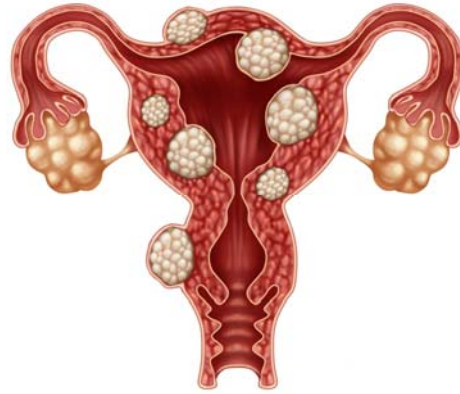


Fibroids



Mara Sobel MD MSc FRCSC
Associate Professor, Mount Sinai Hospital

I have nothing to disclose

Objectives

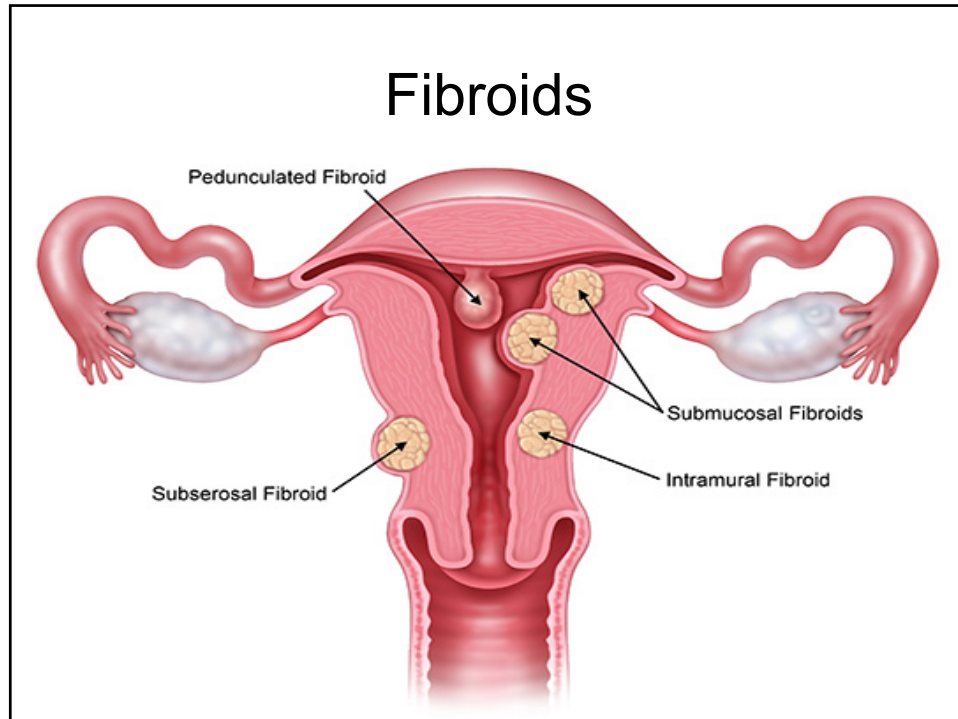
Everyone's got them but which ones do we care about and how do we manage them

- Who has fibroids
- Which fibroids matter
- How do we manage fibroids



Everyone's got them





Incidence

	AGE 35	AGE 50
WHITE	40%	70%
BLACK	60%	80%

Baird et al. 2003

Symptoms

- Asymptomatic
- Abnormal bleeding
- Bulk symptoms
 - Pelvic pressure
 - Dyspareunia
 - Bowel/bladder



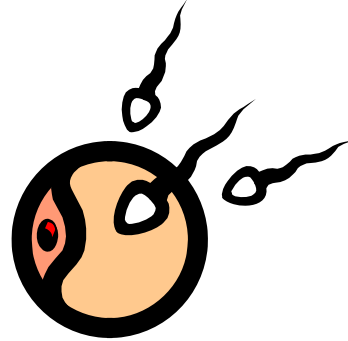
Quality of Life

- Negative impact (N~22 000):
 - Sexual life 43%
 - Work performance 28%
 - Relationship/family 27%
 - Attendance at work/school 24%
 - Social activities 23%
 - Type/colour of clothes 16%

