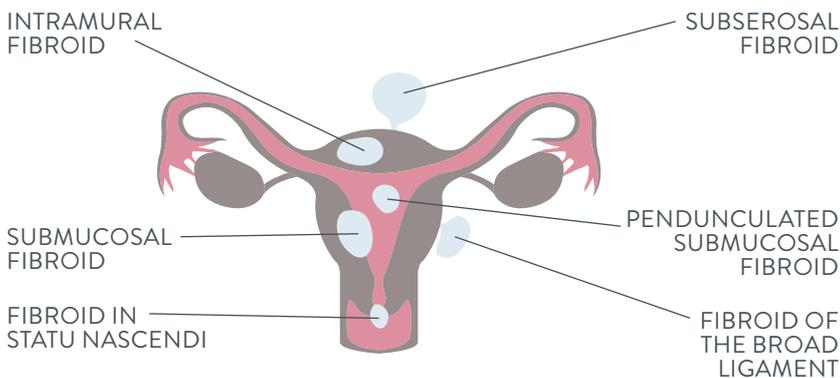


ABOUT uterine fibroids

For more information on uterine fibroids and the treatment options available visit www.fibroidsconnect.co.uk. Fibroids Connect is a website and Talk About U is a disease awareness campaign developed and funded by Gedeon Richter (UK) Ltd.

What are uterine fibroids?

- Uterine fibroids are the most common form of non-cancerous (benign) tumours in women and grow from uterine muscle.¹ There are usually multiple uterine fibroids present and they can range from the size of a pea to the size of a melon.²
- Uterine fibroids are common, with around one in three women developing them at some point in their life.²
- Around 25% of symptomatic women suffer from a major impact to their quality of life.³
- The symptoms of uterine fibroids depend on the location of the tumours in the womb.³



Uterine fibroids and pregnancy

When located in certain positions in the uterus, uterine fibroids can make it difficult for women to conceive or deliver a baby, sometimes meaning a caesarean section is necessary. Uterine fibroids are also associated with problems such as pre-term labour or, in rare cases, can cause miscarriage.⁴



Risk factors

Uterine fibroids usually develop in women who are of reproductive age, and several risk factors can contribute to the development of uterine fibroids including:

- AGE** Age – they most often occur in women aged 30 to 50²
- FAMILY HISTORY** Family history⁷
- BLOOD PRESSURE** High blood pressure^{7,8,9}
- OBESITY** Obesity²
- RACE** Uterine fibroids are thought to develop more frequently in women of African-Caribbean origin.²

Symptoms

-  **HEAVY OR PAINFUL MENSTRUAL BLEEDING**
-  **ABDOMINAL PAIN**
-  **LOWER BACK PAIN**
-  **FREQUENT NEED TO URINATE**
-  **CONSTIPATION**
-  **PAIN OR DISCOMFORT DURING SEX**

The NHS defines heavy periods as needing to change sanitary products every hour or two, passing blood clots larger than 2.5cm (about the size of a 10p coin), needing to use two types of sanitary product together, or bleeding through to clothes or bedding.⁵

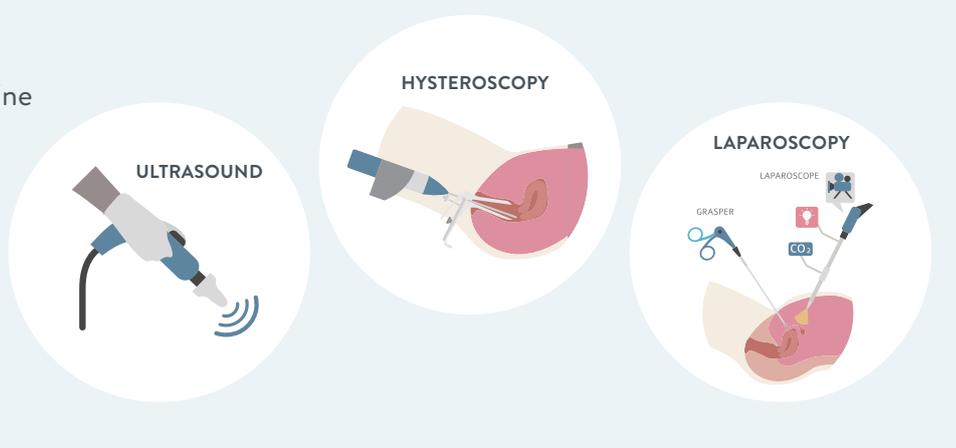
Research has revealed that 93% of women with uterine fibroids who experienced symptoms said that they have suffered with heavy periods, and 87% said this affected their confidence.⁶

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Diagnosis

If no symptoms are present, uterine fibroids are sometimes found via routine physical examinations. Ways to diagnose and confirm uterine fibroids include:¹⁰

- Ultrasound – transvaginal or abdominal
- Hysteroscopy
- Laparoscopy
- Biopsy



Treatment

Treatment may not be necessary if there are no symptoms, or symptoms are so minor they don't impact daily life.¹¹

There are medical and surgical treatment available for those who have symptomatic fibroids. Please speak with your HCP should you want to know more or have any concerns.

1. Williams ARW. Uterine fibroids - what's new?. *F1000Res*. 2017;6:2109. Published 2017 Dec 7. doi:10.12688/f1000research.12172.1 2. NHS. Fibroids. Overview. Available at: <https://www.nhs.uk/conditions/fibroids/> Last accessed May 2019. 3. McWilliams MM, Chennathukuzhi VM. Recent Advances in Uterine Fibroid Etiology. *Semin Reprod Med*. 2017;35(2):181-189. doi:10.1055/s-0037-1599090 4. NHS. Fibroids. Complications. Available at: <https://www.nhs.uk/conditions/fibroids/complications/> Last accessed May 2019. 5. Fibroids. Heavy Periods. Available at: <https://www.nhs.uk/conditions/heavy-periods/> Last accessed May 2019. 6. Gedeon Richter UK. Survey of 200 women with uterine fibroids with symptoms. 2019. 7. Okolo S. Incidence, aetiology and epidemiology of uterine fibroids. *Best Pract Res Clin Obstet Gynaecol*. 2008 Aug;22(4):571-88. 8. Fibroids: diagnosis and management. *BMJ* 2015;351:h4887 9. Oudman, I. Creatine kinase and blood pressure: Clinical and therapeutic implications. 2013. 10. NHS. Fibroids. Diagnosis. Available at: <https://www.nhs.uk/conditions/fibroids/diagnosis/> Last accessed May 2019. 11. NHS. Treatment. Available at: <https://www.nhs.uk/conditions/fibroids/treatment/> Last accessed May 2019. 12. NICE guideline NG88. Heavy Menstrual Bleeding: assessment and management, updated November 2018. 13. ulipristal acetate 5 mg Tablets SPC. Available at: <https://www.medicines.org.uk/emc/product/3951/smpc> Last accessed May 2019.