



Patients Sought for Study

Inova Health System is seeking women for a research study to better understand treatment options for uterine fibroids. By age 50, an estimated 80 percent of African-American women and 70 percent of white women are diagnosed with having uterine fibroids.

Inova Health System is involved in the national study called Comparing Options for Management: Patient Centered Results for Uterine Fibroids, or COMPARE-UF. Eight additional sites in other parts of the country also are participating. The COMPARE-UF study is led by Duke University.

What's Involved

For patients involved in the study, researchers will collect information about their medical history, planned and previous treatment for fibroids, current symptoms, if any, and their quality of life. This is an observational study, meaning that patients only complete surveys and will not be asked to receive treatment.

Based on the feedback collected from patients, researchers will compare treatment options:

- For relieving symptoms and reproductive function.
- For determining the effectiveness of these treatment options for improving care for patients and their quality of life.

Gathering this kind of patient input is integral to helping make health care more personalized for patients and determining which treatment options are best for each individual patient.

Eligibility Criteria

- Women 18 and older.
- Premenopausal women ages 54 and younger.
- Women diagnosed with a uterine fibroid who has a scheduled treatment.

About Uterine Fibroids

Fibroids are muscular noncancerous tumors that grow in the wall of the uterus. They can be as small as an apple seed or as big as a grapefruit. While their cause is unknown, fibroids are linked to hormonal and genetics factors.

Risk Factors

Age. Fibroids become more common as women age, especially during the 30s and 40s through menopause. After menopause, fibroids usually shrink.

Family history. Having a family member with fibroids increases your risk. If a woman's mother had fibroids, her risk of having them is about three times higher than average.

Ethnic origin. African-American women are more likely to develop fibroids than white women.

Obesity. Women who are overweight are at higher risk for fibroids. For very heavy women, the risk is two to three times greater than average.

Eating habits. Eating a lot of red meat (e.g., beef) and ham is linked with a higher risk of fibroids. Eating plenty of green vegetables seems to protect women from developing fibroids.

Common Symptoms

- Heavy menstrual bleeding.
- Frequent urination.
- Lower back pain.
- Enlargement of the lower abdomen

Treatment Options

Medication and/or surgery

Enroll in COMPARE-UF

Eligible patients will be asked to complete a survey online or by phone every year for five years, and be compensated for their participation.

To determine your eligibility, participate in the study or for more information, please call 703-776-7888.