

UTERINE HEALTH

FACT SHEET

What is a uterus?

The uterus is a reproductive organ in the pelvis that contains the developing fetus during pregnancy.

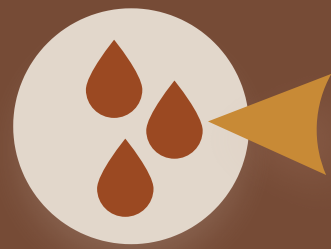
What is a period?

A period, also known as menstruation, occurs when the inner layer of the uterus is shed and expelled from the body. Typically, this occurs regularly on a monthly basis as long as there is no pregnancy.



If you experience any of these red flags regularly, talk to your healthcare provider.

Periods are different for everyone. What are red flags to look for?



Heavy bleeding, which can look like:

- Needing to replace pad/tampon once or more per hour
- More than one menstrual item (i.e. pad, tampon, menstrual cup, etc.) is required
- Passing blood clots approximately 1 inch in diameter



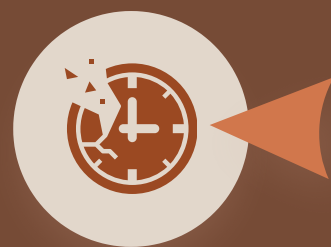
Length/duration of period

- Period is longer than 7 days



Pain or other symptoms

- Severe in nature
- Impacts you negatively to the point of reduced quality of life



Regularity

- Missed periods or irregular cycle

What are uterine fibroids?



Uterine fibroids, also known as leiomyomas, are tumorous tissue growths in or around the uterus. These tumors are NOT cancer.



Fibroids can cause:

- Heavy periods
- Spotting between periods
- Back pain
- Bladder issues
- Fertility issues

Uterine fibroids are very common, and occur mostly in people aged 30-40.

Around 70% of people with uteruses are diagnosed with fibroids by the time they reach menopause.

Black people are **3x more likely to develop fibroids than white people** and are more likely to experience severe symptoms.



If you suspect you may have uterine fibroids, contact your healthcare provider.

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What is endometriosis?

The endometrium is tissue on the inside of the uterus.

Endometriosis is a chronic disease that causes endometrium to grow in other places outside of the uterus.

1 in 10 people with uteruses of reproductive age are affected by endometriosis.

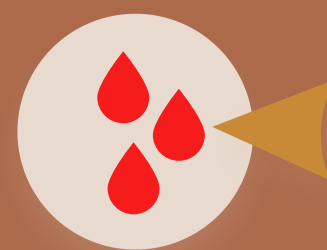


Source: www.uterinehealthguide.com

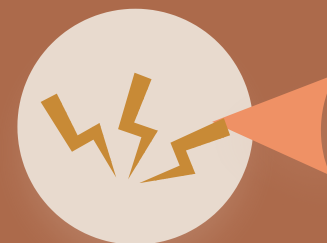
Common symptoms of endometriosis include:



- Fertility issues
- Heavy or irregular menstrual bleeding



- Non-menstrual pelvic pain
- Pain in the lower abdomen
- Pain during or after sex

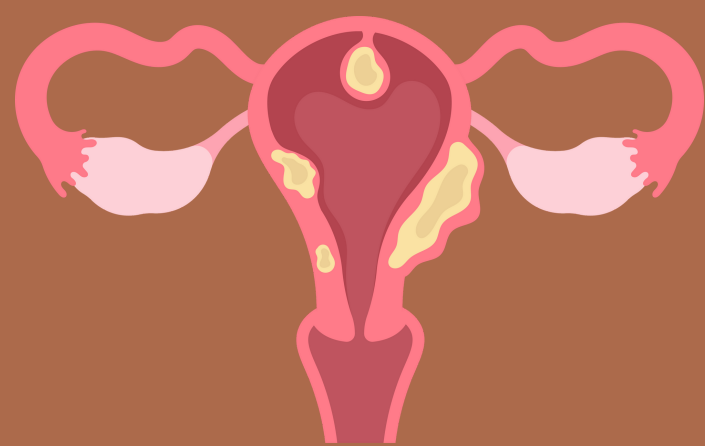


- Pain while using the restroom

Currently, there is no cure for endometriosis.

If you have or think you have it, contact your healthcare provider to learn about options to treat your symptoms.

What is uterine cancer?



Uterine cancer occurs when cancer cells grow in the uterus, typically in the endometrium. Anyone who has a uterus is at risk of uterine cancer. It is typically treated by removing the uterus.



Symptoms of uterine cancer include:

- Abnormal vaginal discharge or bleeding
- Pain or pressure in pelvis

Asian American and Pacific Islander people are **more likely** to be diagnosed with uterine cancer at a younger age and experience more severe and advanced cancer.

Pacific Islanders in particular have higher mortality rates.



There are currently no ways to screen for it if you are not experiencing symptoms.

If you think you are experiencing symptoms of uterine cancer, contact your healthcare provider.

Sources:

- www.cdc.gov/cancer/uterine/basic_info
- www.cdc.gov/cancer/uterine/basic_info/screening
- www.cdc.gov/cancer/uterine/basic_info/symptoms
- <https://pubmed.ncbi.nlm.nih.gov/35183383/>