

Awareness and prevention of fibroid uterus

Opinion

Sarala, a 49 year old woman who had two children with Caesarean section had constipation since 6 months and had recently developed frequent urination. Initially she thought that the constipation is because of her irregular meal habit because of her job and she owed the frequency in urination to urinary tract infection. For this she took a lot of bulk forming substances like isabgol and drank a lot of water but the problem kept on increasing. When one day she started having heavy bleeding as well, she thought it was because she was about to reach menopause. One year later, Sarala had lost her appetite and also became anemic due to heavy blood loss. She was shy to discuss this with male members of the family but told this to her daughter. When the daughter took Sarala to hospital, the doctor diagnosed her with a large fibroid uterus which was compressing her ureters and bowel and prescribed for surgical removal of her uterus. Had it been that Sarala would have initially been aware of the disease, it would not have progressed so much. So let us find out what exactly is fibroid uterus and early prevention.

Fibroid uterus is major problem for women because they don't cause any pain or symptoms in initial stage. In other term it is called leiomyomas or myomas are muscular tumors that can grow on your uterus, they rarely turn into cancer. Usually appear in women of child bearing age 30 to 40 years old, but they can show up at any age.

If you have symptoms like:

- Heavy bleeding or painful periods
- Bleeding between periods
- Irregular spotting
- Anemia
- Pelvic pressure, pain or fullness in your lower abdomen.
- Enlarged abdomen or uterus.
- Constipation, rectal pressure or lower back pain.
- Trouble in emptying out your bladder and frequent urination.
- Pain during sex.
- Miscarriage or infertility.

Prevention

It is according to controlling of contributing factors:

- Monitor your menstrual cycle (frequency and duration).
- Maintain menstrual calendar.
- Contact healthcare provider immediately if any symptoms as mention above occurs.
- Women having given birth by LSCS should be more cautious although it can occur in any women
- It also should be part of screening when family history is there.

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- Certain life style habits to reduce stress can reduce chances.
- Avoid high sugar diet.
- Avoid eating too much red meat.
- Eat fresh fruits and vegetables
- Green tea contains compound called Epigallocatechin gallate that inhibit the growth of fibroid cells.
- Drink plenty of water to flush out toxins.
- Ensure milk and more diary servings, calcium in diary may help, reduce the cell proliferation.
- Eating garlic also help to reduce the incidence of fibroid as its natural antioxidant and anti-inflammatory properties that discourage the growth of tumors and uterine fibroids.
- Indian Gooseberry (Amla) is an excellent Ayurvedic remedy to reduce fibroids and their symptoms being antioxidant and immunomodulatory.
- Regular exercise helps to regulate ovulation and
- Maintain your BMI at normal range
- If hypertensive maintains your Blood pressure within normal rang.
- Maintain your Vitamin-D level, also by having sun bath.
- Avoid eatables or drinks with food additive.
- Also, take Vitamin E and Vitamin C rich food which acts as antioxidants and help maintain.

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