Zimmerman et al, 2012

Fertility

- 1-2% infertility
 - Anatomical distortion
 - Local inflammation
 - Abnormal contractility
 - Inadequate blood supply



Pregnancy

- Complications
 - Fibroid degeneration
 - Premature birth
 - Placental abruption
 - Malpresentation
 - Post-partum hemorrhage



Life Cycle



Sarcoma



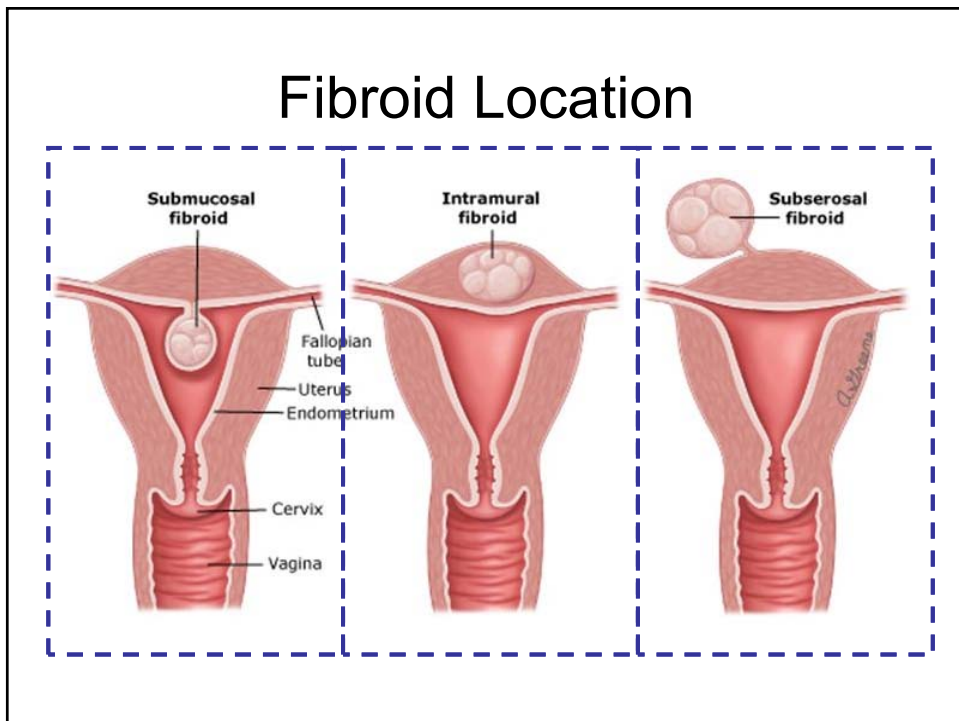
Take-Home

- Common
- Asymptomatic/incidental
- Stabilize/regress in menopause



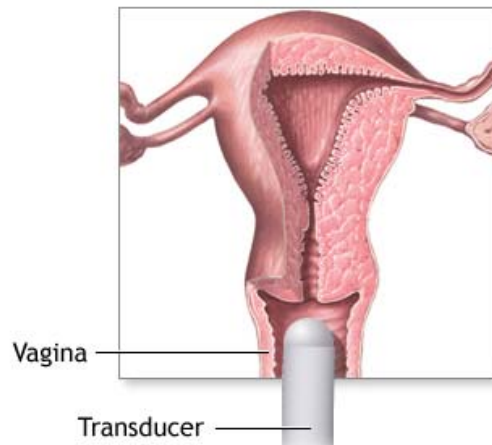
Which ones do we care about





