



### Directions to Lakewood Hospital

Lakewood Hospital is located on the Northeast corner of Detroit and Belle. Safe parking in an enclosed parking structure is conveniently located across from the main entrance of the hospital.

**From I-90**, exit on Warren Road, turn north (right from the east, left from the west) on Warren Road and travel .9 miles to Franklin. Turn east (right) on Franklin and travel to first traffic light (Belle Avenue). Turn left on Belle.

**From I-71**, exit on West 150th, going north for 3 miles (West 150th becomes Warren Road at Lorain Road). Turn east (right) on Franklin and travel to first traffic light (Belle Avenue). Turn left on Belle.

**From the Shoreway**, take Shoreway west; follow Clifton Blvd. to Belle Avenue. Go south (left) past Detroit Avenue.

For more information, visit us at  
[www.lakewoodhospital.org](http://www.lakewoodhospital.org)



## Lakewood Hospital

Your life is our life's work.

14519 Detroit Avenue

Lakewood, OH 44107

216/521-4200

[www.lakewoodhospital.org](http://www.lakewoodhospital.org)

# Uterine Fibroid Embolization

*A New Way to Treat Uterine Fibroids*

Founded in 1907, Lakewood Hospital is a 400-bed acute care, community-oriented hospital located in the heart of Cleveland's West Shore community. Lakewood Hospital offers a wide range of health services and education programs for women, men and children. Each year, Lakewood Hospital provides high-quality and innovative patient care for more than 130,000 patients. In 1997, Lakewood Hospital became part of the Cleveland Clinic Health System, a partnership between the Cleveland Clinic Foundation and nine community hospitals.

**U**terine fibroids are benign growths that can cause discomfort, urination problems or heavy periods. The traditional treatment is hysterectomy, a major surgery. But there is an alternative treatment called uterine fibroid embolization. An estimated 13,000-14,000 uterine fibroid embolization procedures are performed annually in the U.S. (as of 2004).

### ***What is a uterine fibroid embolization?***

Uterine fibroid embolization is a minimally invasive treatment that significantly reduces or eliminates the symptoms of uterine fibroids.

### ***How does it eliminate fibroids?***

Uterine fibroid tumors are similar to most other tissues in the body that require a constant supply of blood. In uterine fibroid embolization, doctors block the arteries that carry blood to the uterine fibroids. Deprived of their blood supply, the fibroids shrink or disappear.

### ***How is it performed?***

At Lakewood Hospital, the procedure is done in a sterile interventional radiology suite by a board-certified interventional radiologist. You are awake, but given a sedative to make you comfortable. The physician inserts a small catheter, a thin flexible tube, through a small incision in your upper thigh or groin up to the site of the fibroid growth. Tiny particles are then inserted into the arteries feeding the fibroid to block the blood flow to the fibroid tissue.



### ***What is an interventional radiologist?***

Interventional radiologists are board-certified physicians who specialize in minimally invasive, targeted treatments performed using imaging for guidance. These procedures have less risk, less pain and less recovery time compared to open surgery.

### ***Does the procedure hurt?***

There may be some discomfort in the immediate recovery period. This may range from mild to severe during the first 24 hours, but usually improves greatly over the next several days.

### ***How successful is the procedure?***

Follow-up studies of patients who have this procedure show that more than 90 percent enjoy significant improvement, or complete resolution of symptoms. The treated fibroids shrink over a period of six to nine months.

### ***What is the recovery like?***

After the embolization, you will be admitted to the hospital for overnight observation to ensure that there is adequate pain control and no immediate complications. In most cases, you can go home the next day. Patients may require pain medications for a few days after the procedure. Most can go back to work within two weeks. Some patients experience temporary uterine discomfort or discharges. By contrast, hysterectomy patients usually stay in the hospital two days and need four to six weeks of recovery.

### ***Are there any risks associated with this procedure?***

There are risks associated with any medical procedure. With uterine fibroid embolization, there is a 3 percent chance of a significant complication. Your physician will review the risks and discuss any concerns that you might have about this procedure.

### ***How do I find out more about uterine fibroid embolization?***

Talk to your primary care physician or gynecologist. They can tell you more about the risks and benefits as well as determine what the best course of treatment may be for your condition.

### ***Can I talk to someone at Lakewood Hospital?***

Physicians in the Lakewood Hospital Department of Radiology consult with patients about uterine fibroid embolization. If you would like to schedule a consultation, call 216/529-8452 during regular business hours. The consultation will give you an opportunity to get answers to your questions and does not obligate you to the procedure. You will need a physician referral for this procedure.