

Alternatives to Hysterectomy: Uterine Fibroids

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IT'S HOW MEDICINE

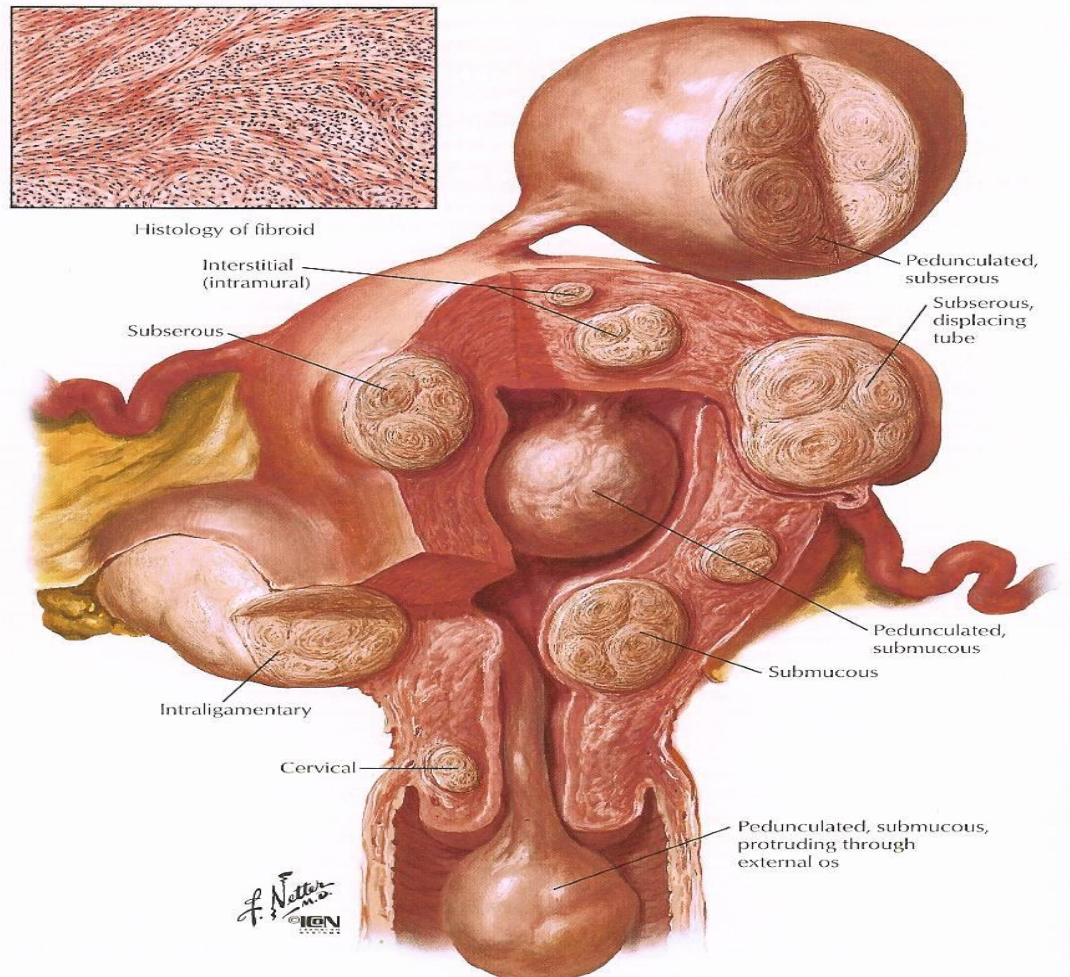
SHOULD BE

Background (Fibroids)

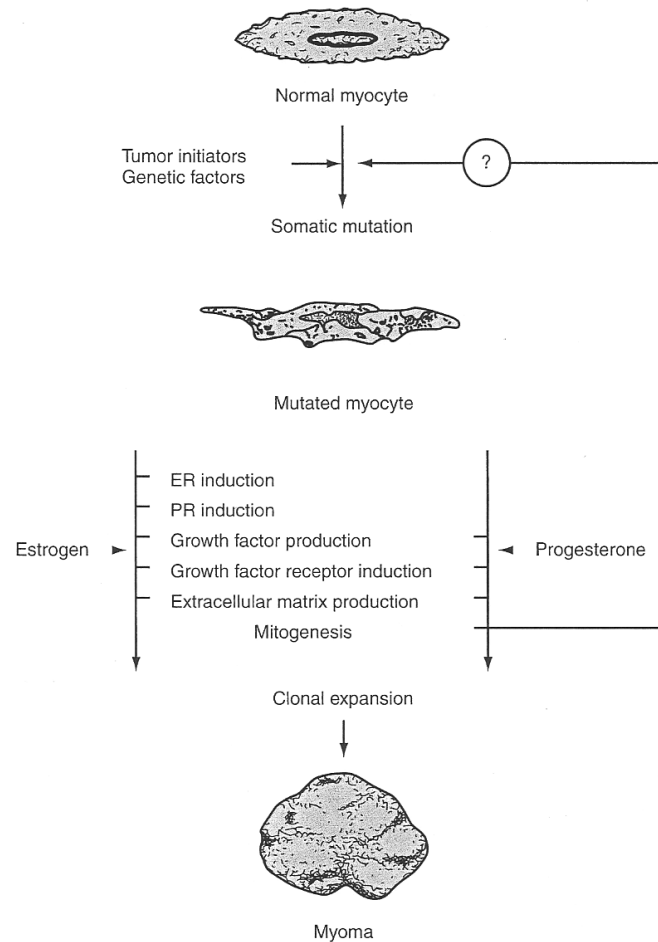
- **Most common solid pelvic tumor in women**
- **Incidence increases with age**
- **Prevalence up to 70 to 80%**
- **Pathophysiology not fully understood**
- **Estrogen, progesterone and other growth factors stimulates growth**
- **Most asymptomatic**
- **Common symptoms includes abnormal uterine bleeding and pelvic pressure or pain**

