

Fibroids

Gynaecology

Fibroids, also called myomas, are benign growths that can develop in or on the womb. They are common and usually do not cause symptoms. Sometimes they do cause problems, such as heavy menstrual bleeding or a feeling of pressure in the lower abdomen. In this folder you can read what fibroids are, which symptoms may occur and which treatments are possible.

What are fibroids?

Fibroids are benign thickenings in the muscle layer of the womb. They can occur in various places: on the outside of the womb, in the muscle wall or inside the womb cavity. They can be small (a few millimetres) but can also grow larger than ten centimetres.

Fibroids are common. They are seen more often in some groups of women. They also occur slightly more often in women who have not had children.

Causes and development of fibroids

Fibroids are common, but it is not known exactly how they develop. We do know that they react to the hormones oestrogen and progesterone. This is why they appear only after the start of menstruation, often grow during the fertile years, and usually shrink again after menopause.

Symptoms

Most fibroids cause little or no symptoms. They are often discovered by chance. When symptoms do occur, they usually involve heavy menstrual bleeding or menstrual pain. Sometimes periods become irregular, or you may have bleeding between periods.

Heavy bleeding can cause anaemia. This can make you feel tired or short of breath. Larger fibroids can cause a heavy feeling in the lower abdomen or back pain. Pressure on the bladder may make you feel the need to urinate more often.

Examination and diagnosis

If the doctor suspects that you have fibroids, an internal ultrasound is usually done first. With this ultrasound, the doctor can see how many fibroids there are, where they are located and how big they are. Fibroids can be seen once they measure about half a centimetre.

Sometimes extra tests are needed to assess a fibroid better. This may be a saline-infusion ultrasound or a hysteroscopy. With a saline-infusion ultrasound, the womb cavity is made visible using a saltwater solution. With a hysteroscopy, the doctor looks directly inside the womb using a small camera.

Treatment of fibroids

If you have no symptoms, treatment is not needed. You also do not need regular check-ups. If you do have symptoms, the doctor will discuss with you which treatment is most suitable. This depends on the location and size of the fibroids, your age and whether you want to become pregnant. There are different treatment options.

Medicine (to reduce heavy menstrual bleeding)

- The pill
- A hormonal IUD (Mirena®)
- Cyclokapron® with Naproxen®
- The injection (Depo-Provera)
- Zoladex®

Surgery

- Removal of only the fibroids (hysteroscopic removal or myomectomy)
- Embolization
- Removal of the entire womb

Your doctor will discuss the advantages and disadvantages of each treatment with you. Surgical treatments are not performed at DC Klinieken. If you need surgery, you will be referred to a hospital. The hospital depends on the type of surgery and your personal preference.

Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, go to: www.dcklinieken.nl/contact or contact our Service and Information Centre at 088 0100 900.