



# Holladay Physical Medicine

4211 Holladay Blvd. – Holladay, UT 84124 – (801) 272-8471

Bruce Gundersen, D.C., DIANM

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## Uterine fibroids

Leiomyoma; Fibromyoma; Myoma; Fibroids

Uterine fibroids are noncancerous (benign) tumors that develop in the womb (uterus), a female reproductive organ.

### Causes, incidence, and risk factors

Uterine fibroids are common. As many as 1 in 5 women may have fibroids during their childbearing years (the time after starting menstruation for the first time and before menopause). Half of all women have fibroids by age 50.

Fibroids are rare in women under age 20. They are more common in African-Americans than Caucasians.

The cause of uterine fibroids is unknown. However, their growth has been linked to the hormone [estrogen](#). As long as a woman with fibroids is menstruating, a fibroid will probably continue to grow, usually slowly.

Fibroids can be so tiny that you need a microscope to see them. However, they can grow very large. They may fill the entire uterus, and may weigh several pounds. Although it is possible for just one fibroid to develop, usually there are more than one.

Fibroids are often described by their location in the uterus:

- Myometrial -- in the muscle wall of the uterus
- Submucosal -- just under the surface of the uterine lining
- Subserosal -- just under the outside covering of the uterus
- Pedunculated -- occurring on a long stalk on the outside of the uterus or inside the cavity of the uterus

### Symptoms

More common symptoms of uterine fibroids are:

- Bleeding between periods
- Heavy menstrual bleeding (menorrhagia), sometimes with the passage of blood clots
- Menstrual periods that may last longer than normal
- Need to urinate more often
- Pelvic cramping or pain with periods
- Sensation of fullness or pressure in lower abdomen
- Pain during intercourse

Note: There are often no symptoms. Your health care provider may find them during a physical exam or other test. Fibroids often shrink and cause no symptoms in women who have gone through menopause.

## Signs and tests

The health care provider will perform a pelvic exam. This may show that you have a change in the shape of your womb (uterus).

It can be difficult to diagnose fibroids, especially if you are extremely overweight.

An ultrasound may be done to confirm the diagnosis of fibroids. Sometimes, a [pelvic MRI](#) is done.

An endometrial [biopsy](#) (biopsy of the uterine lining) or laparoscopy may be needed to rule out cancer.

## Treatment

Treatment depends on several things, including:

- Your age
- General health
- Severity of symptoms
- Type of fibroids
- Whether you are pregnant
- If you want children in the future

Some women may just need pelvic exams or ultrasounds every once in a while to monitor the fibroid's growth.

## Expectations (prognosis)

Some women with fibroids have no symptoms and may not need treatment.

During a pregnancy, existing fibroids may grow due to the increased blood flow and [estrogen](#) levels. The fibroids usually return to their original size after the baby is delivered.

## **Complications**

Complications of fibroids include:

- Severe pain or excessively heavy bleeding that may require emergency surgery
- Twisting of the fibroid, which causes a blockage in nearby blood vessels feeding the tumor (surgery may be needed)
- Anemia (low red blood cell count) if the bleeding is very heavy
- Urinary tract infections, if pressure from the fibroid prevents the bladder from fully emptying
- Cancerous changes called leiomyosarcoma (rare)

In rare cases, fibroids may cause infertility. Fibroids may also cause complications if you become pregnant, although the risk is thought to be small:

- Some pregnant women with fibroids may deliver a premature baby because there is not enough room in the womb.
- A c-section may be needed if the fibroid blocks the birth canal or causes the baby to be in a dangerous position.
- Some pregnant women with fibroids have heavy bleeding immediately after giving birth.

## **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

## **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

Eliminate chocolate, coffee, tea

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

- Utrophin
- Livaplex
- Cataplex AC
- Thymex
- FemCo

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

## **EXERCISE**

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

## **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

## **OTHER INFORMATION:**

We offer a wide variety of health information at our web site.

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.