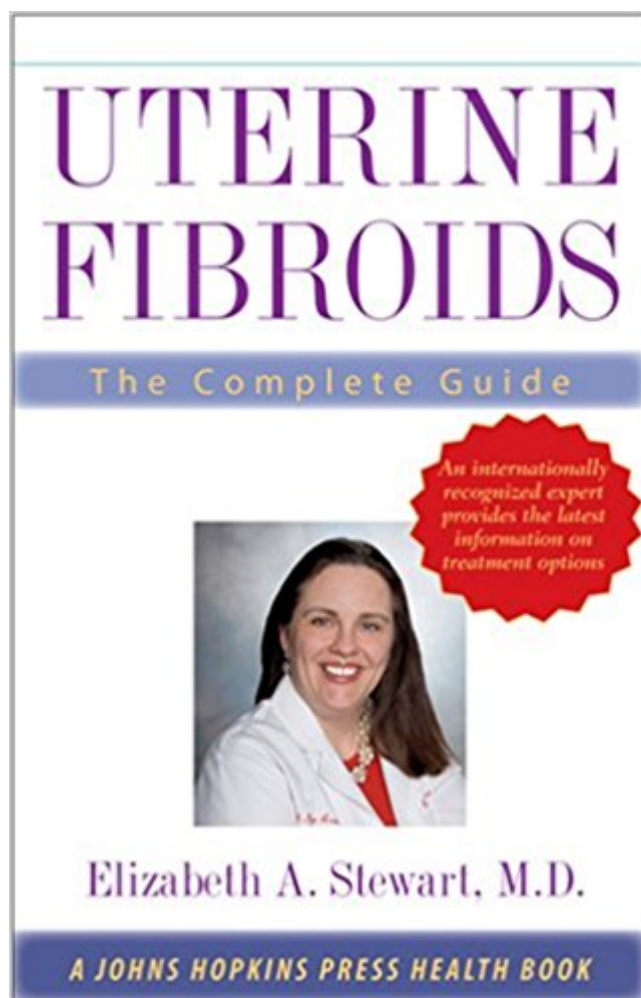


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# Uterine Fibroids: The Complete Guide (A Johns Hopkins Press Health Book)



## Synopsis

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.

## Book Information

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## Customer Reviews

I highly recommend this book to anyone diagnosed with a uterine fibroid and especially to those whose doctors suggest they have a medical procedure done! This will give you the knowledge you need, that your doctor may not fully explain, in order to make an informed decision that could effect your entire life. Do not just take his or her word for what you should have done, everyone must take their medical care into their own hands. Uterine Uterine Fibroids: The Complete Guide by Dr. E.A. Stewart is easy to read and very informative. It gives a basic knowledge and understanding of the problems and possible medical solutions. It is as up to date as it can be but, sadly, the medical world just hasn't done enough studies on this subject and therefore women still do not have many choices to relieve the problems caused by uterine fibroids. Dr. Stewart sticks to medical facts and scientific evidence, nothing is mentioned about alternative medicines. There is still much more to learn, as Dr. Stewart admits time and time again.

An excellent source for information on uterine fibroids. It is critical to understand that there are alternative surgeries that enable a woman to keep her uterus. I actually had my own fibroids removed by this physician in 2012. I am healing well and so grateful to Dr. Stewart and all the people who participated in my well being. My husband and I were impressed with Dr. Stewart's up to date knowledge on the possible causes for fibroids. I hope anyone who reads this book will pass on the information!

I thought this book really went through all my options. I liked the fact that lots of treatment options were discussed and the science behind the treatments were discussed. Much more complete than other fibroid books I have read

I can't thank you enough for the information and research in this book. Life-changing for me.

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