Diagnosis

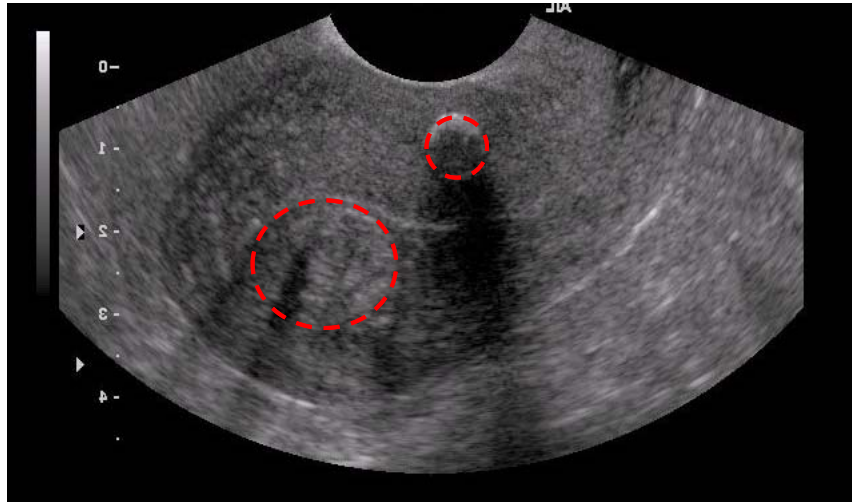
- Trans-vaginal Ultrasound (TVUS)



TVUS - Normal



TVUS - Fibroids



Sonohysterogram



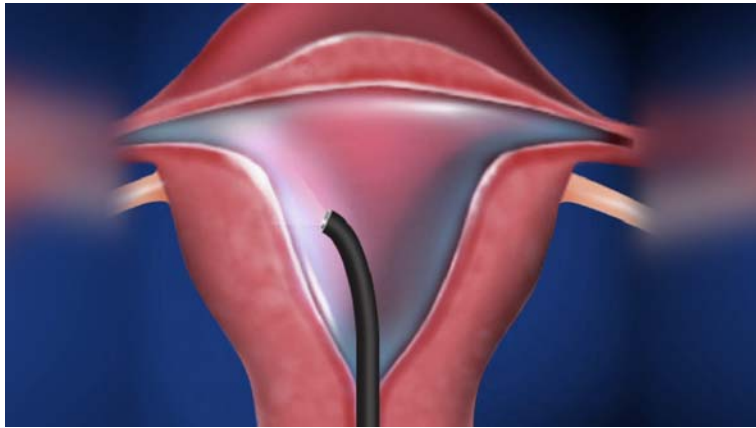
Sonohysterogram - Normal



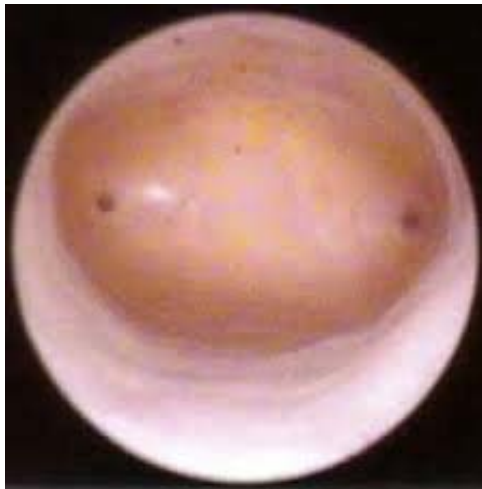
Sonohysterogram - Fibroid



Hysteroscopy



Hysteroscopy - Normal



Hysteroscopy - Fibroid



Take-Home

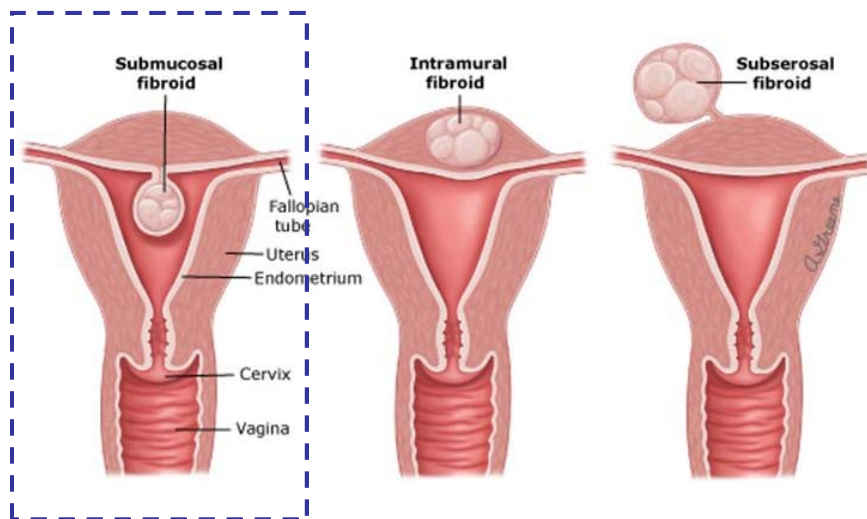
- Submucosal fibroids
 - Bleeding
 - Fertility
- Intramural/Subserosal
 - Symptomatic
 - Large
 - Multiple
 - Growth



