

Fibroids

Fibroids are common benign growths in the uterus. There are different types depending on the various locations these fibroids may be found within the uterus. However, fibroid tumours are not only found in the uterus. It is also possible to have ovarian and breast fibroids. It is unclear what causes fibroids but oestrogens help them grow. Some of them do not cause problems. Others may cause heavy vaginal bleeding, anaemia, pelvic pain, back ache, infertility and bladder or bowel symptoms. Treatment depends on the woman's age, her general health condition, the current symptoms, her desire to try for pregnancy and the type, size and number of the fibroids.

Conservative treatment targets the symptoms related to fibroids such as painkillers for pain, iron tablets for anaemia, drugs to make the periods lighter and hormone manipulation to help them shrink.

Treatments include techniques that obstruct the blood supply to the fibroid and cause it to shrink (embolization).

Surgical treatments include removal of the fibroid ("myomectomy") or removal of the womb ("hysterectomy"). Removal of fibroid can be achieved via minimally invasive techniques (Keyhole surgery) such as laparoscopy or hysteroscopy. Hysterectomy can also be performed laparoscopically.