How Fibroids Impact the Whole Person

Uterine fibroids are common and they can affect your quality of life.

Most women will have one or more fibroids at some point, but Black women have the highest rate.

7 out of 10 white women and 8 out of 10 Black women have fibroids by age 50.

There can be just one fibroid or many, and they can vary in location (inside or outside of the uterus) and in size.

Small: Up to the size of a cherry
Medium: Up to the size of an orange
Large: Up to the size of a grapefruit (or larger)

Some fibroids cause no symptoms but others can severely affect a woman’s quality of life.

Ways fibroid symptoms can affect you

Fibroids affect more than just your blood flow. They can make periods heavier, longer and more frequent, which can cramp your lifestyle.

Fibroid-related health problems

Although fibroids don’t always cause symptoms, they can cause physical problems. These include:

- Blood clots
- Pressure on ureters
- Infertility
- Pregnancy complications
- Severe anemia

Finances

Fibroids can be expensive when you have to pay for:
- Pads
- Tampons
- Underwear
- Treatments
- Visits with healthcare providers

Relationships/Social Life

If you’re in pain or bleeding heavily, it may affect your relationships.

Work

Having fibroids at work poses challenges.

Mental health

Studies show that women with fibroids are more likely to have depression or anxiety.

If you’re having symptoms, you don’t have to try to simply power through.

For more information on how to manage bleeding and treatment options, visit the White Dress Project or HealthyWomen.