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The Vascular & Interventional Centre has an expert team of doctors well-versed in the current minimally invasive techniques and medical treatments. Our team of specialist doctors and staff strive to provide patients with holistic care in a fully integrated clinic and ambulatory surgery centre for a range of diseases.

Find out more @
<https://www.sgvascularctr.com/>



FINDING RELIEF FROM UTERINE FIBROIDS

VASCULAR & INTERVENTIONAL CENTRE
SINGAPORE



HOW IS IT DIAGNOSED?

- **Ultrasound scan** of the uterus
- **CT/MRI scan** is ordered especially if there are multiple fibroids
- **Hysteroscopy** is the endoscopy of the uterine cavity

OUR TREATMENT

Uterine Fibroid Embolisation (UFE) is a relatively new treatment is an alternative to open surgery for fibroids. It is a minimally-invasive procedure done via a groin or radial artery access puncture. A catheter is then guided using x-ray fluoroscopy to the arteries that supply the fibroids. Small particles are injected through the catheter to permanently sealed off the arteries supplying the fibroids resulting it to reduce in size significantly thus improving symptoms.

WHAT WOULD YOU EXPECT?

- This procedure is minimally-invasive, and patients are usually discharged on the same day as the procedure from our centre.
- Minimal pain and discomfort.
- Quick return to daily activities.

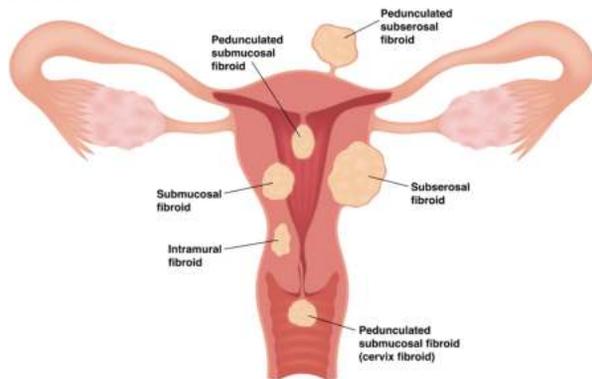
WHO IS ELIGIBLE?

- Non-pregnant women over 35 years old
- Women who wants to avoid invasive surgery.

To find out if the procedure is right for you, you may request a consultation with one of our doctors to help you understand your options and choose the best treatment.

WHAT IS UTERINE FIBROID?

Uterine fibroids are common, non-cancerous tumours of the uterus. It is estimated that by the age of 35, up to 40-50% of women have uterine fibroids. There are four basic types of uterine fibroids.



- **Subserosal Fibroids:** These develop in the outer portion of the uterus and continue to grow outward.
- **Intramural Fibroids:** These are the most common type and develops in the uterine wall and expands.
- **Submucosal Fibroids:** These are the least common and develop within the uterine cavity, causing excessive and prolonged menstrual bleeding.
- **Pedunculated fibroids:** These grow on stalks or stems. The stems are attached to the uterine wall and can grow either outside the uterus or inside the uterine cavity.

WHAT ARE THE CAUSES AND RISK FACTORS?

- Age
- Heredity
- Early-onset of menstruation
- Obesity
- Vitamin D deficiency
- Excessive alcohol consumption and smoking
- No pregnancy history

WHAT ARE THE SYMPTOMS?

In some women, there may be mild or no symptoms at all. For others, symptoms of uterine fibroids include:

- Abnormal menstrual cycle
- Painful menstrual periods
- Pain during or after sexual intercourse
- Pressure on the bladder - frequent urination
- Acute or severe pelvic pain
- Bloating