

## WHAT YOU SHOULD KNOW ABOUT

# FIBROIDS

An Infographic by Lake Health & Wellbeing

### 1 WHAT ARE FIBROIDS?

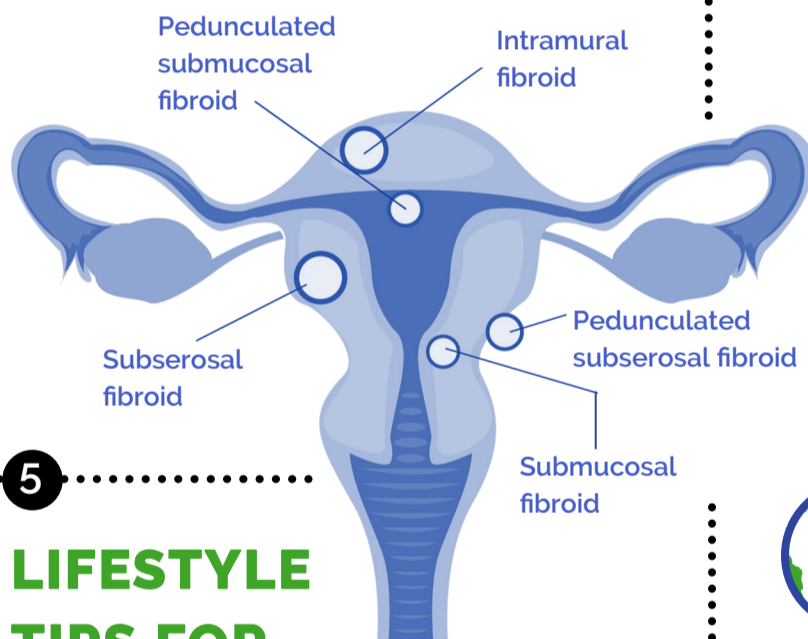
Fibroids are growths, made of muscle and fibrous tissue, that develop in or around the uterus (the womb). They are also known as uterine myomas or leiomyomas.



Fibroids are non-cancerous and **not** linked to an increased risk of uterine cancer!

### 3 WHERE DO THEY GROW?

Fibroids are classified into types based on where they grow:



### 5 LIFESTYLE TIPS FOR LIVING WITH FIBROIDS

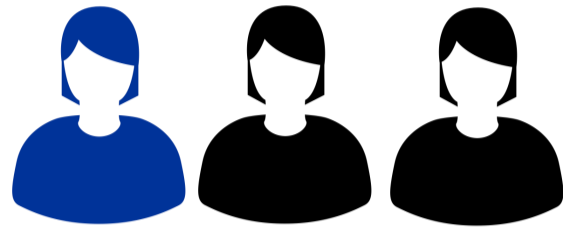


**Have a healthy diet:** eat lots of fruit, vegetables and wholegrain foods



**Get moving!** try to walk, run or exercise up to 30 minutes every day or as often as possible!

### 2 HOW COMMON ARE THEY?



1 in 3 women get fibroids.

### 4 RISK FACTORS FOR FIBROIDS



**Age:** most common in women aged 30-50.



**Physical inactivity:** a sedentary lifestyle with minimal exercise



**Body weight:** being overweight or obese



**Family history:** having a parent or sibling with fibroids



**Ethnicity:** 2-3 times more common in African-Caribbean women



**Maintain an optimum weight for you** through a nutritious diet and regular exercise.



**Don't be afraid to visit your doctor!** Try to have regular yearly check ups with your doctor and visit them if you struggle with weight loss or have any symptoms of fibroids.



