



## Uterine Fibroid Embolisation: **Safe and Effective Non-Surgical Treatment**

Expert Care by Dr. Akhil Monga – Transforming Women's Health with  
Advanced Non-Surgical Solutions

## What are Uterine Fibroids?

Uterine fibroids are non-cancerous tumour that develops in the uterus. These common benign tumours can vary in size and number and, depending on their location and severity, cause various symptoms.

### Symptoms and Causes

#### Symptoms:

Heavy menstrual bleeding, prolonged periods, pelvic pain or pressure, frequent urination, difficulty emptying the bladder, constipation, backache or leg pain.

#### Causes:

The precise cause of uterine fibroids is unknown, but genetics, hormonal imbalances, and lifestyle factors may contribute to their development.



## Traditional vs. Non-Surgical Treatments

### Traditional Treatments:

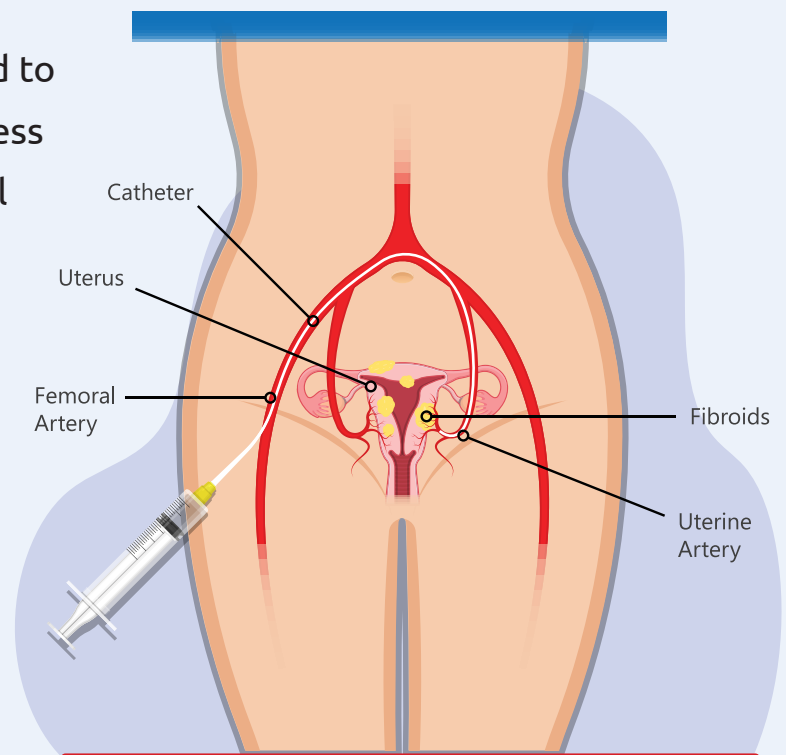
Historically, treatments like hysterectomy (removal of the uterus) or myomectomy (removal of fibroids) have been the go-to options for managing fibroids. Though effective, surgical methods come with longer recovery times and potential risks.

### Non-Surgical Treatments:

Uterine Fibroid Embolisation (UFE) is a minimally invasive, non-surgical procedure that effectively shrinks fibroids, offering a safer alternative with quicker recovery.

## Uterine Fibroid Embolisation Explained

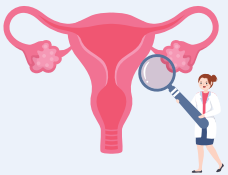
UFE works by blocking the supply of blood to fibroids, forcing them to shrink. This process is performed by a specialist using a special tube to inject particles into the uterine arteries, targeting the fibroids without affecting the surrounding tissue.



## Benefits of UFE

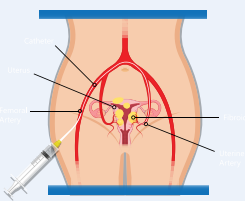
- ✓ **Minimally Invasive:** No large incisions are required.
- ✓ **Preserve the Uterus:** Unlike hysterectomy, UFE preserves the uterus, which is important for many women.
- ✓ **Quick Recovery:** Most patients return to their usual activities within a week.
- ✓ **Symptom Relief:** Significant reduction in fibroid-related symptoms such as heavy bleeding and pelvic pain.
- ✓ **High Success Rate:** UFE has a high success rate, with many women experiencing long-term relief.

## The Procedure: What to Expect



### Before the Procedure:

Detailed consultation and imaging tests to ensure the correct diagnosis and plan the procedure.



### During the Procedure:

UFE is performed under local anesthesia and mild sedation. A small incision is made in the groin or wrist, and a catheter is guided to the uterine arteries to deliver the embolic agents.



### Time:

The procedure typically takes about 1 to 2 hours.

## Post-Procedure Care and Recovery

### Immediate Recovery:

Patients may experience mild cramping or discomfort, which can be managed with medications. Most patients can go home the same day or after an overnight stay.

### Long-Term Care:

Avoid strenuous activities for a few days. Regular follow-up appointments will monitor your recovery and the effectiveness of the treatment.

### Results:

Symptom relief is often felt within a few days, with fibroids continuing to shrink over several months.

## Comparing UFE to Surgery

### UFE:

Minimally invasive, quick recovery, uterus preservation.

### Surgery (Hysterectomy/Myomectomy):

Invasive, longer recovery, and higher risk of complications, with hysterectomy involving the complete removal of the uterus.

# *Patient* **TESTIMONIALS**

"One of the best doctors. Polite and attentive. He is very skilled. Consulted him for aunt's fibroid problem. She is very happy with the treatment."

- **Priyanka Arora**

"One of the best **interventional** radiologists in Panchkula. Takes utmost care of patients pre and post-procedure. Highly recommended"


- **Chirag Aggarwal**


## **About Dr Akhil Monga**

Dr Akhil Monga is a highly respected specialist in vascular and interventional radiology. He focuses on minimally invasive procedures like Uterine Fibroid Embolisation. His expertise and patient-centred care have helped countless women find relief from fibroid symptoms without surgery.




## **Sohana Hospital**

 Sohana Hospital,  
Sector 77, Mohali, Punjab

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

 +91-6280520737

 [akhilmonga.aiims@gmail.com](mailto:akhilmonga.aiims@gmail.com)

 Mon - Sat: 9:00 AM - 6:00 PM