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"Uterine Artery Embolization for Symptomatic Uterine Fibroids: a Prospective Study on 102 Patients in Iran"

K. Firouznia, H. Ghanaati, M. Sanaati, A. H. Jalali, M. Shakiba

Abstract:

Background/Objectives : To evaluate the safety, efficacy and complication rate of uterine artery embolization in symptomatic fibroid patients in Iran. Patients and Methods: A hundred and two patients aged 20-48 years (mean age: 35.7 ±6.4 years) with symptomatic fibroids entered the study from September 2001 to November 2004. The most common presenting symptom was increased menstrual bleeding, which occurred in 74.5% of all patients. Urinary symptoms occurred in 43%, and bulk-related symptoms were seen in 63.7 % of our patients. We performed bilateral UAE (uterine artery embolization) using PVA (polyvinyl alcohol) particles (500-710 micron) and assessed the patients before UAE and at regular follow-ups at 1, 3, 6 and 12-month intervals by questionnaires / interviews and ultrasound. MRI without gadolinium (Gd-DTPA) injection was done before embolization and at 6 and 12 months after the procedure. Results: By Friedman test, sequential follow-up (up to 12 months) showed that the vaginal bleeding severity significantly decreased ($p < 0.0001$), with menorrhagia resolving in 59.4% of patients at 1 month, and in 69% at 12 months. The mean uterus volume decreased 38.5 ±30% after 12 months. The paired t-test showed that dominant fibroid volume changed from 273.7±439.2 cm³ to 112.1±141.6 cm³ at month 6 (n=58, $p=0.001$) and from 246.1±314.5 cm³ to 70.1±73.5 cm³ at month 12 (n=41, $p<0.0001$). The initial size of the fibroids did not affect the success rate. Conclusion: The study showed the high efficacy of UAE in controlling fibroid related symptoms, with only few complications.

Keywords:

uterine artery embolization . fibroids . interventional radiology

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