How do we manage them



Fibroid Location

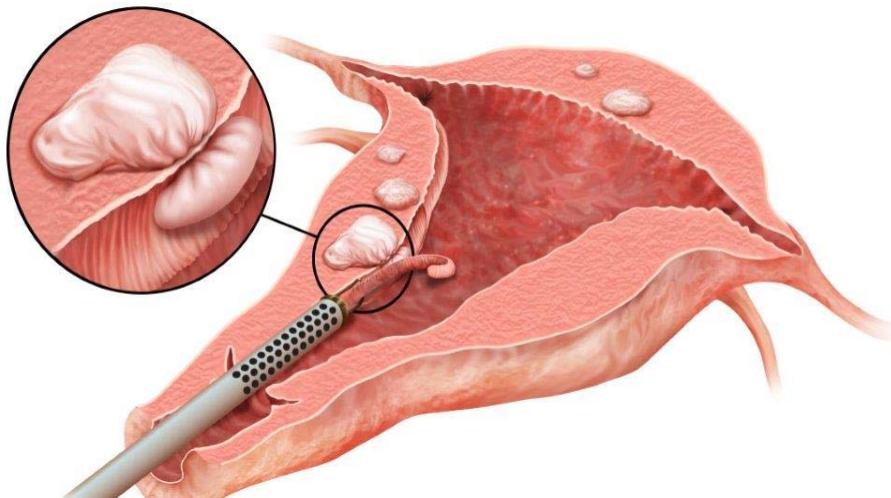


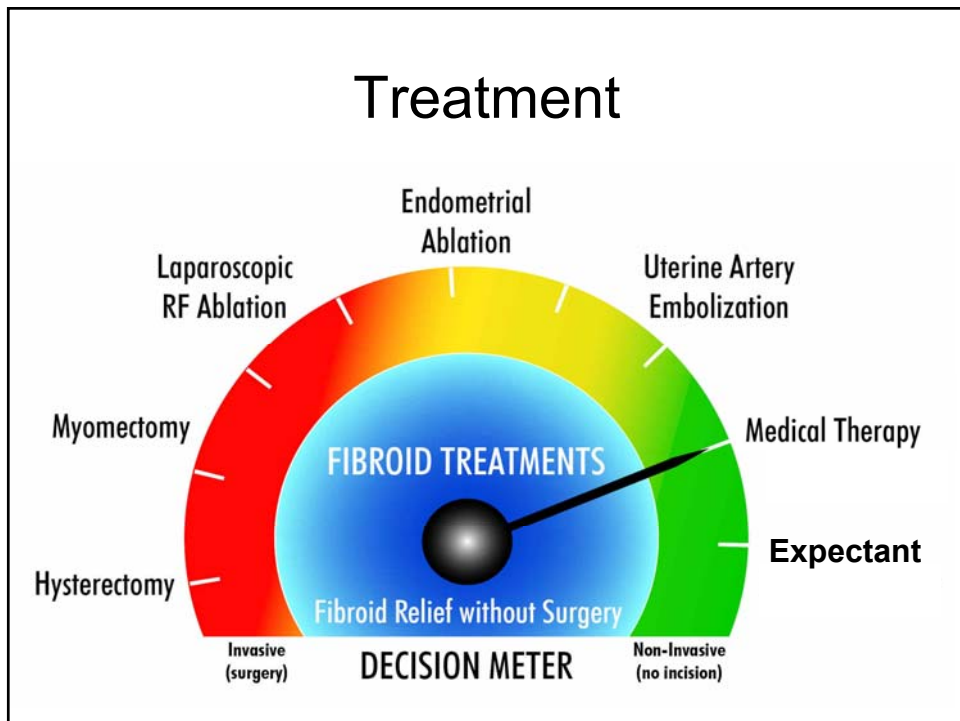
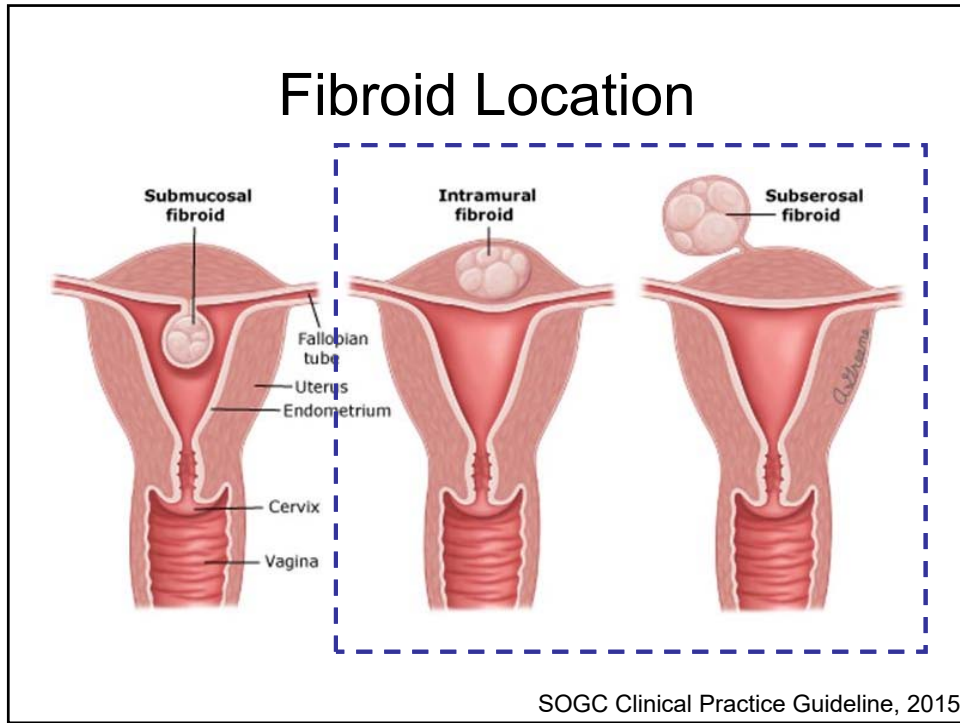
SOGC Clinical Practice Guideline, 2015

Submucosal Fibroid



Hysteroscopic Myomectomy





Expectant

- Asymptomatic
- Small
- Stable
- Age
- Patient preference
- Serial imaging



Medications: Bleeding

- Non-hormonal options
