The Women's Natural Health Clinic
16 Bridle Lane, St Margaret's,
Twickenham TW1 3EE

Appointments: 020 3811 8778
enquiries@womensnaturalhealthclinic.com
womensnaturalhealthclinic.com

Uterine Fibroids

Trevor Wing MBRCP FRCHM MBAcC BSc (Hons) MSc (Dist) DMed (Img) | *Last reviewed October 2026*

Key facts

- Fibroids are non-cancerous growths of the womb muscle and are very common, especially in women in their 30s and 40s.
- Many women with fibroids have no symptoms and need no treatment.
- The most common symptoms are heavy periods and a feeling of pressure in the pelvis.
- Ultrasound is the main way to find fibroids, measure them and track their growth or decline.
- Treatment options range from monitoring and natural medicine to medication and surgery.

What are fibroids?

Uterine fibroids (leiomyomas or myomas) are non-cancerous growths that develop from the muscle wall of the womb. They vary from the size of a pea to the size of a melon and are described by where they sit:

- **Subserosal:** on the outer surface of the womb, sometimes on a stalk
- **Intramural:** within the muscle wall, the most common type
- **Submucosal:** just under the lining of the womb, bulging into the cavity. These are the most likely to cause heavy bleeding and affect fertility.

Fibroids usually shrink after the menopause. Cancerous change is extremely rare, but rapid growth should always be assessed.

What are the symptoms of fibroids?

- Heavy or prolonged periods, sometimes with flooding or clots
- Anaemia and tiredness from blood loss
- Pelvic pressure, bloating or a swollen abdomen
- Needing to pass urine often, or constipation, if a fibroid presses on the bladder or bowel
- Pain during sex or lower back pain
- Difficulty conceiving or problems in pregnancy, depending on the fibroid’s size and position

What causes fibroids?

The exact trigger is unknown, but fibroids have a strong genetic component and depend on oestrogen and progesterone to grow. They are more common in women of Black African and Caribbean heritage, women who are overweight and women who have not had children, and they tend to shrink when hormone levels fall after the menopause.

How are fibroids diagnosed?

Ultrasound is the first-line test. At our clinic, a transvaginal and abdominal scan on our GE Voluson S10 maps the number, size and position of fibroids and shows whether they are distorting the womb cavity. 3D imaging is particularly helpful for submucosal fibroids and for planning treatment. Repeat scans let us track growth over time.

What are the conventional treatment options?

- **Watchful waiting:** fibroids without symptoms usually need no treatment.
- **Medication for heavy bleeding:** tranexamic acid, anti-inflammatory painkillers, the hormonal coil or the contraceptive pill.
- **Hormone treatment to shrink fibroids:** GnRH analogue injections, or relugolix combination tablets taken daily. These reduce fibroid size and bleeding, but fibroids usually regrow when treatment stops.
- **Procedures:** hysteroscopic removal of submucosal fibroids, uterine artery embolisation, or myomectomy (surgical removal of fibroids while keeping the womb).
- **Hysterectomy:** removal of the womb, for women who have completed their family and have severe symptoms.

Fibroids can return after myomectomy, so your future plans, including fertility, help decide the right approach.

How do we treat fibroids at the Women's Natural Health Clinic?

We combine accurate ultrasound assessment with natural medicine and refer to specialist colleagues when a procedure is the better option. Your plan may include:

- **Chinese herbal medicine**, prescribed according to your pattern. In Traditional Chinese Medicine, fibroids are classed as abdominal masses ("concretions and conglomerations") caused by stagnation of blood and qi with accumulation of phlegm. Treatment aims to move blood and qi, soften masses and reduce heavy bleeding.
- **Acupuncture** to support treatment and help with pain.
- **Diet and lifestyle guidance**, including support for healthy weight and iron levels.
- **Regular ultrasound monitoring** so you and your doctors can see how the fibroids respond.

The research evidence for natural treatments for fibroids is limited, so we monitor progress by scan and will discuss conventional options openly if symptoms are not improving.

Frequently asked questions

Do fibroids need to be removed?

No. Most fibroids cause no symptoms and do not need treatment. Treatment is considered when they cause heavy bleeding, pressure, pain or fertility problems.

Can fibroids turn into cancer?

Fibroids are benign. A cancer of the womb muscle called leiomyosarcoma is very rare, but any fibroid that grows quickly, especially after the menopause, should be assessed.

Can I get pregnant with fibroids?

Many women with fibroids conceive and have healthy pregnancies. Submucosal fibroids and large fibroids that distort the womb are the most likely to affect fertility, which an ultrasound can assess.

Do fibroids shrink after the menopause?

Yes, fibroids usually shrink once oestrogen levels fall, although HRT can slow this.

Book a consultation

To book, visit womensnaturalhealthclinic.com/book or call 020 3811 8778. Initial consultations last up to one hour at our clinic at 16 Bridle Lane, St Margaret's, Twickenham TW1 3EE.

Sources

- NHS: Fibroids (nhs.uk/conditions/fibroids)
- NICE NG88: Heavy menstrual bleeding (nice.org.uk/guidance/ng88)