

English	Simplified Chinese (Mandarin) / 简体中文
<p>Fibroids</p> <p>Fibroids are non-cancerous growths that develop in the muscular wall of the womb (uterus).</p> <p>These growths are made up of muscle and tissue and can be different sizes. Some can be the size of a pea, others can be the size of a melon. They're sometimes known as uterine myomas or leiomyomas.</p> <p>Fibroids are common. Around 1 in 3 people who menstruate develop them at some point in their life. They're more common as you get older.</p>	<p>纤维肌瘤</p> <p>纤维肌瘤是子宫肌壁上出现的非癌性生长物。</p> <p>这些生长物由肌肉和组织构成，大小可能有所不同。有些可能像豌豆一样大，另一些可能像甜瓜一样大。有时称为子宫肌瘤或平滑肌瘤。</p> <p>纤维肌瘤很常见。大约每 3 名行经女性中就有 1 人在一生中的某个时候患纤维肌瘤。年龄越大，这种情况就越常见。</p>
Symptoms	症状

<p>Many people don't know that they have fibroids because they don't have any symptoms. This is nothing to worry about.</p> <p>Speak to your doctor if:</p> <p>You're worried about your symptoms or you regularly have:</p> <ul style="list-style-type: none"> • heavy periods • painful periods • tummy (abdominal) pain • lower back pain • a frequent need to urinate • constipation • pain or discomfort during sex • symptoms which are affecting your day to day life <p>If your doctor thinks you might have fibroids, they'll usually refer you for an ultrasound scan to confirm the diagnosis.</p>	<p>许多人都不知道自己患有纤维肌瘤，因其根本没有症状。这一点无需担心。</p> <p>如果您有下述情况，请告诉医生：</p> <p>您对自己出现的症状感到担心，或者您经常出现：</p> <ul style="list-style-type: none"> • 月经过多 • 痛经 • 腹痛 • 腰痛 • 需要频繁排尿 • 便秘 • 性交时疼痛或不适 • 影响日常生活的症状 <p>如果医生认为您可能患有纤维肌瘤，他们通常会建议您做超声扫描来确诊。</p>
<p>Why fibroids develop</p> <p>The exact cause of fibroids is unknown. They're linked to the hormones produced by the ovaries, oestrogen and progesterone. Fibroids usually develop and grow as long as the ovaries are</p>	<p>为何会患纤维肌瘤</p> <p>纤维肌瘤的确切病因不明。它们与卵巢分泌的激素，即雌激素和孕激素有关。只要卵巢分泌这些激素，纤维肌瘤通常就会出现并生</p>

<p>producing these hormones. Fibroids may continue to grow during pregnancy. They tend to shrink when these hormone levels fall, such as after the menopause.</p>	<p>长。妊娠期间，纤维肌瘤可能继续生长。当这些激素水平下降，如绝经期后，纤维肌瘤往往就会萎缩。</p>
<p>Types of fibroids</p> <p>There are different types of fibroid. The main types of fibroids are:</p> <ul style="list-style-type: none"> • intramural – the most common type of fibroid, these develop in the muscular wall of the womb • subserosal – fibroids that develop on the outside part of the wall of the womb and can become very large • submucosal – fibroids that develop in the muscular layer of the womb beneath the womb's inner lining (endometrium) and grow into the inside of the womb • pedunculated – subserosal or submucosal fibroids that are attached to the womb with a narrow stalk of tissue 	<p>纤维肌瘤的类型</p> <p>纤维肌瘤分为不同类型。主要类型如下：</p> <ul style="list-style-type: none"> • 肌壁间纤维肌瘤——最常见的纤维肌瘤类型，常发生于子宫肌壁 • 浆膜下纤维肌瘤——子宫壁外部出现的纤维肌瘤，可以长得非常大 • 黏膜下纤维肌瘤——子宫内衬层（子宫内膜）下子宫肌层出现并侵入子宫内的纤维肌瘤 • 有蒂纤维肌瘤——附着于子宫壁的浆膜下或黏膜下纤维肌瘤，有窄柄组织
<p>Treatment</p> <p>Fibroids will often shrink after the menopause, as hormone levels in your body change.</p> <p>If you have fibroids, but you're not affected by any symptoms then you don't need treatment.</p>	<p>治疗</p> <p>绝经期后，随着体内激素水平的变化，纤维肌瘤通常会萎缩。</p> <p>如果您患有纤维肌瘤，但未受任何症状影响，则不需要治疗。</p>

<p>However, if you do have symptoms, your doctor can recommend the right treatment for you. Treatment options include:</p> <ul style="list-style-type: none"> • over-the-counter pain relief like ibuprofen • the contraceptive pill which can reduce heavy menstrual bleeding • medication taken only during your period that can reduce heavy menstrual bleeding • medicines that can shrink fibroids by lowering your oestrogen and progesterone levels • in rare cases, surgery <p>Your doctor will discuss these treatments with you and you can ask any questions that you might have.</p>	<p>但是，如果您确实出现症状，医生会向您推荐合适的治疗。治疗方案包括：</p> <ul style="list-style-type: none"> • 非处方镇痛药，如布洛芬 • 可缓解月经过多的 避孕药 • 仅经期服用的、可缓解月经过多的药物 • 通过降低雌激素和孕激素水平缩小纤维肌瘤的药物 • 手术（罕见情况） <p>医生将与您讨论这些治疗方案，如果您有任何疑问，请咨询医生。</p>
<p>Fibroids and getting pregnant</p> <p>If you're having difficulty getting pregnant, your doctor or specialist may suggest extra support or treatments that can help. Your doctor will discuss these with you and you can ask any questions that you might have.</p>	<p>纤维肌瘤与怀孕</p> <p>如果您很难怀孕，您的医生或专科医生可能会建议您接受额外支持或治疗，这样可能有所帮助。医生将与您讨论这些额外支持或治疗，如果您有任何疑问，请咨询医生。</p>

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