



Uterine Fibroids: The Complete Guide (A Johns Hopkins Press Health Book)

By Elizabeth A. Stewart MD

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You've called in sick today. Your back and legs hurt. Your abdomen is bloated and more than a little uncomfortable. You are having your period, and the bleeding is so heavy you can't even think about leaving the house. You have uterine fibroids.

One in every four women see their lives affected by uterine fibroids, which can cause heavy bleeding, abdominal bloating, pain, and infertility. The symptoms can be mildly annoying or life altering in severity. Until recently, hysterectomy was the only way to cure fibroids, and each year more than 200,000 hysterectomies are performed in the United States to treat these noncancerous growths.

But hysterectomy isn't always the best solution. The procedure can be devastating for women who were planning to get pregnant, and it is a significant surgery for anyone. In this comprehensive and compassionate guide, Dr. Elizabeth A. Stewart helps women understand the treatment options now available.

An internationally recognized expert on fibroids, Dr. Stewart describes all the available medical and surgical treatments as well as alternative and complementary therapies. In addition to hysterectomy, she explains uterine artery embolization (UAE), noninvasive focused ultrasound (FUS), and innovative hormone treatments. Simple diagrams and photographs illustrate the condition and its treatment.

Dr. Stewart encourages women with fibroids to learn as much as they can before choosing a treatment plan. Providing the most reliable and up-to-date information on this very common and difficult disorder, she helps women understand uterine fibroids and make the best possible choices about their care.

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- Sales Rank: #1445477 in Books
- Published on: 2007-10-24
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .63" w x 5.50" l, .66 pounds
- Binding: Paperback
- 240 pages



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Editorial Review

Review

This exceptionally well-written book is easy to read (estimated 9th grade reading level) and helpful to women wishing to understand fibroids and make health decisions... Highly recommended.

(Nancy Crossfield *Consumer Connection*)

Dr. Stewart offers practical, down-to-earth advice about when to seek treatment and which choice may be optimal in a given situation.

(American Journal for Nurse Practitioners)

A heavily referenced work recommended... for comprehensive consumer-health collections and large public libraries.

(Library Journal)

Addresses the newest research into fibroids and their treatment.

(Rebecca Traister *Salon*)

This book is a comprehensive account of uterine fibroids for the motivated patient.

(Doody's Review Service)

Readers are unlikely to find many 'here is what you should do' answers. Rather, one will walk away with greater insight, recommendations on how one might proceed and likely more questions than when one began. *Uterine Fibroids: The Complete Guide* is a must-read for every woman and should be on the reading list of all medics.

(Mohammad Sami Walid, M.D., Ph.D. *Journal of the National Medical Association*)

Very readable. I think that most patients and even some medical staff, will find this book very informative and helpful.

(Elizabeth E. Puscheck *American Society for Reproductive Medicine*)

About the Author

Elizabeth A. Stewart, M.D., is a professor of obstetrics and gynecology at the Mayo Clinic College of

Medicine in Rochester, Minnesota.

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