

Commentary

Unlike hysterectomy: UFE is a uterus-preserving treatment

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Received: 01 August 2023; Manuscript No: JEM-23-120568; **Editor assigned:** 03 August 2023; PreQC No: JEM-23-120568 (PQ); **Reviewed:** 17 August 2023; QC No: JEM-23-120568; **Revised:** 22 August 2023; Manuscript No: JEM-23-120568 (R); **Published:** 29 August 2023; **DOI:** 10.4303/JEM/120568

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Description

Uterine Fibroid Embolization (UFE): Uterine fibroids, non-cancerous growths in the uterus that often appear during childbearing years, affect millions of women worldwide. These benign tumors can cause various symptoms, including heavy menstrual bleeding, pelvic pain, and even reproductive issues in some cases. For many women, seeking treatment becomes essential to alleviate symptoms and improve their quality of life. One minimally invasive option gaining popularity is Uterine Fibroid Embolization (UFE). Uterine Fibroid Embolization, also known as Uterine Artery Embolization (UAE), is a non-surgical procedure aimed at shrinking fibroids by cutting off their blood supply. During the procedure, an interventional radiologist inserts a thin catheter through a tiny incision in the groin area, guiding it to the uterine arteries that supply blood to the fibroids. Small particles are then injected through the catheter, blocking the blood flow to the fibroids, causing them to shrink and ultimately die off. Unlike traditional surgery, UFE doesn't require an abdominal incision. This reduces the risk of complications, decreases recovery time, and often allows for a quicker return to normal activities. One significant advantage of UFE is that it's a uterus-preserving procedure. This is especially important for women who wish to maintain their fertility or avoid a hysterectomy (surgical removal of the uterus). These studies have shown that UFE is effective in reducing symptoms associated with fibroids, such as heavy menstrual bleeding, pelvic pain, and frequent urination. UFE has shown promising results in preventing the recurrence of fibroids compared to some other treatments. However, fibroids can still reoccur in some cases. While UFE offers numerous benefits, it might not be suitable for everyone. Factors such as the size, number, and location of fibroids, as well as a woman's overall health and desire

for future fertility, are crucial considerations. Women who are pregnant or planning to conceive in the future might not be candidates for UFE. Before the procedure, patients will undergo a thorough evaluation, which may include imaging tests to assess the size and location of the fibroids. During the procedure, patients are usually under mild sedation, and it is performed on an outpatient basis, typically lasting around an hour or two. After UFE, some women may experience mild to moderate pain or discomfort, which can usually be managed with over-the-counter pain medications. Most individuals can resume light activities within a few days and return to normal routines within one to two weeks. Uterine Fibroid Embolization (UFE) is a minimally invasive treatment option that offers effective symptom relief for women dealing with fibroids. Its advantages lie in its minimally invasive nature, shorter recovery time, and the preservation of the uterus. However, like any medical procedure, it's crucial to consult with a healthcare provider to determine if UFE is the most suitable option based on individual circumstances and health goals. As technology advances and more research is conducted, UFE continues to evolve as a promising alternative to traditional fibroid treatments, providing women with a viable option to improve their quality of life without the need for invasive surgery. UFE is a minimally invasive procedure compared to traditional surgery. It involves a small incision, reducing the risk of complications and leading to a faster recovery.

Acknowledgement

None.

Conflict of interest

None.