 - NSAIDs
 - Tranexamic acid
- Hormonal options
 - CHC
 - Progestins
 - GnRH agonist/antagonist



Reminder!

- Don't assume fibroid is the problem
 - Bloodwork
 - Pelvic/speculum exam
 - Endometrial biopsy

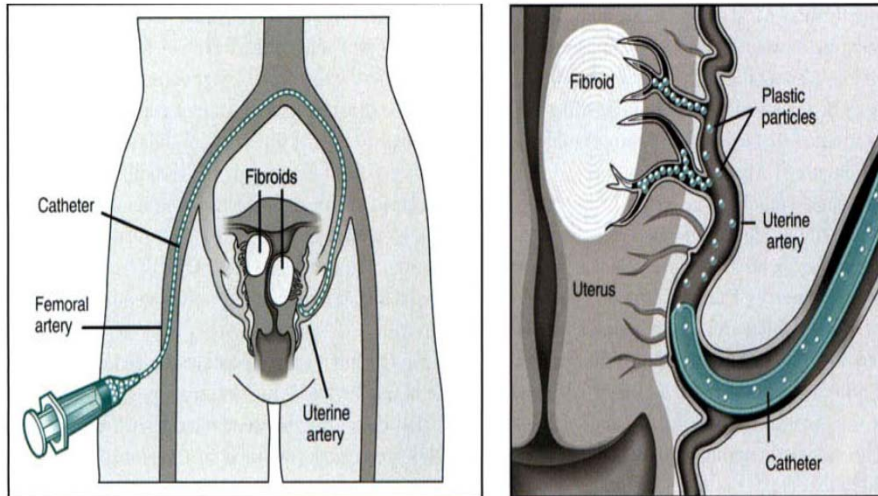


Medications: Bulk

- GnRH agonists
 - Needle (Q1 and Q3 month dosing)
 - Temporary and reversible menopause
 - Add-back hormones



