Somato Publications

Global Research in Gynecology and Obstetrics

Short Communication

Uterine Fibroids among women: Risk factors and Prevention

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Uterine fibroids are common reproductive health among women worldwide. It affects their quality of lives because of manifestations of abnormal vaginal bleeding and other health impacts. Understanding of relative risk factors would be helpful to modification of healthier behaviors to prevent its pathogenesis [1].

There are different types of uterine fibroids including intramural fibroid, pedunculated submucosal fibroid, subserosal fibroid, pedunculated subserosal fibroid, and submucosal fibroid. Typical symptoms of uterine fibroids are heavy menstruation and dysfunctional uterine bleeding. Women experience these manifestations of abnormal vaginal bleeding and its complications seek medical and surgical treatment [2].

Prior research studies reveal the risk factors associated with development of uterine fibroids that includes overconsumption of sugar, trans fat and processed meat; obesity; metabolic syndrome and history of taking estrogen after menopausal period. Its pathogenesis is associated with excess estrogen. Adipocytes in adipose tissues and visceral fat produce large amount of estrogen. In addition, hyperinsulinemia and elevated of adipokines in women with metabolic syndrome promote endometrial cell proliferation and hyperplasia leading to dysfunctional uterine bleeding. Therefore, women at risk for developing these conditions should be advised to modify healthier behaviors in order to decrease the risk [3].

Finally, promotion of healthy dietary pattern should be the main focus to prevent obesity among women across the lifespan, particularly, avoiding overconsumption of sugar, fructose, trans fat, animal fat and processed foods. Implementation of metabolic health counseling would increase their motivation and health literacy. In addition, encouragement to learn and adopt daily exercise can decrease accumulation of adipose tissue and production of adipocyte estrogen. As a result, incidence of uterine fibroids among women would decrease [4,5].

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