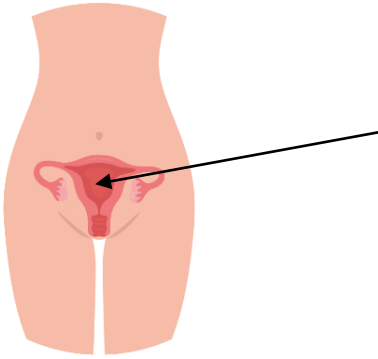


Fibroids



Fibroids



Fibroids are growths in the muscle wall of the womb.

They are not cancer.

Some fibroids can be the size of a pea, others can be the size of a melon.



Fibroids are common.

Around 1 in 3 people who have periods have fibroids at some point in their life.

They are more common as you get older.

Symptoms



A **symptom** is a sign that you have an illness or health condition.

Many people do not know that they have fibroids because they do not have any symptoms.

This is nothing to worry about.



Speak to your doctor if you have any of these symptoms a lot and they are affecting your day to day life.

- heavy periods
- painful periods
- tummy pain
- lower [back pain](#)



- needing to pee a lot
- [constipation](#) - finding it difficult to have a poo



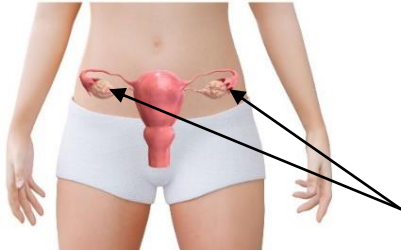
- pain during sex
- feeling uncomfortable during sex



If your doctor thinks you might have fibroids, they will usually refer you for an [ultrasound scan](#) to check.

Why fibroids develop

We do not know exactly what causes fibroids.



Fibroids usually develop and grow as long as the **ovaries** are producing hormones.

Ovaries are the parts of your body that release an egg once a month.



If a male's sperm meets and fertilises the egg during sex - this will cause a pregnancy.

If you become pregnant any fibroids you have may continue to grow.

Treatment



Fibroids will often get smaller after the [menopause](#), as hormone levels in your body change.

If you have fibroids, but you are not affected by any symptoms then you do not need treatment.

If you do have symptoms, treatments can include:



- pain relief like [ibuprofen](#) that you can buy from a chemist
- the [contraceptive pill](#) which can reduce heavy bleeding during your period
- medication taken only during your period that can reduce heavy bleeding
- medicines that can shrink fibroids
- having an operation

Your doctor will discuss these treatments with you and you can ask questions.

Fibroids and getting pregnant



If you are 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 [questions](#).