



Uterine Fibroid Embolization

A non-surgical alternative
to hysterectomy



NG Vascular & Vein Center
Comprehensive Vascular and Interventional Care



Treat fibroids safely and effectively with an outpatient procedure

Many women with fibroids mistakenly believe that hysterectomy is the best or only option to treat them. In fact, the uterus is much more important to a woman's long-term health than previously thought; removing it is linked to increased risk of heart disease, cancer, early menopause (even without ovary removal) and more.^{1,2,3}

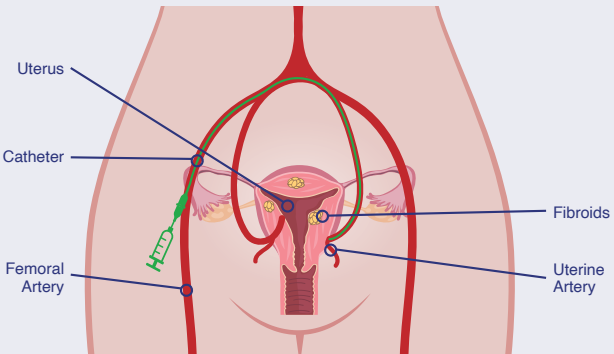
If you have uterine fibroids, you now have a safe, proven and FDA-approved option. Uterine fibroid embolization (UFE) is an outpatient procedure that treats fibroids without surgery, without downtime and without a hospital stay.

WHAT ARE UTERINE FIBROIDS?

Uterine fibroids are benign (non-cancerous) tumors that grow on or within the lining of 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 higher 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.

HOW IS UFE PERFORMED?



IS UFE RIGHT FOR ME?

You may be a candidate for uterine fibroid embolization if you:

- Are experiencing the symptoms of uterine fibroids
- Are premenopausal
- Are not and 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

It is not known the long-term effects that UFE has on a woman's ability to become pregnant. If you decide on UFE, becoming pregnant in the future can be extremely 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.



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, requires a long and sometimes painful recovery and results in scarring. In addition to long-term health risks, the procedure itself has a high complication rate.^{4,5} Myomectomy is a preferred treatment for women who wish to become pregnant, however fibroids may return in the future.⁶

UTERINE FIBROID EMBOLIZATION (UFE)

UFE is a less invasive, FDA-approved and highly effective approach for treating fibroids that does not require the uterus to be removed. It is performed by a specialized doctor called an interventional radiologist, who uses X-ray imaging to guide a catheter through the blood vessels to the arteries feeding the fibroid. When there, 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.

Clinical studies show that 93% of women reported improvements in their symptoms and the vast majority of women saw long-lasting relief from symptoms after five years.^{7,8}

UFE is performed on an outpatient basis in our comfortable and convenient center. The procedure takes less than an hour, and you may return home less than two hours after the procedure.

1. Journal Menopause [Mayo Clinic Study] Jan 3, 2018
2. Association of Ovary-Sparing Hysterectomy With Ovarian Reserve
Trabuco, Emanuel C. MD, MS; Moorman, Patricia G. PhD; Algeciras-Schimnich, Alicia PhD; Weaver, Amy L. MS; Cliby, William A. MD *Obstetrics & Gynecology*: May 2016 - Volume 127 - Issue 5 - p 819–827
3. *Obstet Gynecol.* 2009 May;113(5):1027-37. doi: 10.1097/AOG.0b013e3181a11c64. Ovarian conservation at the time of hysterectomy and long-term health outcomes in the nurses' health study. Parker WH1, Broder MS, Chang E, Feskanich D, Farquhar C, Liu Z, Shoupe D, Berek JS, Hankinson S, Manson JE.
4. Makinen J, Johansson J, Tomas C, Tomas E, Heinonen PK, Laatikainen T, et al. Morbidity of 10 110 hysterectomies by type of approach. *Hum Reprod.* 2001;16(7):1473–8. [PubMed]
5. Harkki-Siren P, Kurki T. A nationwide analysis of laparoscopic complications. *Obstet Gynecol.* 1997;89(1):108–12. [PubMed]
6. Katherine J Kramer et al. Reoperation rates for recurrence of fibroids after abdominal myomectomy in women with large uterus. *PloS One* December 2021; 16(12): e0261085
7. Smith WJ, Upton E, Shuster EJ, Klein AJ, Schwartz ML. Patient satisfaction and disease specific quality of life after uterine artery embolization. *Am J Obstet Gynecol.* 2004;190(6):1697–1703.
8. Scheurig-Muenkler C, Koesters C, Powerski MJ, Grieser C, Froeling V, Kroencke TJ. Clinical long-term outcome after uterine artery embolization: sustained symptom control and improvement of quality of life. *J Vasc Interv Radiol.* 2013;24(6):765–771

NG VASCULAR AND VEIN CENTER

At NG Vascular & Vein Center, we offer less invasive treatments for various conditions, from peripheral artery disease (PAD), varicose veins, knee osteoarthritis, uterine fibroids and several other painful and often life-threatening conditions.

With offices throughout Northwest Indiana & greater Chicago area, our treatments are outpatient based, with a faster recovery and minimal discomfort.

**For more information, visit
NGvascular.com**



NG Vascular & Vein Center
Comprehensive Vascular and Interventional Care

Merrillville | Munster
(219) 208-6218

Palos Heights | Homewood | Addison
(708) 888-1167

F: (219) 359-3679

NGvascular.com