

# Fibroid Awareness Tool Kit



## Fibroid Awareness Month–July 2023

Fibroid Awareness Month is an annual observance held in July to inform the public about uterine fibroids disease. Fibroids are benign tumors that develop in the uterus. An estimated 70 to 80 percent of women will develop fibroids by age 50. However, they are often undiagnosed or misdiagnosed, as their symptoms can mimic other conditions such as endometriosis or pelvic inflammatory disease.

White is the official color for this month of advocacy. July 1st is National Wear White Day. This show of support defies the restrictions caused by this condition. Sufferers are often unable to don white clothing. The symptoms include unpredictable cycles, prolonged heavy menstrual bleeding, and debilitating pain.

## About Fibroid Fighters

Fibroids Fighters is a public welfare organization created to advance the cause of women's health and the safe and effective treatment of uterine fibroids.



Inform - Empower women with information about symptoms and treatment options-especially minimally invasive procedures so they have a voice in their care.



Research -Advocate for research that advances fibroid treatment to discover earlier detection, better care, and outcomes.



Education - Educate the public about the health, social and economic impact caused by uterine fibroids disease.

# What Are Uterine Fibroids?

Uterine fibroids are benign tumors that reside within the uterus. While some women don't know they have fibroids, others will face debilitating symptoms that affect their quality of life.



Heavy periods



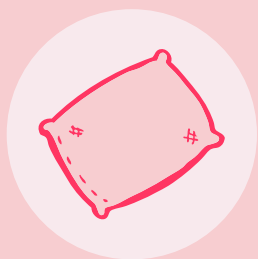
Periods lasting  
10 or more days



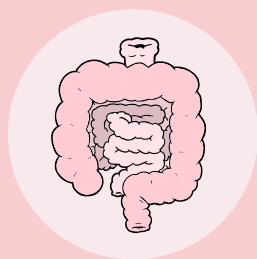
Pelvic pain or  
cramps



Frequent  
urination



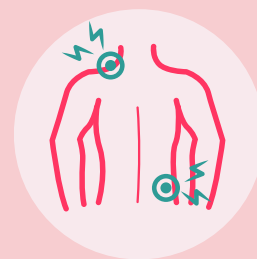
Fatigue from  
anemia



Constipation



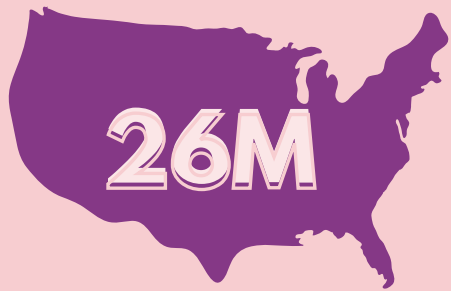
Infertility



Back  
or leg pain

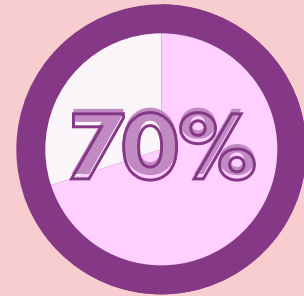
**80%** of women will get fibroids before the age of 50.

# Uterine Fibroids



In the United States, an estimated 26 million women between the ages of 15 and 50 have uterine fibroids

Up to 70% of women in the U.S. have uterine fibroids



Black women are up to 3x more likely than others to develop uterine fibroids



## Family History

If a woman's mother had fibroids, her risk can be

**THREE TIMES**  
higher than average



Nine out of ten hysterectomies didn't meet established guidelines, rendering them medically unnecessary



according to a report published in the American Journal of Obstetrics and Gynecology

A study published in the Journal of Radiology found that uterine fibroid embolization (UFE) is a safe, effective treatment option for women who want to conceive.

»»» 86% «««

of women experienced their first pregnancy after UFE.



## How Can You Help?

- Tell a friend about uterine fibroids.
- Share our infographics on social media with the hashtags #FibroidFightersFibroidAwareness #FibroidAwarenessMonth

## Resources

[Events Calendar](#)  
[Fibroid Symptom Checker](#)  
[Information](#)  
[Latest News](#)  
[Media Library](#)  
[Newsletter Sign Up](#)  
[Period Tracker](#)  
[Share Your Story](#)

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