



UTERINE FIBROIDS: TIPS FOR YOUNG WOMEN

What are fibroids?

Uterine fibroids are the most common benign (not cancerous) tumors, or growths, in women of childbearing age. They grow in and around the muscular wall of the uterus (womb).

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What are the symptoms of fibroids?

Symptoms can include **changes in your period (heavy bleeding), fullness or pressure, pain (painful periods and during sex), and reproductive problems.** Unless you have symptoms, you might not know you have fibroids. In some cases, a healthcare provider will find fibroids during a routine pelvic exam.

What causes fibroids?

No one knows for sure what causes fibroids. Researchers think more than one factor could play a role like age, family history and genetics, race/ethnic origin, weight, hormones, high blood pressure and dietary factors.

How are fibroids treated?

If you have symptoms, there are medical treatments to help. Talk with your healthcare provider about the best way to treat your fibroids. If you don't have symptoms, you may not need treatment.

Learn more about uterine fibroids at www.fda.gov/uterinefibroids. For more women's health tips from the **FDA Office of Women's Health**, visit www.fda.gov/collegewomen.

