

# Are Your Heavy Periods Due to Uterine Fibroids (UF)?

Do you have:

- Heavy periods?
- Long periods?
- Pain in your abdomen or low back?
- Pain during sex?

If so, you could have UF. Read on to learn more about what they are, what they feel like, and what you can do next.

## Are Uterine Fibroids Common?

If you have UF, you are not alone! Around 70% of women in the US will have UF by menopause.<sup>1</sup>

Black women are 2–3 times **MORE** likely to have UF.<sup>2</sup> They may get them at a younger age, too.<sup>3</sup>



Around  
**70%**  
of white women  
will have UF by  
age 49<sup>3</sup>

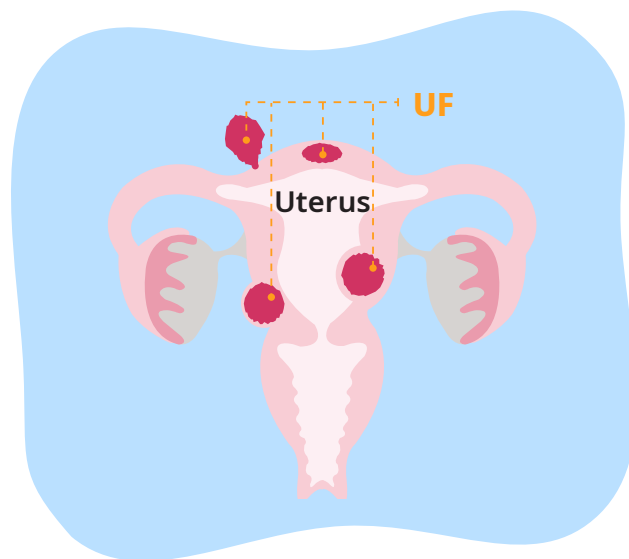
Around  
**84%**  
of black women  
will have UF by  
age 49<sup>3</sup>

## What Are Uterine Fibroids?

UF are benign growths that show up in the uterus.<sup>4</sup>

Women may have one or many UF of different sizes. Black women are more likely to have more and larger UF than white women.<sup>3</sup>

UF can cause a number of health problems.<sup>4</sup>



# What Do Uterine Fibroids Feel Like?

While not every woman gets UF symptoms, around 25% will experience symptoms that require treatment.<sup>1</sup> Black women tend to have worse symptoms.<sup>3</sup>

Some of the most common symptoms are:<sup>5-7</sup>

- Heavy periods (soaking through 1 or more pads/tampons every hour for several hours in a row)
- Periods that last more than a week
- Pain or pressure in your abdomen or pelvis
- Low back or leg pain

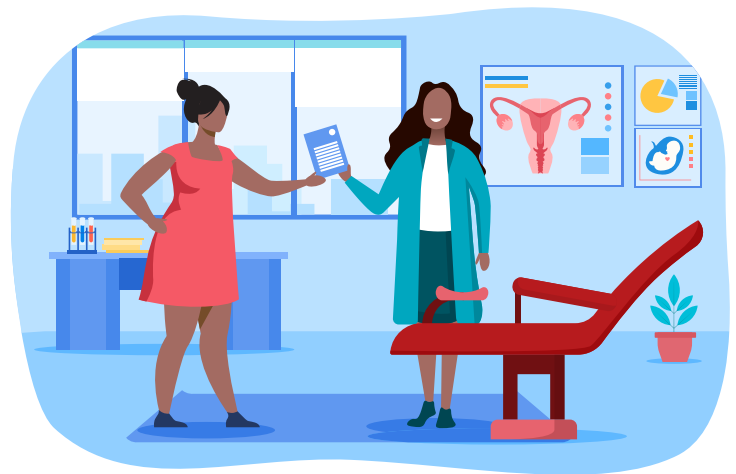
You may also experience one or more of the following:<sup>1,4,6</sup>

- Tiredness
- Constipation or bloating
- Changes in urination:
  - Urinating often
  - Feeling like you need to urinate
- Pregnancy problems:
  - Miscarriage
  - Preterm delivery
  - Unable to get pregnant

## What Happens Next?

Many women think heavy bleeding and pain are things every woman feels during their periods, but that's not always true. If you have one or more of these symptoms, talk to your doctor.

Together, you and your doctor can decide whether you should be screened for UF.



**References:** 1. Stewart EA, et al. *Epidemiology of Uterine Fibroids: A Systematic Review*. BJOG. 2017;124(10):1501-1512. 2. American College of Obstetricians and Gynecologists' Committee on Practice Bulletins-Gynecology. *Management of Symptomatic Uterine Leiomyomas: ACOG Practice Bulletin, Number 228*. Obstet Gynecol. 2021;137(6):e100-e115. 3. Hartmann KE, et al. *Management of Uterine Fibroids*. Comparative Effectiveness Review No. 195. 2017. AHRQ Publication No. 17(18)-EHC028-EF. 4. De La Cruz MS, et al. *Uterine fibroids: diagnosis and treatment*. Am Fam Physician. 2017;95(2):100-107 5. Centers for Disease Control and Prevention. *Heavy Menstrual Bleeding*. Centers for Disease Control and Prevention. 2017. Retrieved February 7, 2022, from <https://www.cdc.gov/ncbddd/blooddisorders/women/menorrhagia.html>. 6. Fuldeore MJ, et al. *Patient-reported Prevalence and Symptomatic Burden of Uterine Fibroids Among Women in the United States: Findings from a Cross-sectional Survey Analysis*. Int J Womens Health. 2017;9:403-411. 7. Borah BJ, et al. *The Impact of Uterine Leiomyomas: A National Survey of Affected Women*. Am J Obstet Gynecol. 2013;209(4):319.e1-319.e20.

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