

Women & Their Men

A Health Chronicle—By SonoServ Ultrasound Limited

Volume 1, Issue 1

Introduction:—

Women & Their Men is a Monthly Newsletter that informs you about common conditions that affect our lifestyle.

In this issue:

- Everything you want to know about FIBROIDS
- Gynecological health tips .

Is Heavy Menstrual Bleeding Cramping Your Style? You just may have UTERINE FIBROIDS.

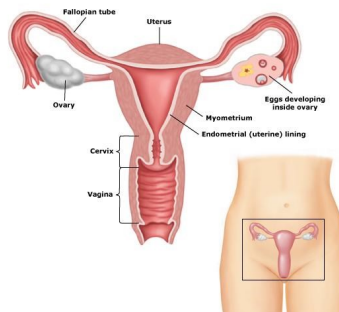
Uterine fibroids are noncancerous growths of the muscle of the uterus that often appear during a woman's childbearing years. Uterine fibroids are not eventually creating a firm, associated with an increased risk of uterine cancer. Uterine fibroids develop from the muscle of the uterus (myometrium). A single cell reproduces repeatedly, eventually creating a firm, rubbery mass distinct from neighboring tissue.

Symptoms:

In women who have symptoms, the most common symptoms of uterine fibroids include:

- Heavy menstrual bleeding
- Prolonged menstrual periods — seven days or more of menstrual bleeding
- Pelvic pressure or pain
- Frequent urination
- Difficulty emptying your bladder
- Constipation
- Backache or leg pains

Fibroids range in size from seedlings, undetectable by the human eye, to bulky masses that can distort and enlarge the uterus. They can be either single or multiple.



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Causes:

Gynecological Health Tips

Poor gynecological health can trigger a myriad of health concerns. It can interfere with your sex life, cause unnecessary pain and



increase your risk of developing a serious disease such as cancer.

The most important thing you can do for your gynecological health is to know and respect your body .

The following are tips to good gynecological health:

- (1) Get your annual gynecological checkup and regular Pap Smear tests.
- (2) Eat a healthy diet to maintain a healthy body weight.
- (3) Do your Kegel exercises to keep the pelvic floor strong.
- (4) Work out regularly and in moderation.



Most Common Means of Diagnosis

Pelvic Examinations: Uterine fibroids are frequently found incidentally during a routine pelvic exam. Your physician on palpating your abdomen may feel irregularities in the shape of your uterus, suggesting the presence of fibroids.

Ultrasound: A painless exam that uses sound waves to obtain pictures of the uterus. the ultrasound device (transducer) is placed over the abdomen (transabdominal) or placed inside the vagina (transvaginal) to obtain images of the uterus. Transvaginal ultrasound provides more detail because the probe is closer to the uterus.

Risk Factors

Heredity - If your mother or sister had fibroids, you' are at increased risk of also developing them.

Race - Women of African descent are more likely to have fibroids than are women of other racial groups. In addition, African women have fibroids at younger ages, and they' are also likely to have more or larger fibroids

Medications—Medications for uterine fibroids target hormones that regulate the menstrual cycle, treating symptoms such as heavy menstrual bleeding and pelvic pressure. They do not eliminate fibroids, but instead may shrink them. For example Gonadotropin releasing hormone (GnRH) agonists.

Myomectomy—In this surgical procedure, the surgeon removes the fibroids, leaving the uterus in place. With myomectomy, as opposed to a hysterectomy, there is a risk of fibroid recurrence

Hysterectomy—This is also a surgical procedure which involves the removal of the uterus. It remains the only proven permanent solution for

uterine fibroids

Myolysis—In this laparoscopic procedure, an electric current or laser destroys the fibroids and shrinks the blood vessels that feed them

Uterine artery embolization—Small particles (embolic agents) are injected into the arteries supplying the uterus and cut off blood flow to fibroids, causing them to shrink.

Follow up

All patients should follow their health care practitioner's instructions. A health care practitioner may choose to do more frequent pelvic exams, such as every six months, to determine whether there is growth of a fibroid.

Prevention

Women should avoid weight gain after age 18 and maintain a normal body weight compared to height. Body weight tends to increase estrogen production, thus aggravating fibroid growth. Exercise can help women control weight and additionally decrease hormone production that stimulates fibroid growth.

Fun & Games



After nearly forty years in practice as a gynecologist John decided he had enough money to retire and take up his real love, auto mechanics. He left his practice, enrolled in auto mechanics school, and studied hard.

The day of the final exam came and John worried if he would be able to complete the test with the proficiency as his younger classmates.

Most of these same students completed their exam in two hours.

John, on the other hand, took the entire four hours allotted. John tossed and turned in bed that night, dreading the next morning when the exam scores would be returned

Word Search Game

Obstetrics and Gynaecology

L	M	P	R	I	M	I	P	R	L	F	D
T	C	M	W	D	B	P	B	E	V	I	M
X	N	L	P	N	B	B	N	O	P	S	Q
F	A	S	A	U	Y	S	Q	V	W	F	O
F	E	B	E	R	H	E	S	Z	E	S	X
Y	R	C	C	D	O	X	I	J	B	W	Y
I	A	O	T	Q	G	U	L	U	V	Z	Z
L	S	K	O	J	F	A	I	B	X	B	D
L	E	N	P	T	I	L	H	C	I	G	U
U	C	C	I	G	O	L	P	K	B	B	L
N	D	A	C	R	S	Y	Y	A	I	L	J
H	F	R	R	B	T	V	S	X	I	B	Y

Word List

CASAREAN

ECTOPIC

NULLI

ORAL

OXY

PRIMI

SEXUALLY

SYPHILIS

The following day, John was delighted and surprised to see a score of 150% for his exam.

John spoke to his professor after class. "I never dreamed I could do this well on the exam. But tell me, how did I earn a score of 150%?"

The professor replied, "I gave you 50% for perfectly disassembling the car engine. I awarded another 50% for perfectly reassembling the engine. I gave you an additional 50% for having done all of it through the muffler."

Author- Ludi Hendrix

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5. Viswanathan M, Hartmann K, et al. (2007) Management of uterine fibroids: an update of the evidence. *Evid Rep Technol Assess.* 2007;154:1-122.



FOR APPOINTMENTS
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Home Remedies for Menstrual Cramps

- Use heat, such as hot water bottles, heating pads, or hot baths, to relax tense muscles and relieve cramping. Be careful not to burn yourself.
- Lie down and put a pillow under your knees, or lie on your side and bring your knees up to your chest. This may help relieve back pressure
- Drink herbal teas, such as chamomile, mint, raspberry, and blackberry, which may help soothe tense muscles and anxious moods.
- Exercise. Regular workouts decrease the severity of cramps.
- Empty your bladder as soon as you have the urge to urinate.
- Stay ahead of the pain. Take over-the-counter pain medicine, such as ibuprofen (Advil, for example) as soon as you feel cramps or on the day before you get your period. Read and follow all instructions on the label.
- Talk to your doctor if you have tried to manage your cramps with medicine and home treatment but you do not feel better.



This news letter is meant for informative purposes. Before making a decision, consider the pros and cons of all available treatment options in relation to your particular situation. **REMEMBER TO DISCUSS ALL YOUR CONCERNS WITH YOUR FAMILY PHYSICIAN.**