unknown. If you decide on UFE, becoming pregnant in the future can be 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.





Synergy Radiology Associates

Uterine Fibroid Embolization (UFE) is provided as a service of the hospital and Synergy Radiology Associates. Interventional radiologists who perform UFE have undergone additional, specialized training in image guided procedures.

Synergy is Houston's premier radiology team, comprised of more than 65 board certified radiologists, dedicated to providing the most advanced minimally invasive treatments, the highest quality imaging interpretations and the best possible care for patients.

For more information visit synergyrad.org/ufe.



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