



*Roland Matthews, M.D.
Department of Obstetrics
and Gynecology*



*Winston E. Thompson, Ph.D.
Department of Obstetrics
and Gynecology*

1. Uterine fibroids are tumors or growths, made up of muscle cells and other tissues that grow within the wall of the uterus (or womb). Although fibroids are sometimes called tumors, they are almost always benign (not cancerous). African American women are more likely to get them than women of other racial groups. African American women tend to get fibroids at a younger age than do other women. Women who are overweight or obese also are at a slightly higher risk for fibroids. Most fibroids do not cause any symptoms, but some women with fibroids can have: heavy bleeding or painful periods; feeling of fullness in the pelvis; urinating often; pain during sex; lower back pain; and infertility/miscarriage.
2. Endometriosis is a common health problem in women. In women with this problem, tissue that looks and acts like the lining of the uterus, grows outside of the uterus in other areas. These areas can be called growths, tumors, implants, lesions, or nodules. Pain is one of the most common symptoms of endometriosis. Usually the pain is in the abdomen, lower back, and pelvis. Symptoms of endometriosis include: very painful menstrual cramps; pain with periods that gets worse over time; chronic pain in the lower back and pelvis; pain during or after sex; gastrointestinal pain; painful bowel movements or painful urination during menstrual periods; heavy and/or long menstrual periods; spotting or bleeding between periods and infertility.

DID YOU KNOW?

- Disproportionately, African American women deliver babies prematurely.
- Poor oral health is associated with adverse pregnancy outcome.
- Smoking is associated with poor pregnancy outcome such as small babies.
- Intimate partner violence is a major problem, therefore all patients should be screened.
- Folic acid should be initiated at least 3 months prior to conception.
- Poorly controlled high blood pressure and glucose levels are associated with poor pregnancy outcome.