

Regaining Comfort

Uterine Bleeding

Heavy menstrual bleeding, discomfort, pain, or irregular periods are common amongst women in Canada and have a significant negative impact on their quality of life.

These symptoms can be caused by several things, including:

- ✓ Polyps
- ✓ Fibroids
- ✓ Bleeding Disorders
- ✓ Hormone Imbalances



Dr. Sony Singh,
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According to Dr. Sony Singh, Director of the Gynecology and Obstetrics division at the Shirley E. Greenberg Women's Health Centre, women may often try to ignore these issues: "Women don't often seek help because they've been told that this is normal: to have heavy menstrual bleeding."

Dr. Singh urges women who may be experiencing these symptoms to seek medical advice immediately, and to work together with physicians to find the cause of this condition.

There are a number of options available to women that can restore normalcy to their menstrual periods.

Dr. Singh points out that for those women whose heavy menstrual periods are caused by fibroids, there are varied treatment options that can suit their individual needs: "A fibroid is quite commonly found amongst women of reproductive age. There are medical options that are hormonal, non-hormonal, surgical options, and now targeted treatments."

Speaking directly to the targeted medical treatment option, he adds, "Targeted medical treatments act directly on the fibroid which can result in decreased heavy menstrual bleeding, but also shrinkage of the fibroid."

Women are encouraged to thoroughly discuss these options with their family physician and/or gynaecologist to determine which options are available to find relief from their symptoms.

For more information on the cause and treatment options available for solving uterine fibroids and other conditions affecting feminine comfort, go to:

www.HealthandFamily.ca/Fibroids

