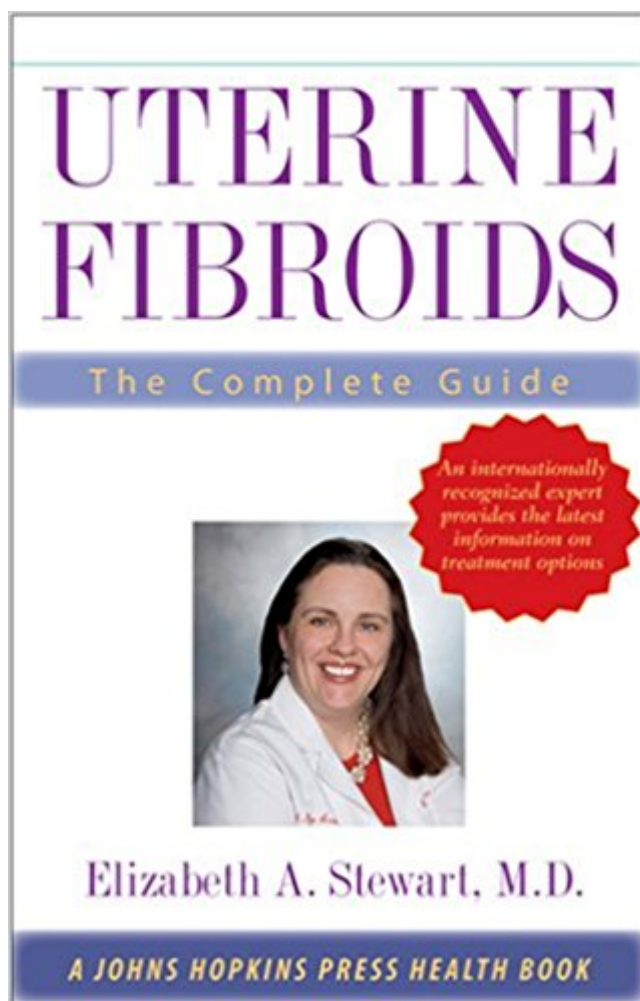


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# Uterine Fibroids: The Complete Guide (A Johns Hopkins Press Health Book)



## Synopsis

You've called in sick today. Your back and legs hurt. Your abdomen is bloated and more than a little uncomfortable. You are having your period, and the bleeding is so heavy you can't even think about leaving the house. You have uterine fibroids. One in every four women see their lives affected by uterine fibroids, which can cause heavy bleeding, abdominal bloating, pain, and infertility. The symptoms can be mildly annoying or life altering in severity. Until recently, hysterectomy was the only way to cure fibroids, and each year more than 200,000 hysterectomies are performed in the United States to treat these noncancerous growths. But hysterectomy isn't always the best solution. The procedure can be devastating for women who were planning to get pregnant, and it is a significant surgery for anyone. In this comprehensive and compassionate guide, Dr. Elizabeth A. Stewart helps women understand the treatment options now available. An internationally recognized expert on fibroids, Dr. Stewart describes all the available medical and surgical treatments as well as alternative and complementary therapies. In addition to hysterectomy, she explains uterine artery embolization (UAE), noninvasive focused ultrasound (FUS), and innovative hormone treatments. Simple diagrams and photographs illustrate the condition and its treatment. Dr. Stewart encourages women with fibroids to learn as much as they can before choosing a treatment plan. Providing the most reliable and up-to-date information on this very common and difficult disorder, she helps women understand uterine fibroids and make the best possible choices about their care.

## Book Information

Series: A Johns Hopkins Press Health Book

Paperback: 240 pages

Publisher: Johns Hopkins University Press; 1 edition (October 24, 2007)

Language: English

ISBN-10: 0801887011

ISBN-13: 978-0801887017

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 7 customer reviews

Best Sellers Rank: #1,307,110 in Books (See Top 100 in Books) #91 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Reproductive Medicine & Technology](#) #485 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Obstetrics & Gynecology](#) #589 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical >](#)

## Customer Reviews

"This exceptionally well-written book is easy to read (estimated 9th grade reading level) and helpful to women wishing to understand fibroids and make health decisions... Highly recommended." (Nancy Crossfield Consumer Connection)"Dr. Stewart offers practical, down-to-earth advice about when to seek treatment and which choice may be optimal in a given situation." (American Journal for Nurse Practitioners)"A heavily referenced work recommended... for comprehensive consumer-health collections and large public libraries." (Library Journal)"Addresses the newest research into fibroids and their treatment." (Rebecca Traister Salon)"This book is a comprehensive account of uterine fibroids for the motivated patient." (Doody's Review Service)"Readers are unlikely to find many 'here is what you should do' answers. Rather, one will walk away with greater insight, recommendations on how one might proceed and likely more questions than when one began. Uterine Fibroids: The Complete Guide is a must-read for every woman and should be on the reading list of all medics." (Mohammad Sami Walid, M.D., Ph.D. Journal of the National Medical Association)"Very readable. I think that most patients and even some medical staff, will find this book very informative and helpful." (Elizabeth E. Puscheck American Society for Reproductive Medicine)

Elizabeth A. Stewart, M.D., is a professor of obstetrics and gynecology at the Mayo Clinic College of Medicine in Rochester, Minnesota.

An excellent source for information on uterine fibroids. It is critical to understand that there are alternative surgeries that enable a woman to keep her uterus. I actually had my own fibroids removed by this physician in 2012. I am healing well and so grateful to Dr. Stewart and all the people who participated in my well being. My husband and I were impressed with Dr. Stewart's up to date knowledge on the possible causes for fibroids. I hope anyone who reads this book will pass on the information!

I can't thank you enough for the information and research in this book. Life-changing for me.

This book is informative, well written, and was very helpful to me when I was having health issues with fibroids. I have also recommended it to friends.

The editorial review indicated the book was easy to read. I came across quite a few medical words I was not familiar with and had to look them up in my medical dictionary.

I highly recommend this book to anyone diagnosed with a uterine fibroid and especially to those whose doctors suggest they have a medical procedure done! This will give you the knowledge you need, that your doctor may not fully explain, in order to make an informed decision that could effect your entire life. Do not just take his or her word for what you should have done, everyone must take their medical care into their own hands. Uterine Fibroids: The Complete Guide by Dr. E.A. Stewart is easy to read and very informative. It gives a basic knowledge and understanding of the problems and possible medical solutions. It is as up to date as it can be but, sadly, the medical world just hasn't done enough studies on this subject and therefore women still do not have many choices to relieve the problems caused by uterine fibroids. Dr. Stewart sticks to medical facts and scientific evidence, nothing is mentioned about alternative medicines. There is still much more to learn, as Dr. Stewart admits time and time again.

I thought this book really went through all my options. I liked the fact that lots of treatment options were discussed and the science behind the treatments were discussed. Much more complete than other fibroid books I have read

I looked through a lot of what's currently on the market for uterine fibroids. This is very thorough, with up to date medical information. I also appreciated the appendix on hints for surgical recovery. This had information I had not seen anywhere else.

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