



# Uterine Fibroid Embolization

**A minimally invasive treatment and alternative to hysterectomy**



MEMPHIS  
VASCULAR  
CENTER



## **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.



## 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

Although some women have had successful pregnancies after UFE, the long-term effects aren't known about a woman's ability to become pregnant and may reduce your chances. 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. Myomectomy is a preferred treatment for women who wish to become pregnant, however fibroids may return in the future.



## **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 femoral artery in the groin to the uterine artery. When the catheter has reached the location of the fibroids, 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.

UFE is performed in our comfortable and convenient outpatient center. The procedure takes less than an hour, and you may return home the same day.

## MEMPHIS VASCULAR CENTER

The doctors of Memphis Vascular Center are among the region's most experienced team specializing in the minimally invasive treatment of many diseases and health conditions. Vascular and interventional radiology is a method of treating disease from inside the body, without open surgery. This results in less trauma for the patient, lower risk of complications, shorter recovery time and virtually no scarring. Additionally, these treatments are performed in our outpatient center, a safe and convenient alternative to a hospital.

Our doctors are fellowship trained in vascular and interventional radiology. With more than 13 years of education and training, they are among the most highly trained doctors practicing medicine today and are uniquely qualified to provide both diagnostic evaluations as well as the required treatment.

If you are a candidate for one of our procedures, we invite you to schedule a consultation with us. We are happy to work with your doctor(s) and other members of your care team to find the right treatment for your specific condition.

**FOR MORE INFORMATION,  
VISIT [MEMPHISVASCULAR.COM](http://MEMPHISVASCULAR.COM)**



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