

# Interventional Radiology

# at Ingalls

## 21ST CENTURY MEDICINE

Ingalls Interventional Radiology Team



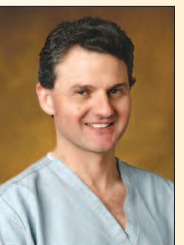
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## Uterine Fibroid Embolization: Ingalls Offers Minimally Invasive Alternative to Hysterectomy

Interventional radiologists at Ingalls are among the only physicians in the South Suburbs to offer uterine fibroid embolization (UFE), a minimally invasive alternative to hysterectomy for women suffering from the debilitating effects of uterine fibroids.

UFE is a safe, effective treatment that results in a quicker recovery and return to normal activities – and is successful more than 90 percent of the time in appropriately selected patients. The procedure allows women to preserve their uterus and avoid the risks and possible post-operative complications of hysterectomy.

The procedure was first used in fibroid patients in France as a means of decreasing blood loss that occurs during myomectomy. It was discovered that after the embolization, while awaiting surgery, many patients' symptoms went away, thereby eliminating the need for the actual myomectomy. This discovery led to the use of UFE as a stand-alone treatment for symptomatic fibroids.

### HOW UFE WORKS:

UFE is performed under conscious sedation with local anesthesia. Using standard angiographic techniques that Interventional Radiologists perform every day, a catheter is steered into the uterine arteries, and small particles (the size of a grain of sand) are mixed with X-ray dye and injected until the blood supply to the fibroids is blocked.

Eventually, the fibroid tumor shrinks, loses its hormonal activity, and softens, thus causing less mass effect in the pelvis. The entire procedure takes from 60 to 90 minutes, and most patients are observed for 23 hours then discharged home the next day. The majority of patients return to work in less than seven days.

Patients are followed and managed by the Interventional Radiology Service in the hospital and are seen in clinic for follow-up.

Benefits of UFE vs. hysterectomy include rapid recovery time and return to normal activities; virtually no blood loss or need for transfusion; potential preservation of fertility; and reproductive organs and supporting structures remain intact.

### WHO IS A CANDIDATE FOR UFE?

- ▶ Premenopausal women with symptomatic uterine fibroids who wish to avoid surgery.
- ▶ Since there is virtually no blood loss, UFE may be an ideal treatment for women who wish to avoid transfusion for health or religious reasons. ■



708.915.5614

[www.ingallshealthsystem.org](http://www.ingallshealthsystem.org)

*For more information about uterine fibroid embolization at Ingalls or to send your patient for a consultation with one of Ingalls' Interventional Radiologists, please call 708.915.5614.*

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