

# COVID-19 & Fibroids

## WHAT WE KNOW ABOUT COVID-19

*A new Coronavirus, that was first identified in December 2019, has caused an outbreak of respiratory illness that the World Health Organization (WHO) named COVID-19.*



The virus spreads through person-to-person contact via respiratory droplets from coughing & sneezing.

Symptoms may develop within 14 days of exposure to the virus.

Key symptoms include: cough, fever, and shortness of breath.

It is important that you follow the preventative measures and act on information received directly from the Ministry of Health, the World Health Organization (WHO), and the Centers for Disease Control & Prevention (CDC).

## WHAT ABOUT FIBROIDS?

*Dealing with a pandemic, such as COVID-19, and being isolated at home is leaving a lot of women who are suffering from fibroids feeling more anxious. If you are feeling uncertain or anxious, know that you are not alone. Your feelings and pain are valid and you don't need to suffer in silence.*



# COVID-19 & Fibroids

Stressful situations like COVID-19 can impact both mental and physical health.

## Here are some tips that might be helpful

### Don't hesitate to reach out.

If you need to see a healthcare provider for a gynaecologic reason, try to see if they may be able to set up a virtual meeting or address non-urgent concerns over the phone (such as prescription refills).



- ✓ Staying home is the best way to stay protected from COVID-19. This should not halt or compromise access to necessary medical care.

### Maintain healthy eating habits.

While access to your usual healthy foods might be compromised at the moment, try to make healthy dietary choices while in quarantine.



- ✓ Following a healthy diet, filled with fruits and vegetables, could lower the risk of developing fibroids and may help to alleviate symptoms.

### Plan ahead.

Ensure that you have enough gynaecological hygiene products at home, so as to eliminate frequent trips to the store and avoid exposure to the virus.



- ✓ Buying products in bulk can be expensive. Reach out to local or governmental organizations that might be able to donate products.
- ✓ Check [Days for Girls.org](https://www.daysforgirls.org) & learn how to make sanitary washable period pads & explore other alternatives.

### Stay active.

Continue performing simple or recreational household chores and find an indoor workout routine such as yoga or pilates exercises.



- ✓ Research shows that a higher BMI – body mass index – is linked to the development of fibroids. By exercising you can reduce your BMI and prevent the fibroids' growth. It may also help alleviate symptoms.

### Be gentle to yourself– your body & your mind.

On days that you are experiencing fibroid symptoms:



Rest up & give your body time to heal.

Soothe cramps by applying heat & wear comfortable clothes.

Try to meditate & monitor your thoughts & feelings in a journal.

Stay connected with family & friends via phone or video.



### Keep up to date with your prescribed medications.

Continue taking your prescribed medications and/or supplements unless otherwise advised by your physician.



- ✓ Studies have shown that Vitamin D supplementation might have protective effects against both Fibroids & Covid-19.

If you are receiving preoperative therapy (Zoladex, Lupron, etc.) but your surgery is cancelled, ask your physician regarding the course of your current prescribed therapy.

If you have been prescribed a drug called Esmya (Ulipristal Acetate), you must consult with your physician regarding its discontinuation.

- ✓ As of 2020, Esmya's licence has been suspended due to the risk of serious liver injury.