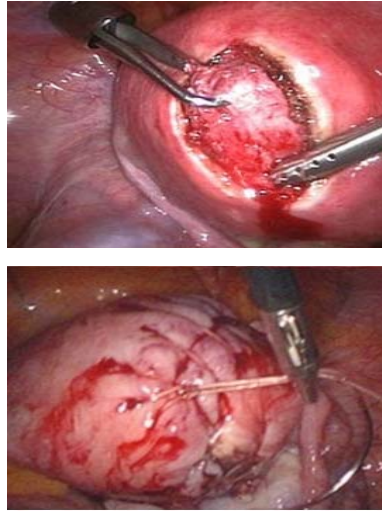
Uterine Fibroid Embolization (UFE)



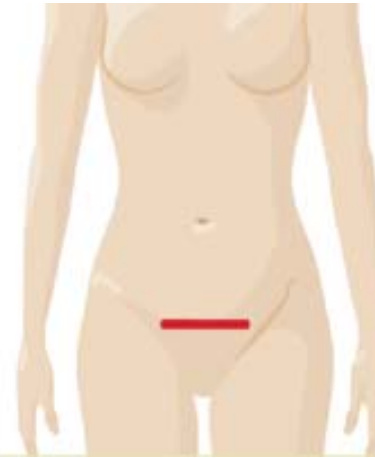
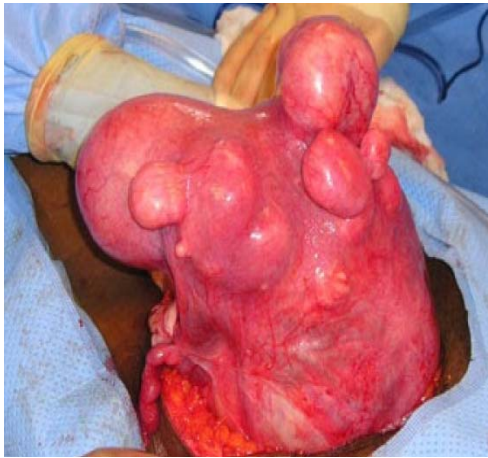
Surgery: Myomectomy

