

TALK FIBROIDS



Canadian Women with Fibroids

Forums
Facts
Holding Hands

 **CANWe Talk...**

Guess What? You are NOT alone!

Fibroids has grown rapidly in the last decade to become an issue that 1 in 4 women over 30 are now dealing with in Canada. That means that when you stand in line at the grocery store to pay, some of the women around you are experiencing the same issues.

One of the most important measures you can take is to ensure you and your GYN are going to see eye to eye; for most women that means trying everything before considering a hysterectomy.

Exciting, Promising, there is much on the horizon

Much has changed this last few years (and much is in the works) you may find different doctors give you varying information. It's up to you to measure what's available against what your GYN offers; it should look much like the list in this package.

You have a right to another opinion and may want to get just that if you feel as though you have gotten nothing accomplished.

Your First Visit,
what to expect

Next Appointment,
taking control

Canada's Options
for Fibroids

Most Popular
Medications

Support Groups
and other
information

**CANADIAN WOMEN
WITH FIBROIDS
GROUP**

www.CanFib.ca



Your first visit. What to expect.

Your GYN will very likely explain what Fibroids are and then go over options. In the case of Fibroids there are a few groups.

Those that address heavy bleeding
Those that address fibroids

CANFib polling and discussion indicates most members prefer a solution to fibroids in the long term, as fibroid tumors generally do not go away until menopause. While heavy bleeding is a symptom, most wish the tumors to be addressed as well.

In the short term the same women require respite from heavy bleeding, be that waiting for a procedure or depending on age, a plan to carry the patient to menopause.

Short term medications that may help you, in order of popularity among CANFib Members

1. **Fibristal™** Given incredible reviews by CANFib members, and no longer that new. Fibristal™ has been in the UK for 7+ years now as Ulipristal Acetate. This drug is shown to stop heavy bleeding and shrink fibroids (in many cases). It's covered by Quebec Medical; other provinces check your extended benefits; otherwise it's appx 380.00 p/mth (Costco shows best price)
2. **Lupron™** While this medication has similar results as Fibristal™, a majority of CANFib members described an "arc" of heavier bleeding before any helpful results. Many members do speak favorably though, as Lupron pushes the body into a state of temporary (fake) menopause for a period of time, and that's often a great way to shrink Fibroids.
3. **Cyklokapron™** Originally used pre-surgery to help prevent bleeding, now also used for heavy periods, this drug is taken at the onset of a period, then throughout. It often reduces the blood flow and cramping. Be sure to ask your GYN about any possible interactions.

During the first visit to the GYN, most women are told to "watch and wait." Fibroids have been known to alleviate with dietary and exercise changes, so it really is a good first step. You will likely be offered Birth Control to regulate bleeding and that is something you must decide on for yourself.



Looking at options beyond “watch and wait”

So months have passed and you are still doubled up in pain and bleeding like nobody should? If you don't wish to pursue a future with these symptoms, you need to look at the full range of solutions.

Here is a list of options that address Fibroids (not heavy bleeding) and are approved in Canada. We have eliminated any options that are approved but still not available due to equipment.

Accessa

<http://www.haltmedical.com/index.php>

This procedure addresses some Fibroids. Accessa is dependent on the size and location of tumors. Use the site form to ask for the closest city to you. If your GYN is not familiar, get another opinion.

Embolization (UAE or UFE)

<http://www.mayoclinic.com/health/uterine-artery-embolization/MY00502>

Embolization is a cool process where tiny blockers are sent into your veins to stop blood flow to the fibroids. The success rate is worth the effort and process fairly noninvasive. Nail down who makes the appointments and call the GYN office within a week to confirm one is made or in the works. Stay on it.

Myomectomy

<http://www.mayoclinic.com/health/myomectomy/MY00501>

This procedure should be available to you. If your GYN doesn't mention it, then ask. If you are told you're not a candidate, of course get a second opinion; it may well be the case, but you do have a right to make sure. Nail down who makes appointments and call the GYN office within a week to confirm one is made or in the works. Stay on it.

Hysterectomy

Currently this is the only definitive cure, but also used as a last measure. Bleeding issues are the number one reason for the removal of the uterus, and our goal at CANFib is to help all women ensure they were presented every reasonable treatment before this. However, once a woman has reached this stage it is so important to remember that when one keeps the ovaries little changes. You will still have cycles, you just won't actually menstruate.

www.CANFib.com

Friends and understanding

5000+ members and growing daily, CANFib is an online organization where women help women.



Hundreds of women check in daily to comment and find out what their peers are going through.

Hand Holding

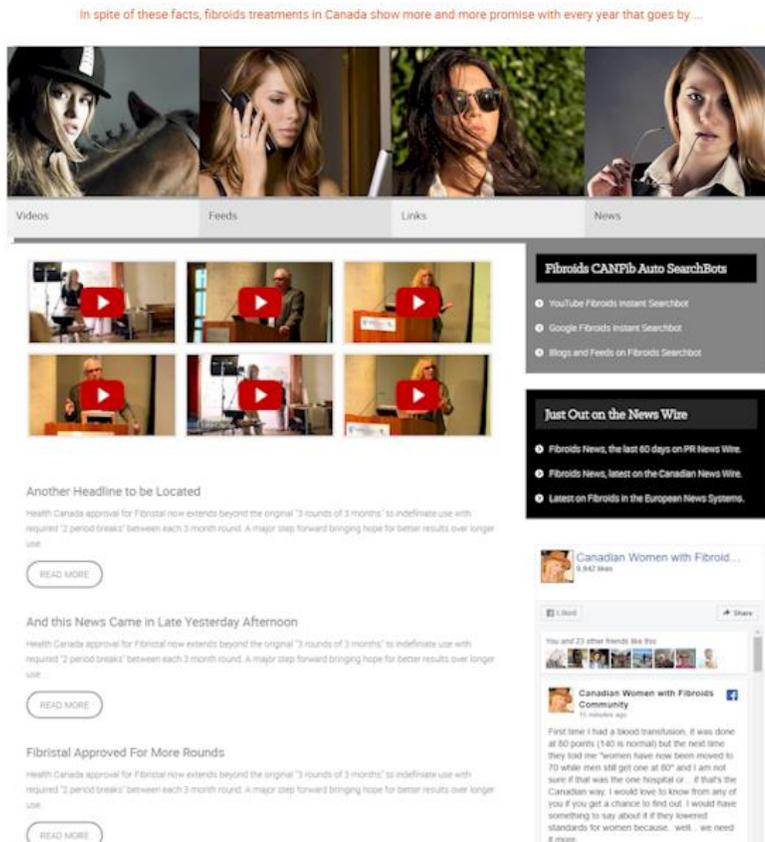
The discovery of Fibroids can be outright devastating and scary. Yet thousands and thousands of us have this condition.

Meeting online, sharing fears, pain, hope (and some really surprising humor) will make you so glad you found us.

CANFib also pays attention to the things you want and need, and we approach other parties to try and get it done.

Recent Accomplishments

CANFib made impactful submissions to Health Canada during the approval process for Fibrystal™ as well as to provinces for coverage. Subsequently further submissions have been made to bodies appointed by HC and the Industry for review of Medications.



Does CANFib have sponsors? Absolutely! Without the help of these companies there would be no resources so we are grateful for every extension made. No sponsor makes any requests for exposure or mention of any kind; funding is given only when CANFib has submitted requests for help.

