

Candidates for UFE include women who:

- Have been diagnosed with symptomatic uterine fibroids
- Desire to keep their uterus
- Don't want or may not be a good candidate for surgery
- Wish to avoid a blood transfusion for health or religious reasons

Ideal candidates for UFE have completed child-bearing, however, desire for fertility does not preclude UFE treatment.

Is UFE covered by insurance? Uterine fibroid embolization is covered by most insurance plans for patients experiencing symptoms associated with their fibroids.

Is this a clinical trial? This is not a clinical study. UFE is a proven treatment for uterine fibroids currently offered by Washington University physicians.

Consultation location

Mallinckrodt Institute of Radiology at Barnes-Jewish Hospital
One Barnes-Jewish Plaza, 6th floor, St. Louis, MO 63110
Interventional radiology: (314) 362-2900

Procedure locations

Barnes-Jewish Hospital
1 Barnes-Jewish Plaza, 8th floor, St. Louis, MO 63110

Barnes-Jewish West County Hospital
12634 Olive Blvd, Creve Coeur, MO 63141

Washington University interventional radiologists specializing in uterine fibroid embolization:

Gretchen Foltz, MD
Jennifer Gould, MD
Seung Kwon Kim, MD
Seth Klein, MD
Naganathan Mani, MD
Nael Saad, MD
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Treatment for Uterine Fibroids



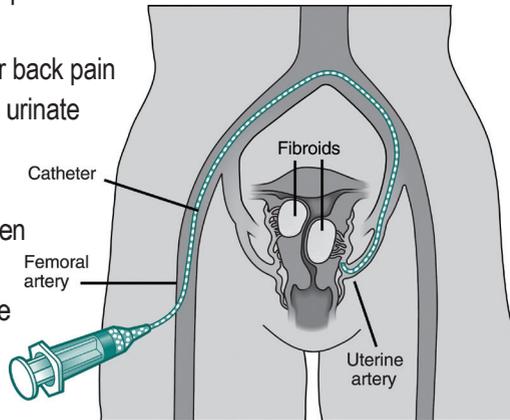
Washington University physicians offer a proven, **non-surgical** alternative to hysterectomy for **treatment** of uterine fibroids.



What are uterine fibroids? Uterine fibroids are non-cancerous growths in or on the uterine walls ranging in size from less than one inch up to 12 inches in diameter.

Most fibroids are found during pelvic examinations and do not cause symptoms. However, some women do experience symptoms of:

- Heavy, prolonged periods (seven days or more) or spotting between periods
- Anemia
- Pelvic, leg and/or back pain
- Frequent urge to urinate
- Constipation or bloating
- Enlarged abdomen
- Pain during sexual intercourse



How are uterine fibroids treated?

Treatment options include hormone medications, hysterectomy (surgical removal of the uterus, ovaries), myomectomy (surgical removal of the fibroids) and a non-surgical treatment called uterine fibroid embolization (UFE).

What is UFE? Uterine fibroid embolization is a non-surgical, uterine-sparing alternative to shrink symptomatic fibroids. The procedure is performed by an interventional radiologist trained to diagnose and treat medical conditions using image-guided techniques.

Is UFE right for you? If you experience symptoms due to uterine fibroids and wish to avoid surgery, you may be a candidate. Your Washington University radiology expert will work closely with your gynecologist to ensure you receive the best possible care.



How does the procedure work? Uterine fibroid embolization involves inserting a catheter into the uterine artery through a small incision at the top of your thigh. Once in place, tiny particles, called microspheres, are injected through the catheter to block blood supply to the fibroid(s) causing them to shrink and soften.

Patients are awake but sedated during the procedure, which typically lasts about one hour. Because some women experience moderate cramping, they are admitted to the hospital overnight to ensure their comfort.

Advantages of UFE:

- Preserves your uterus
- Minimally invasive procedure
- No general anesthesia or large incisions
- Shorter recovery time and less pain compared to other surgical treatments
- Less medical risk compared to other surgical treatments
- Less expensive than most surgeries
- UFE is covered by most insurance plans

What is the success rate of UFE? Uterine fibroid embolization is an effective procedure with minimal risk. Resolution of symptoms depends on the type of symptoms experienced and size of the fibroid(s). In clinical studies, patients indicated a greater than 90% symptom resolution within three to 12 months.

With the UFE procedure, most women return to normal activity within one to two weeks.

Learn more. To learn more about UFE or to schedule a consultation, please call the Washington University interventional radiology department Monday through Friday: (314) 362-2900