



THE IMPACT OF FIBROIDS ON FERTILITY: WHAT YOU NEED TO KNOW

As a leading IVF clinic, we understand the emotional and physical challenges that come with trying to conceive. One common condition that can affect fertility is fibroids. In this Health Guide, we'll explore the relationship between fibroids and fertility and what options are available for women who are struggling to conceive due to fibroids.

What are Fibroids?

Fibroids, also known as uterine leiomyomas, are non-cancerous growths that develop in the uterus. They can range in size from small, pea-sized growths to large, grapefruit-sized tumours. Fibroids are common, affecting up to 80% of women of reproductive age.

How Do Fibroids Affect Fertility?

Fibroids can affect fertility in several ways:

- 1. Distortion of the Uterus:** Large fibroids can distort the shape of the uterus, making it difficult for a fertilized egg to implant.
- 2. Blockage of the Fallopian Tubes:** Fibroids can block the fallopian tubes, preventing sperm from reaching the egg.
- 3. Inflammation:** Fibroids can cause inflammation in the uterus, making it difficult for a fertilized egg to implant.

Symptoms of Fibroids

While some women may not experience any symptoms, others may experience:

- Heavy or prolonged menstrual bleeding
- Pelvic pain or pressure
- Bloating or swelling
- Frequent urination

Treatment Options for Fibroids

Treatment options for fibroids depend on the size, location and number of fibroids, as well as the woman's overall health and reproductive goals. Some options include:

- 1. Watchful Waiting:** Monitoring the fibroids with regular ultrasounds and check-ups.
- 2. Medications:** Hormonal medications can help shrink fibroids and alleviate symptoms.
- 3. Surgery:** Myomectomy (removal of the fibroids)
- 4. Uterine Artery Embolization:** A minimally invasive procedure that blocks blood flow to the fibroids, causing them to shrink.



IVF and Fibroids

For women with fibroids who are struggling to conceive, IVF may be a viable option. However, the presence of fibroids can affect the success of IVF. Studies have shown that women with fibroids have lower IVF success rates compared to women without fibroids.

What Can You Do?

If you're struggling to conceive due to fibroids, there are steps you can take:

- 1. Consult a Fertility Specialist:** Schedule an appointment with a fertility specialist to discuss your options.
- 2. Get Tested:** Have a thorough evaluation, including an ultrasound and hormone testing, to determine the extent of the fibroids.
- 3. Consider Treatment:** Discuss treatment options with your fertility specialist and determine the best course of action for your individual situation.

Conclusion

Fibroids can have a significant impact on fertility, but there are treatment options available. At Genome The Fertility Centre, we're dedicated to helping women overcome fertility challenges and achieve their reproductive goals. If you're struggling to conceive due to fibroids, don't hesitate to reach out to us for guidance and support.