

## **Content Brief**

### **Requirements**

- The primary keyword needs to be used in the meta description, H1/Title, and the first paragraph.
- Goal Keyword density is 2.5-3%, emphasizing sounding natural and providing value to the reader without stuffing keywords. Therefore, it's acceptable if the keyword density falls short, but the piece flows well.
- The piece should include external links, outlined below; additional external links for sources are encouraged.
- Freelancer sample pieces should be around 300 words, an intro paragraph and a supporting paragraph.

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<b>Brand</b>	HerHealth.io
<b>1-sentence description</b>	Discuss what Uterine Fibroid Embolization is, and the benefits of this non-surgical approach to treating fibroids.
<b>Title</b>	Uterine Fibroid Embolization
<b>H1</b>	Uterine Fibroid Embolization: What Is It And Why Women With Fibroids Should Choose It?
<b>Primary Keyword</b>	Uterine fibroid embolization
<b>Secondary Keywords</b>	UFE Uterine fibroid embolization recovery Non-surgical fibroid treatments
<b>Word Count</b>	800
<b>Author</b>	Sarah Kahn
<b>SEO Title</b> (40-60 Characters)	Understanding Uterine Fibroid Embolization
<b>SEO Meta Description</b> (180 Characters Max)	Experiencing heavy menstrual bleeding or pain in the abdomen? <b>Uterine Fibroid Embolization</b> (UFE) can help you break free from uterine fibroids. Learn more!
<b>Internal Links</b>	<a href="https://www.herhealth.io/fibroid-blog/degenerative-fibroids">https://www.herhealth.io/fibroid-blog/degenerative-fibroids</a> <a href="https://www.herhealth.io/fibroid-quiz">https://www.herhealth.io/fibroid-quiz</a> <a href="https://www.herhealth.io/uterine-fibroid-symptoms">https://www.herhealth.io/uterine-fibroid-symptoms</a> <a href="https://www.herhealth.io/what-are-uterine-fibroids">https://www.herhealth.io/what-are-uterine-fibroids</a> Feel free to exchange these links with others from herhealth.io.
<b>Competitor Articles/Examples</b>	<a href="https://www.usafibroidcenters.com/uterine-fibroid-treatment/uterine-fibroid-embolization/">https://www.usafibroidcenters.com/uterine-fibroid-treatment/uterine-fibroid-embolization/</a> <a href="https://www.alatehealth.com/blog/the-many-benefits-of-uterine-fibroid-embolization">https://www.alatehealth.com/blog/the-many-benefits-of-uterine-fibroid-embolization</a>
<b>Notes</b>	<ul style="list-style-type: none"> <li>• What are uterine fibroids?</li> <li>• What are the treatment options for fibroids?</li> <li>• What is uterine fibroid embolization?</li> <li>• UFE benefits</li> </ul>

- What kind of fibroids can UFE treat?
  - Subserosal fibroids
  - Submucosal fibroids
  - Intramural fibroids
- UFE recovery
- Ends with discussing how HerHealth can help the reader find UFE treatments in their area.

# Uterine Fibroid Embolization: What Is It And Why Women With Fibroids Should Choose It?

Do you know that uterine fibroids affect over 35 million women in the United States? Fortunately, there's a solution to help you break free from fibroids: [uterine fibroid embolization](#).

This minimally invasive procedure temporarily interrupts blood flow to specific tissues or organs and is widely used as a go-to treatment for women diagnosed with fibroids.

Want to know more about what UFE is and whether it's the perfect nonsurgical fibroid treatment for you?

Read on!

## What Are Uterine Fibroids?

Fibroids are typically benign tumors that grow in the uterus. Around [70% of women](#) will experience uterine fibroids during their lifetime without even knowing it.

Numerous studies show they can grow at various rates, and a woman may have "more than one," ranging from as tiny as peas to as big as watermelons.

In some instances, uterine fibroids can cause significant pain and other issues. Although they are not life-threatening, these symptoms can significantly disrupt a woman's quality of life.

