



A Guide to Supporting Someone Living with Uterine Fibroids

You can make a difference in the life of someone coping physically and emotionally with fibroids. It's not about having all the answers; it is about showing empathy, curiosity, and consistency.

Understand Their Journey

FYI

Uterine fibroids are noncancerous growths in the uterus that can cause intense pelvic pain, frequent urination, heavy menstrual bleeding, and fertility complications.



Invest time in educating yourself about the basics of fibroids—both their physical and emotional impact. This clearly signals your genuine investment in their well-being.

Keep the Conversation Open

FYI

Fibroids often make women feel they have to cope with pain silently. That's why honest, ongoing conversations are crucial.



Ask open-ended questions like, “How are you feeling today?” or “What do you need right now?” and then actively listen to their responses without interruption or judgment.

Normalize Talking About Symptoms

FYI

Fibroids can affect intimacy, bowel and bladder function, and energy levels. These are often treated as taboo topics, but they shouldn't be.



Take the initiative to normalize these conversations. Try saying: “I know this might be uncomfortable to talk about, but if it ever helps to share, I'm here.”



Offer Practical Support

FYI

Support is not solely emotional; the physical toll of fibroids often means daily tasks become overwhelming, especially on severe symptom days. Practical help can significantly lighten their burden and demonstrate tangible care.



Be proactive in offering concrete help. If your loved one is having a bad symptom day, consider offering to:

- Pick up groceries or run errands
- Help with laundry or household chores
- Put together a small “fibroid comfort kit” with items like heating pads, pain relievers, snacks, and cozy essentials

Even small actions like driving them to a doctor’s appointment or checking in with a quick text can remind them they’re not alone.

Be Patient and Flexible

FYI

Living with fibroids means plans can change very quickly or abruptly. Being flexible and understanding reinforces that their health comes first.



If you are planning something special, build in different options or ask what would make them most comfortable.

Encourage Self-Care and Advocacy

FYI

The chronic nature of fibroids can make it difficult for individuals to prioritize their own well-being or feel empowered to advocate for their medical needs.



Encourage and support their medical decisions, whether they’re considering lifestyle changes, minimally invasive treatment, or surgery.



Commit to Consistent Support

FYI

Living with fibroids is often an unpredictable and long-term journey.



Understand that support isn't a one-time thing. Regular check-ins, kind words, and genuine care can go a long way. Your steady presence, compassion, and willingness to be there no matter what can provide the kind of comfort no medication can.

Showing Up for a Loved One with Fibroids



You don't have to fix everything to be helpful. Sometimes the most meaningful support comes from simply showing compassion, patience, and willingness to learn. When someone with fibroids knows they're not alone, it lightens the load.

If you're looking for more ways to support someone with fibroids, Fibroid Fighters is here to help. Our blog resources are full of personal stories, expert insights, and resources to help you learn more about symptoms, treatment options, and the mental health impact of fibroids.