

IS IT JUST ME?



Canadian Women with Fibroids

Forums
Facts
Holding Hands

 **CANWe Talk...**

A twinge of change; new cramp or trip to the washroom

Something has changed and it's different enough to be noticeable too. Extra trips to the bathroom, pains in the joints; these are new things and feel as though they came on with the medication you just started taking. It's very common for us to simply chalk it up to side effects of the medication and carry on.

Fibroids is a unique situation, most of those who have it are in an estrogen dominant state and also .. over 40. How do we know if it's a fibroids symptom, a medication side effect or ... just aging?

Symptom, Side Effect or is it just my aging process?

Let's face it, mid 40s to early 50s is when it all happens for most women. Arthritis sets in later in life, incontinence can start to show up. So when we take new medication or have minor surgery it's really important to consider every new thing going on; to not write it all off to the medication or the surgery but to find out for sure what the root of the issue is so it can be alleviated.

That new
noticeable thing

Taking it to your
Specialist

Doing your own
research

Dealing with the
outcome

Support Groups
and other
information

**CANADIAN WOMEN
WITH FIBROIDS
GROUP**

www.CANFib.ca



Take All the facts your Specialist or GP.

Sometimes we have unacceptably long waits for the specialist and usually your GP can help find out where new symptoms are from, so this may be a good place to start. Help your doctor do their job well, be sure to fill him or her in on everything, not just what you suspect the issue may be caused by.

For example, Sudden Heavy Bleeding

Sudden heavy bleeding can be a result of starting on Lupron or Fibristeral. But it can also signify a change in the Fibroid. And lastly it could be a result of perimenopause. Each of these outcomes would require a different angle of attention, so it's vital to give your doctor all the facts.

Do some research online, but remember where you are looking

Google is a truly magical thing, but keep in mind that when it comes to health topics FEW people come to the net to say *"everything is wonderful"* so the view you get is skewed. You will see more from those with issues than those without; don't let that alter your thoughts, the information is to be used as additional knowledge not guidance or numbers.

Once you have a solid outcome to work with

Now that you have dug deep to find the real reason for your new symptom, you and your practitioner can work together to find the best solution. The right solution to a diagnosed problem will help you far more than "trying out" the myriad of "hacks" for something of an origin you're not sure of.

Feeling like you need a friend?

CANFib is chalk full of women with endocrine disorders, and most of those involve Fibroids. Hang with the crowd that knows exactly what you mean and understands exactly how you feel. CANFib is a Federally incorporated company founded by Patricia Lee, a Fibroids sufferer for 8 years and advocate of better treatment options for women. <http://CANFib.ca>

