Introduction

Your health is your most valuable asset, and it’s essential to take proactive steps in managing and addressing any health concerns that may arise. One common health issue that affects countless women is uterine fibroids. These noncancerous growths in the uterus can lead to a range of symptoms, from heavy menstrual bleeding and pelvic pain to fertility challenges. If you’ve been grappling with the discomfort and disruption that uterine fibroids can bring, it’s time to take charge of your well-being and seek expert guidance.

At AltaMed, we understand that every woman’s health journey is unique, and that’s why we’re here to advocate for you. Our dedicated team of healthcare professionals is committed to providing you with comprehensive care, and this includes addressing uterine fibroids. We believe that informed decisions about your health are the cornerstone of your well-being, and that’s why we encourage you to start a conversation with your AltaMed doctor today.
I can’t wait to hear all the gossip! How have you been?

Yes, I’m so happy to see you both. I’ve had a rough week...

Oh no, what happened?!
I had to miss 3 days of work because I was in so much pain from my period! I'm afraid I will lose my job because it happens every month.

I don't think they believe my period is this bad. Does this happen to either of you?
I’m so sorry! That sounds awful. I’ve never had to take a sick day though. Is that normal?

Well my periods last so long and I get such heavy bleeding, but I don’t know how much bleeding is normal or not?
I wonder if you might have a condition like me... I was actually recently diagnosed with something called uterine fibroids.
Uterine fibroids? What's that?

Fibroids are a common condition in which growths develop in the uterus.
They can cause heavy and prolonged periods, bleeding between periods, abdominal pressure, and pelvic pain.

They aren't cancerous, but I know how uncomfortable the symptoms are. A doctor can discuss ways to help relieve symptoms.
Wow. How did you find out you had this?!

I went to a gynecologist because I was so bloated; it looked and felt like I was 3-4 months pregnant!

I was diagnosed through an ultrasound. Have you been feeling tired too? Fatigue is also a symptom.
I have been tired... what if I have it? Is it common?

It’s pretty common, especially among Black and Hispanic women. In my family, we all use overnight pads throughout the day.

Are you able to have kids if you have uterine fibroids?
Thankfully, my doctor has been treating the condition so I can have a healthy pregnancy when I am ready, and my periods are so much better! I can send you a link with more info.

Thank you!
...and cheers to that!
Let’s Talk About Uterine Fibroids

Scan this QR code to learn how to talk to your doctor about uterine fibroids.
Introduction

It is important to take care of your health. If you have concerns about changes in your body, you should talk to your health care provider. **Polycystic Ovary Syndrome** (PCOS) is a common health problem that happens because of a change in the levels of hormones in your body. It happens to about 1 in 10 people who have ovaries.

PCOS can happen after you’ve gone through puberty, which is when your body matures into an adult. Many people find out they have PCOS in their teens and adulthood, often when they’re having trouble getting pregnant. Visit your doctor regularly. Finding out you have PCOS early on can greatly cut down the risks of other health problems associated with PCOS.
Past Me Meets Future Me
Wow, we look great in our 30s. So excited to see you!

Hi! I’ve missed you so much!
So how is life? Are you happy? When did we get rid of this acne?
So much has happened! Our acne and heavy periods are finally under control.
Wow! That's amazing. How did that happen? It feels like this will never go away!
It turns out we have something called Polycystic Ovary Syndrome or PCOS. It’s a common condition that leads to a hormone imbalance that can cause irregular periods, excess hair, and persistent acne.
A hormonal imbalance? Is it serious? Will it go away on its own?
Not necessarily. Without treatment, we could develop more serious health problems like diabetes and infertility.
But don’t worry—we were so smart and decided to go to the gynecologist. We started treatment, controlled our weight, and now lead a healthier life.

I’m glad we figured all of this out! Also, I’m curious... do we have kids now?
With the treatment we’ve been on, we were able to have a healthy daughter!

Ahhh, I can’t believe it! She’s perfect! Well, now I know to schedule a doctor’s appointment to put us on the right path.
Let’s Talk About PCOS

Scan this QR code to learn how to talk to your doctor about PCOS.
Advocate for your health. Talk to your AltaMed doctor about uterine fibroids and PCOS treatment.

For more information, call:

(888) 499-9303
AltaMed.org

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