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A Safe Alternative to Hysterectomy is Offered at JFK Medical Center *The Innovative Procedure is called Uterine Fibroid Embolization (UFE)*

May 8, 2009 (Edison) – Fibroids affect approximately three out of four American women. Many women dismiss symptoms of fibroids (also known as myomas) including, heavy monthly periods, pain or pressure between the hip bones or back of the legs, a frequent need to urinate, constipation and bloating and an enlarged abdomen. Fibroid related symptoms cause women to lose an estimated 2-4 million days of productivity a year. African-American women, and those of any race with a family history, are more likely to develop fibroids than other women. It's estimated that between 50% and 80% of African-American women will develop fibroids.

A uterine-saving procedure called Uterine Fibroid Embolization (UFE) is available at JFK Medical Center. This minimally invasive procedure shrinks fibroids by starving them of their blood supply. UFE relies on the skilled hands of JFK's board-certified Interventional Radiologists from Edison Radiology to inject micro-particles through a catheter into the uterine arteries to block the blood supply to the fibroid. The fibroids shrink, reducing symptoms.

"Women greatly benefit from the procedure in that it enables them to retain their uterus and ovaries," Daniel Simon, MD, attending Interventional Radiologist at JFK Medical Center and partner at Edison Radiology, notes. Numerous clinical studies have demonstrated this uterine-sparing procedure to be effective in alleviating the pelvic and lower back pain, heavy bleeding, cramping and bulk symptoms associated with uterine fibroids. JFK's team of Interventional Radiologists from Edison Radiology has safely performed hundreds of UFE procedures over the past ten years. In fact, Dr. Simon points out that JFK is highly experienced in UFEs, having performed the most UFE's in all of New Jersey.

UFE is a safe, viable alternative to hysterectomy for women suffering from uterine fibroids. Unlike hysterectomy...UFE involves no surgical incision, general anesthesia or blood loss. Considered an outpatient treatment, patients are typically discharged from the hospital within 23 hours and usually recover fully in about seven to ten days, while resuming normal daily activities within three to four days. Hysterectomy patients, however, often require a six-week recovery period. According to the Journal of Obstetrics & Gynecology, when compared with hysterectomy, UFE offers fewer complications after 30 days following the procedure.

Although hysterectomies may be considered a standard of care for uterine fibroids, curing abdominal bleeding in all cases, Dr. Simon notes that the American College of Obstetricians & Gynecologists recommend UFE as a primary option for treating uterine fibroids. The procedure is not recommended for all women. Physicians typically require that candidates have completed childbearing; and have no ongoing signs or symptoms of infection. With regards to childbearing, Dr. Simon stresses that although women have become pregnant after UFE, it can affect fertility. To what degree, however, is still unknown, pending sufficient research. To determine whether you are a candidate, patients are encouraged to contact Interventional Radiology at JFK for an appointment.

Studies report six months following UFE, the size of the fibroid is reduced by nearly 50 percent while the size of the uterus is reduced by 40 percent. Most reports indicate that the treatment results are long lasting in approximately 90 percent of women, while one out of 10 women can experience some symptom recurrence due to re-growth of the treated fibroid(s) or because of new fibroids. JFK's team of Interventional Radiologists report

a 90% success rate in improving and alleviating symptoms associated with uterine fibroids. "Providing women with only the option of a hysterectomy is a disservice now that there are alternative treatments available. We keep within the boundaries of Mother Nature and aim to maintain a woman as whole, Dr. Simon concludes.

To learn more about Uterine Fibroid Embolization and other Interventional Radiology procedures, call the JFK Imaging Center at 888-535-6762.

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JFK Medical Center, an affiliate of Solaris Health System, is a 535-bed full-service, acute care hospital, consisting of The Anthony M. Yelencs Community Hospital and the adjacent JFK Johnson Rehabilitative Institute. Located in the heart of Edison, NJ, it has remained at the forefront of quality care in the region since its inception in 1967. Today, JFK accommodates more than 20,000 admissions, 3,000 births and 50,000 Emergency Room visits on a yearly basis. The Medical Center features a complete array of services, including general surgery, emergency medicine, mental health, orthopedics, maternity and pediatric care. It is home to the New Jersey Neuroscience Institute, Regional Cancer Center, Haven Hospice, JFK Imaging Center and the JFK Family Practice Center. Affiliated with UMDNJ -Robert Wood Johnson Medical School and Seton Hall University School of Graduate Medical Education, JFK offers residency programs in physical and rehabilitation medicine, family practice and dentistry