



Delta Sigma Theta Sorority, Incorporated
Philadelphia Alumnae Chapter
Physical and Mental Health Committee

FIBROIDS

Renee Woodburn, MD/MPH Candidate

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What are they?

Fibroids, also known as leiomyomas or fibromyomas, are benign tumors (non-cancerous growths) that arise from the uterine muscle tissue. They vary in size, shape, location, and quantity and can alter both the outside and inside of the uterus. Many fibroids go unnoticed and are found incidentally on routine pelvic exams because they often lack symptoms.

Who gets them?

As many as 3 out of 4 women are affected. They occur most commonly between the ages of 30 and 40 and more often in Black women than Whites. They also seem to affect Black women at a younger age and grow more rapidly within them. It is uncertain what actually causes fibroid growth, but data indicates there is some involvement of the female hormones estrogen and progesterone. Birth control pills and other hormonal

drugs that contain estrogen often cause fibroids to grow, while menopause, which is a result of decreased estrogen, may cause fibroids to shrink.

What are the symptoms?

Changes in menstruation--> such as longer, more frequent, or heavy periods; menstrual pain; or vaginal bleeding at times other than menstruation

Pain--> in abdomen or lower back or during sex

Pressure-->difficulty urinating or frequent urination, constipation, rectal pain, or difficult bowel movements, or abdominal cramps

Enlarged uterus and/or abdomen
Miscarriages
Infertility
Anemia

How are they treated?

Fibroids that are small and do not cause symptoms often do not need to be treated. Those masses that do need to be treated are associated with one or more of the above symptoms and disrupt the activities of a woman's daily life or grow

really rapidly. Treatment may also be necessary if it cannot be determined whether the mass is actually a fibroid or something more malignant like an ovarian tumor.

Treatment options include: Hormonal medications-certain pills or intrauterine devices (IUDs) that contain progesterone can be used to control heavy bleeding and painful periods, though they may cause fibroids to increase.

Myomectomy - surgical removal of the fibroid itself
Endometrial Ablation - destruction of the uterine lining using heat or microwave energy
Uterine Artery Embolization - blocking the blood vessels that feed the fibroids
Hysterectomy- surgical removal of the entire uterus
MRI-Guided Ultrasound Surgery- new technology using ultrasound waves through the skin to destroy fibroids. This therapy is still being studied.

Rustic Apple Tart

Ingredients:

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|--|--------------------------------|
| 2 Golden Delicious apples, peeled, cored, and sliced | Pinch ground spice |
| 2 Granny Smith apples, peeled, cored, and sliced | Pinch salt |
| 2 tablespoons light brown sugar | 1 sheet ready rolled pie dough |
| 1/4 teaspoon ground cinnamon | All-purpose flour, for dusting |
| Cooking spray | 2 tablespoons melted butter |
| 3 tablespoons peach preserves, warmed | |



Directions:

Preheat the oven to 350 degrees F.

Toss the apples, sugar, cinnamon, allspice, and salt together in a large bowl.

Roll the pastry, on a lightly floured surface, into a 12-inch round. Line a baking sheet with parchment paper and spray with cooking spray. Arrange the pastry on the baking sheet. Put the apple mixture in the center of the pastry and spread evenly to the edges, but leaving enough dough to fold over to create a crust on the rim. Brush the crust with melted butter and drizzle the remaining butter over the apples.

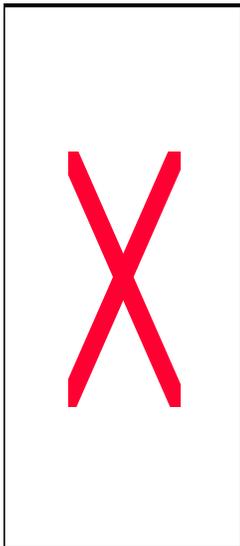
Bake until the crust is golden brown, about 40 minutes.

While tart is cooking, put the peach preserves into a microwavable bowl and microwave until syrupy, about 20 seconds.

Remove the tart from oven and brush with the warmed preserves. Pull the parchment paper off the sheet tray and transfer the tart to a wire rack to cool. Cut as desired and serve.

This recipe from The Neelys foodnetwork.com

One Leg Circle Exercise



Lie on your back with legs extended on the floor, arms by your sides. Take a moment to feel the weight of your body on the floor.

Pull your abdominals in, anchoring the pelvis and shoulders. Extend one leg toward the ceiling.

Inhale: Cross the extended leg over toward the opposite hip.

Exhale: Drop the leg a few inches. Use control as you open the leg out and then sweep it around in a small circle back to center.

Do five circles in each direction with each leg.

First set of 5:

Inhale to cross the body and circle down.

Exhale to open the leg and circle up.

Second set of 5:

Exhale to open the leg and circle down.

Inhale to cross the body and circle and up.

From About.com