Background (Fibroids)

- Frequently described based on location



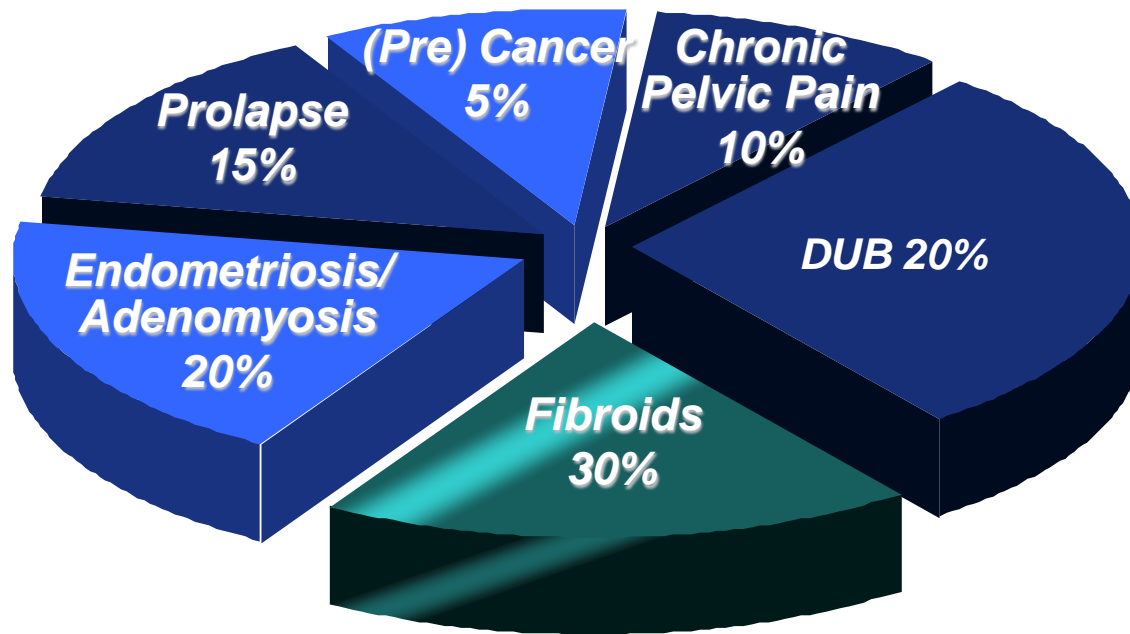
- Pathophysiology



Background (Hysterectomy)

- **One of the most common gynecologic procedures (600, 000 cases/yr)**
- **Second most common surgery in the US**
- **Most commonly done for benign conditions (80-90%)**
- **Most common surgical treatment for fibroids**

Indications for Hysterectomy



- **Medical management**
- **Conservative surgical management**
- **Surgical management**

- **Contraceptive Steroids**
- **Gonadotropin-Releasing Hormone Agonists**
- **Aromatase Inhibitors**
- **Progesterone Modulators**
- **Herbal preparations**

- **Endometrial ablation**
- **Hysteroscopic myomectomy**
- **Uterine artery embolization**
- **Myolysis/Cryomyolysis**
- **Magnetic Resonance Imaging-Guided Focused Ultrasound Surgery**
- **Laparoscopic uterine artery occlusion**
- **Doppler guided uterine artery occlusion**

- **Endoscopic myomectomy (including single port access surgery)**
- **Robotic-assisted endoscopic myomectomy**

New uterine-preserving therapies raise questions about interdisciplinary management and the role of surgery for symptomatic fibroids

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- **Optimize patient care**
- **Integrate advances in clinical research into clinical practice sooner**
- **Expand patient choices**
- **Improve patient satisfaction**

Indications for Hysterectomy

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