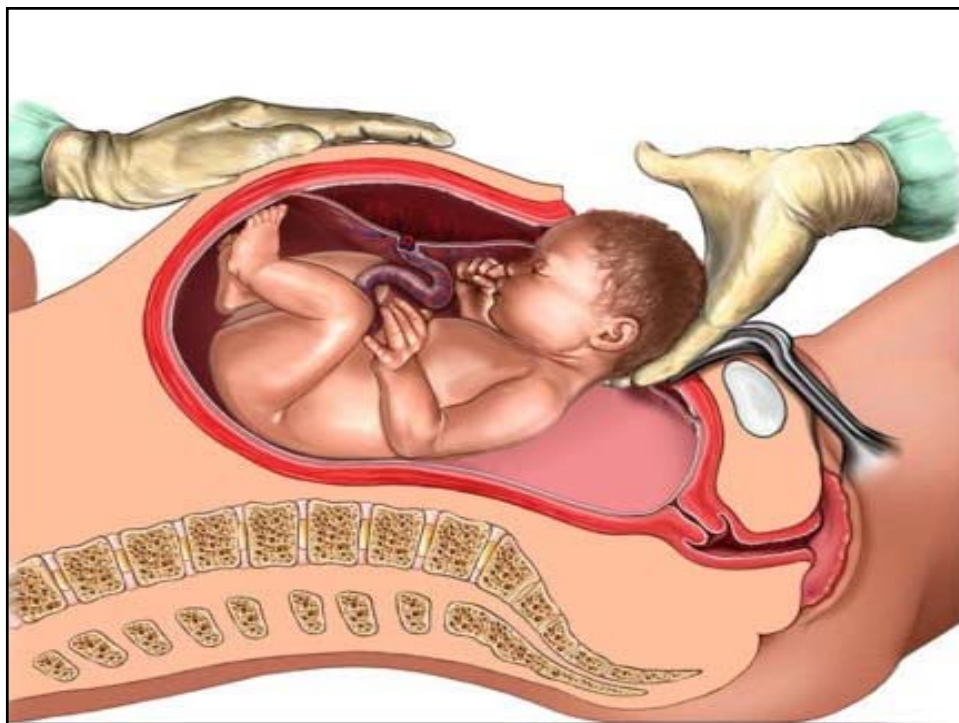


Laparoscopic Myomectomy



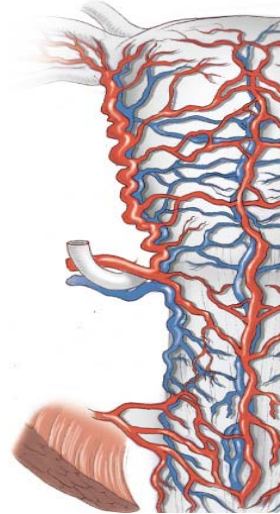
Open Myomectomy

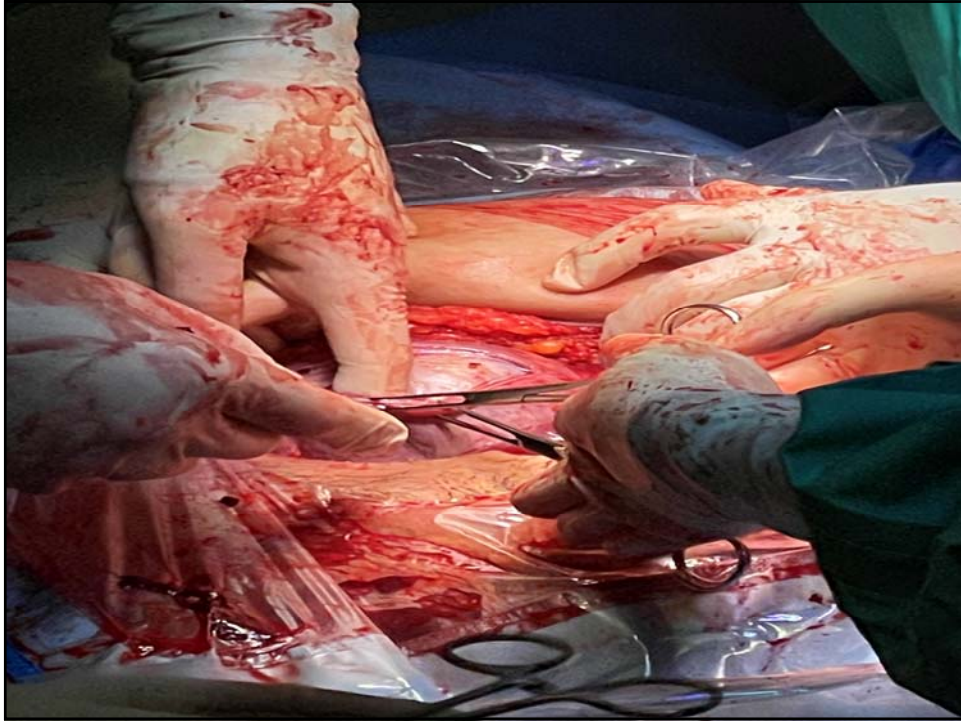


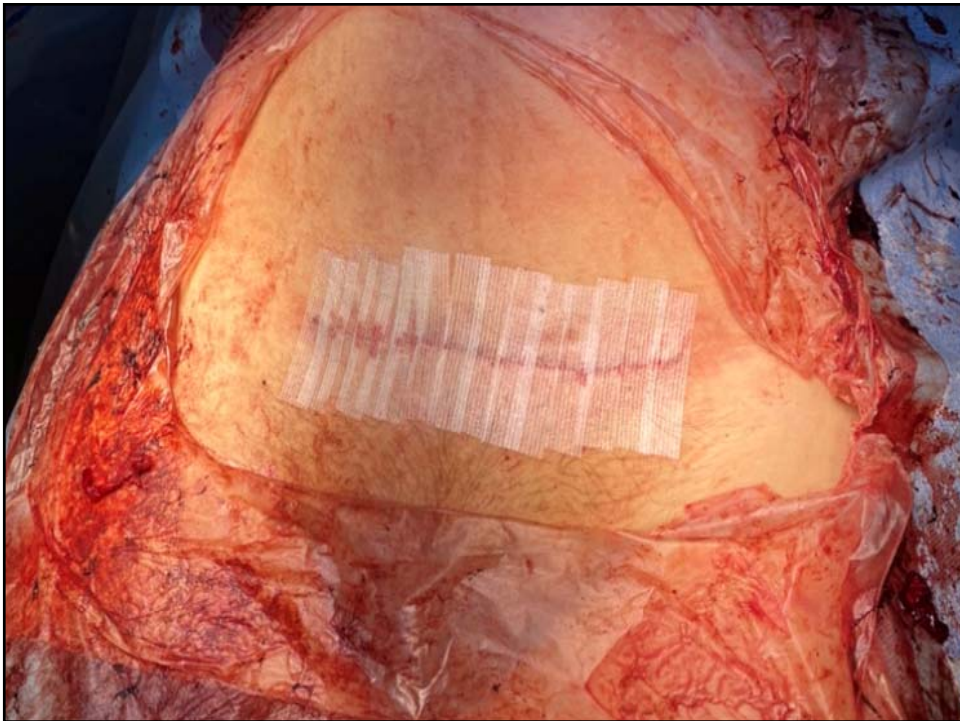
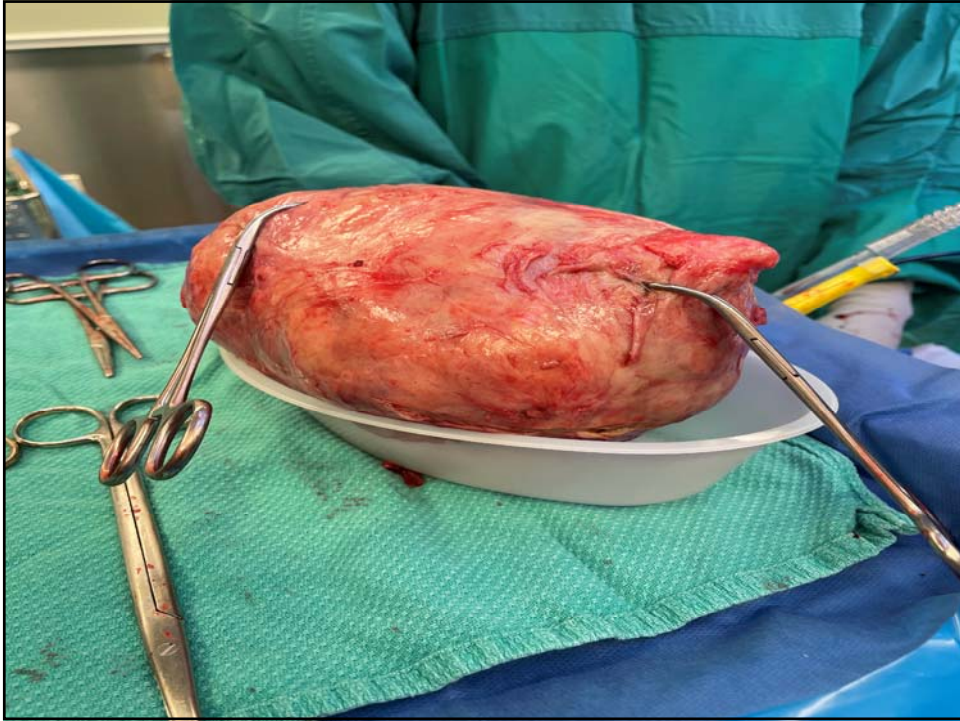


Cesarean Myomectomy

- Traditionally avoided
 - ~20% cardiac output
 - Poor patient outcomes
- Safe
 - Experienced team
 - Appropriate counseling







Surgery: Hysterectomy



Take-Home

- Expectant
- Medical
- Embolization
- Surgery
 - Myomectomy
 - Hysterectomy



The End