Here are a few common [symptoms of uterine fibroids](#):

- Heavy periods that may lead to anemia (low red blood cell count)

- Pain ranging from mild to severe
- Need to pee frequently
- Lower back pain
- Feeling full in the lower belly
- Pain during sex

## What Is Uterine Fibroid Embolization (UFE)?

Also called Uterine Artery Embolization, **Uterine Fibroid Embolization** (UFE) is a non-surgical treatment that offers relief from uterine fibroids without the risks of invasive surgery.

This treatment option holds significant advantages for patients looking for alternatives to procedures such as myomectomy or hysterectomy.

During **UFE**, skilled interventional radiologists utilize imaging to guide catheters through a minor incision, typically in the wrist (radial artery) or groin (femoral artery), towards the artery supplying blood to the fibroid.

By obstructing the arteries that nourish the fibroid, it effectively interrupts the blood supply. This, causes the [uterine fibroids](#) to gradually shrink and eventually perish. This decrease in size helps alleviate symptoms such as heavy menstrual bleeding, bleeding between periods, frequent urination, painful intercourse, reduced energy levels, and pelvic pain.

UFE provides minimally invasive yet highly effective **non-surgical fibroid treatments**.

## Is **UFE** Treatment Right For You?

UFE is an FDA-approved outpatient procedure to treat fibroids and their symptoms – without requiring hospitalization, scarring, or stitches.

Studies suggest that [85% of women](#) experience total or significant relief from pain, heavy bleeding, and other symptoms associated with uterus enlargement.

UFE is a revolutionary alternative for women suffering from uterine fibroids but want to avoid major surgeries with long recovery time.

Some benefits of **Uterine Fibroid Embolization** include:

- Uterus preservation
- No need for general anesthesia
- No scarring, unlike surgical methods

- Quicker recovery, enabling you to swiftly return to daily life
- Convenient outpatient procedure
- Minimally invasive
- Few risks or complications
- Minimizes menstrual and uterine pain

### What Kind Of Fibroids Can UFE Treat?

Uterine Artery Embolization can effectively treat a range of uterine fibroids, including:

- **Subserosal Fibroids:** These are increasingly common and may extend outside the uterus into the pelvis. Sometimes, Subserosal fibroids have a stalk (pedunculated fibroid)
- **Intramural Fibroids:** Like Subserosal fibroids, Intramural fibroids are common and develop within the uterine muscular wall. They can become large if untreated
- **Submucosal Fibroids:** These are relatively uncommon and grow inside the uterus and may have a stalk

### What Is Uterine Fibroid Embolization Recovery Like?

Following the UFE procedure, you'll be up and walking immediately if the incision is done through the wrist. However it will take a few hours if the incision was performed through the groin or bikini line.

You may experience moderate cramping in the following days due to reduced blood flow, but this is normal. Many women leave hospitals the same day or the day after with mild pain medications to manage these cramps.

To help you recover from Uterine Fibroid Embolization, it's best to stay home for the 'first' week. During this time:

- Avoid baths for at least two weeks. But feel free to shower as usual
- Don't use tampons during the next period
- Abstain from sexual activity for the next 10-14 days
- Avoid strenuous exercise
- Don't take aspirin in the first seven days
- It's not recommended to travel for the first two weeks

Most women who undergo fibroid embolization can return to their regular activities following fibroid embolization in just one to two weeks.

In comparison, recovery from a hysterectomy typically spans 6-8 weeks. During this, you'll have limitations like avoiding heavy lifting and refraining from driving while on prescribed pain medications.

### Take Control Of Your Uterine Fibroid Health Today!

As women age, their likelihood of developing fibroids also increase. Although non-cancerous, the symptoms can have adverse effects on a woman's health and overall well-being

If you or your loved ones suffer from uterine fibroids, it's important to seek prompt medical attention. Choose HerHealth – a trusted network of healthcare professionals and experts in UFE, providing patients with [fibroid treatment](#) and comprehensive care for a range of health concerns."

You can also take our [Fibroid Symptoms Quiz](#) for an initial assessment of your fibroid condition. We can provide you with the essential resources and knowledge you need to make safer choices regarding your health.

***For more information, visit our [website](#) or contact us today!***

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