

Uterine Fibroids

Talking with Your Healthcare Provider about Treatment Options

If you have been diagnosed with fibroids, you are not alone. Many women develop fibroids in their uterus. These fibroids may or may not cause problems for you. Fortunately, there are many options for treatment. This list of questions may help guide the conversation between you and your provider, so you have the information you need to choose the treatment that best fits your needs.

Should I Be Concerned?

1. What types of problems can fibroids cause?
2. If I want to become pregnant, could having fibroids cause problems?
3. Will any problems caused by my fibroids go away after I reach menopause?
4. If I am not having any problems do I need to have any treatment now?

What Are My Treatment Options?

1. What treatment options, other than surgery, are available to manage heavy bleeding caused by my fibroids? What are the advantages and disadvantages of these treatment options?
2. Do you recommend no treatment at this time and monitoring for changes?
 - What types of symptoms should I report to you?
 - How often will you want to see me to monitor for changes?
3. Do you recommend my taking medication to shrink fibroids?
 - What medications are available?
 - How do these medications work?
 - What are the side effects?
 - How long will I need to take the medication?
 - How often will you want to see me to monitor for changes?
 - Is this a permanent remedy? If not, how long does it work?
4. Do you recommend surgery for my fibroids?
 - What surgery options are available?
 - What are the advantages and disadvantages of the different types of surgery?
 - If I choose to only have the fibroids removed and to keep my uterus, could the fibroids grow back?
5. How soon should I make a decision about treatment for my fibroids?