AgelessCoach™
AGE STRONG. LIVE LONG.

Uterine Fibroids: Symptoms and Next Steps Sheet

The 7 symptoms, the 2 that mean get care right away, and the questions that decide whether you need treatment at all.

✓ **Verified against published guidance** from Mayo Clinic, Cleveland Clinic & Johns Hopkins Medicine · sources below

Get medical care right away if you have severe bleeding from the vagina or sharp pelvic pain that comes on fast. Mayo Clinic names both. Everything else on the symptom list is an appointment, not an emergency.

✓ Do This

Know the Seven Symptoms

- Heavy or painful periods, longer or more frequent
- Pelvic pressure or pain, urinary changes
- Growing stomach area, constipation, back pain

COACH'S TIP Location, size and number shape which ones show up.

Learn the Two That Mean Go Now

- Severe bleeding from the vagina
- Sharp pelvic pain that comes on fast
- Both are the same-day line

COACH'S TIP Mayo Clinic draws the line at exactly two.

Track Two Full Cycles

- Days of bleeding and how heavy
- Any bleeding between periods
- Pressure, urinary and bowel changes

COACH'S TIP The pattern is the evidence a provider can use.

Get the Tiredness Checked

- Ongoing tiredness and weakness matter
- They can mean anemia
- That is a blood test, not a shrug

COACH'S TIP Heavy bleeding costs you red blood cells.

Ask How Many, How Big, and Where

- Ultrasound answers all three
- Symptoms follow position and size
- Small ones often need no treatment

COACH'S TIP Those three answers decide everything else.

Ask About the Middle Options

- Watching is a real option
- Medications come before surgery
- Embolization shrinks without major surgery

COACH'S TIP Hysterectomy is not the only door.

✗ Do Not

Do Not Assume It Is Cancer

- Fibroids are noncancerous tumors
- They grow from uterine muscle tissue
- Symptoms come from size and position

COACH'S TIP Cleveland Clinic and Hopkins both say noncancerous.

Do Not Accept Heavy Periods as Normal

- Periods that limit what you do are a reason to call
- So is spotting between periods
- So is pelvic pain that does not stop

COACH'S TIP Mayo lists all three on the see-a-doctor line.

Do Not Skip the Bladder Question

- Trouble emptying your bladder is on the list
- So is going far more often
- Pressure explains both

COACH'S TIP Urinary change is a fibroid symptom, not a separate problem.

Do Not Assume Treatment Means Hysterectomy

- Small fibroids often need nothing
- Medications treat many of the rest
- Embolization is not major surgery

COACH'S TIP Ask for the full menu before deciding.

Do Not Ignore Sudden Serious Pain

- A fibroid can outgrow its blood supply
- That causes sudden serious pain
- It is uncommon and it gets seen

COACH'S TIP Rare, but it belongs on the go-now line.

Do Not Wait Out Menopause Without Asking

- Fibroids do tend to shrink as hormones fall
- That does not fix current symptoms
- Anemia does not wait either

COACH'S TIP Time helps later. It does not treat now.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

7 symptoms	on Mayo Clinic's uterine fibroid list
2 red flags	severe vaginal bleeding, or fast sharp pelvic pain
Sand grains	the size of the particles used in fibroid embolization

Sources: Mayo Clinic, Uterine fibroids: symptoms and causes · Cleveland Clinic, Uterine Fibroids · Johns Hopkins Medicine, Uterine Fibroid Embolization. **Educational content, not medical advice.** Talk with your doctor.