



Fibroid Awareness Tool Kit

July is Fibroid Awareness Month, dedicated to educating, advocating, and supporting those affected by fibroids. Fibroids are noncancerous tumors that develop in the uterus and affect an estimated 70–80% of women by age 50. Yet many remain undiagnosed or misdiagnosed, as symptoms such as heavy bleeding, irregular cycles, and pain can resemble other conditions.

Use this toolkit to show your support for those affected by fibroids and help raise awareness throughout Fibroid Awareness Month.

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



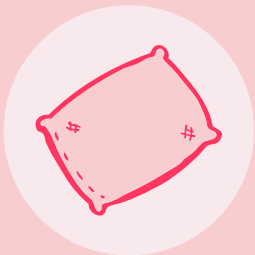
**Periods lasting
10 or more days**



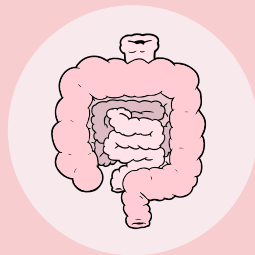
**Pelvic pain or
cramps**



**Frequent
urination**



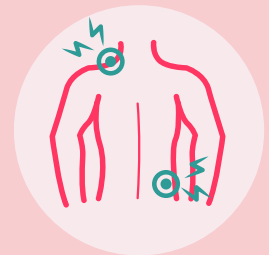
**Fatigue from
anemia**



Constipation



Infertility



**Back
or leg pain**

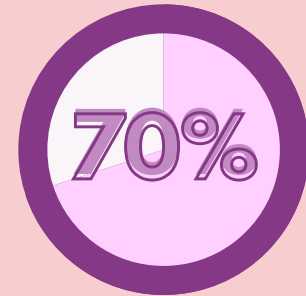
80% of women will get fibroids
before the age of 50.

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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