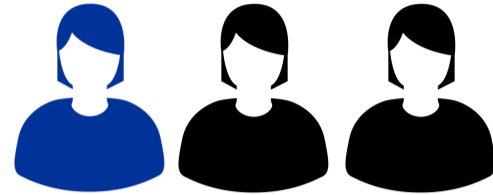
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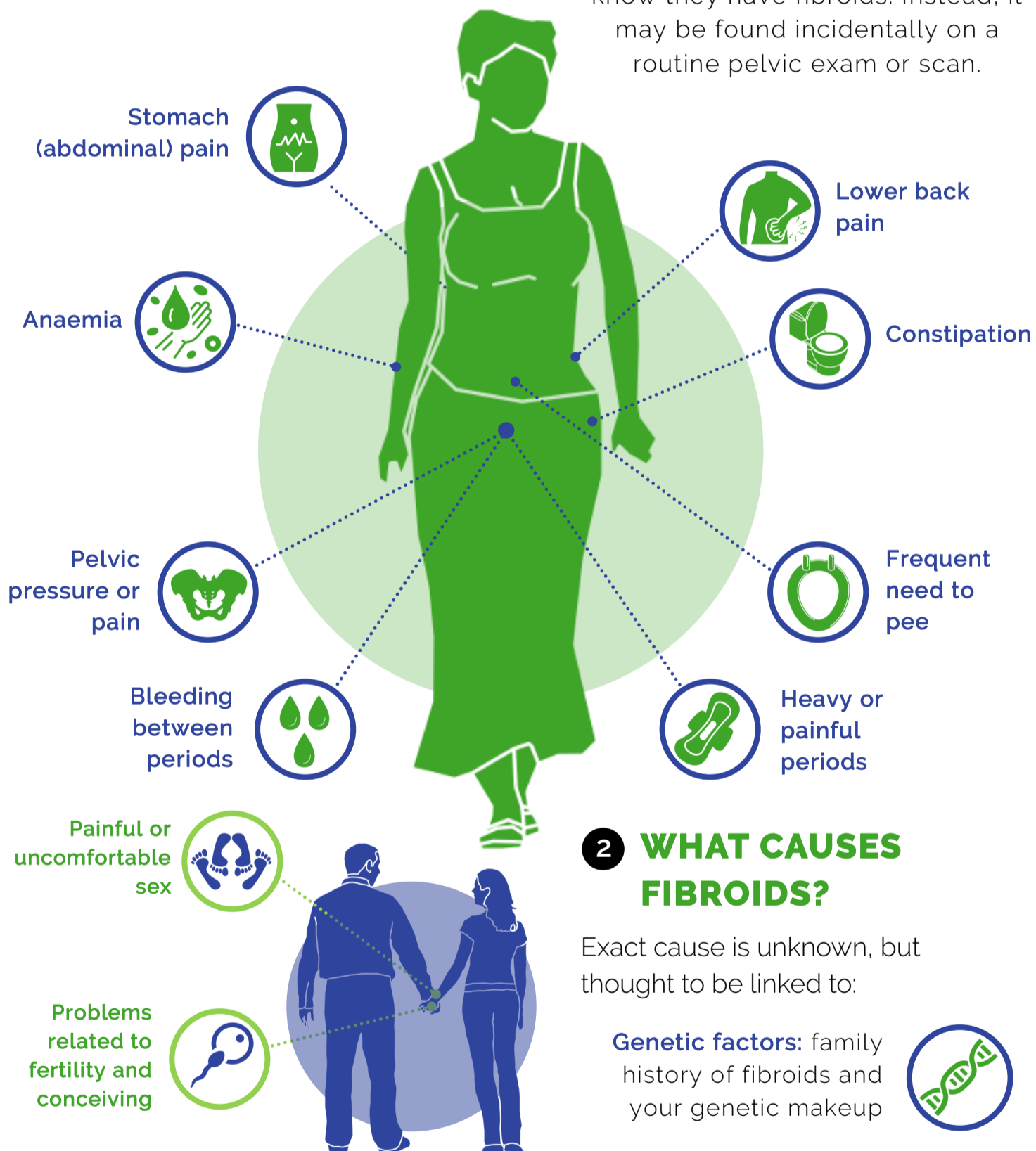
### 1 SYMPTOMS OF FIBROIDS

Fibroids are growths, made of muscle and fibrous tissue, that develop in or around the uterus (the womb). Diagnosis is usually based on symptoms and a scan.



1 in 3 women get symptoms.

The remainder of women may not know they have fibroids. Instead, it may be found incidentally on a routine pelvic exam or scan.



### 2 WHAT CAUSES FIBROIDS?

Exact cause is unknown, but thought to be linked to:

**Genetic factors:** family history of fibroids and your genetic makeup



**Oestrogen:** a female reproductive hormone in your body made by the ovaries



**Environmental factors:** lifestyle factors like diet and exercise



### 3 TREATMENT

There are many treatment options for fibroids available. Check Lake Health & Wellbeing's other infographics for more information.

