

# Uterine Artery Embolisation for the Management of Symptomatic Fibroids: A Retrospective Cohort Study

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Aim: To understand whether uterine artery embolization is an effective and safe alternative to hysterectomy in the management of uterine fibroids.

## Introduction

Uterine fibroids are the most common type of benign tumour among women of reproductive age. They are associated with impaired quality of life secondary to heavy menstrual bleeding, abdominal discomfort, pressure symptoms and subfertility. Uterine fibroids have traditionally been managed surgically with hysterectomy, however with improved availability of interventional radiology services across regional and metropolitan Australia Uterine artery embolisation (UAE) is emerging as a less invasive treatment alternative.

## Methods

A retrospective cohort study was undertaken comprising 35 women who have undergone UAE for management of fibroids between 2016-2022 at a public Australian tertiary hospital. Main outcome measures comprised patient satisfaction 6 months post UAE, reduction in fibroid size, occurrence of postoperative complications, need for reintervention within 18 months of procedure and duration of hospital stay.

## Results

- 74 % of patients who underwent UAE reported satisfaction with their symptom improvement at 6 months post procedure.
- 34 % of patients who underwent UAE required further intervention for their fibroid associated symptoms within 18 months of procedure.
- Mean reduction in size of uterine fibroids was 56 %.
- Patients who were found to have larger reduction in fibroid size were more likely to report post-operative satisfaction.
- 73 % of patients were discharged home by day 2 following their procedure.
- There were no significant complications reported in any of the patients who underwent UAE.

## Summary:

UAE should be considered as an alternative to hysterectomy where available given high rates of associated patient satisfaction and low rates of major complications. UAE has a higher rate of reintervention when compared those of hysterectomy reported in the literature.<sup>1</sup>