

Treating Uterine Fibroids the Gentle Way



Presented By: Dr. Ducksoo Kim, Chief of Cardiovascular and Interventional Radiology at Boston Medical Center **and Dr. Steven Baer**, OB/GYN at Harvard Vanguard Medical Associates

There is good news for women with symptomatic uterine fibroids, a common medical condition. Whereas once the only option was surgery, a less drastic solution may help. Uterine fibroids are the most common benign tumor within the female reproductive system. The majority of uterine fibroids are diagnosed and treated in women between the ages of 35 and 54, but fibroids can and do occur in

women under the age of 35. Clinical studies also note that African-American women are especially susceptible to developing uterine fibroids.

More than 600,000 women undergo hysterectomies in the United States each year, but some doctors believe that many women do not need this drastic operation. In fact, according to medical studies, nearly 90 percent of hysterectomies are performed for benign

reasons. Dr. Ducksoo Kim, Chief of Cardiovascular and Interventional Radiology at Boston Medical Center, explains: "With a hysterectomy, the patient needs general anaesthesia and you have to cut through the abdomen. That's a big incision. Then you take out the fibroids. There's the chance of blood loss. Even if the surgery is successful, the patient has to stay in the hospital for two to three days. At home, they still need six to eight weeks of recuperation time. Many women experience depression."

Combined gynecology and radiology expertise

The long list of disadvantages and lack of alternative treatment procedures led Dr. Ducksoo Kim and Dr. Stephen Baer, OB/GYN at Harvard Vanguard Medical Associates, to create the Fibroid Center. In 1997, they combined their radiology and gynecology expertise to offer women a new treatment option: Uterine

Fibroid Embolization (UFE). During a UFE procedure, the Interventional Radiologist injects tiny particles into the blood vessels to block the blood supply and shrink the fibroids. The procedure is performed in less than an hour and does not require general anesthesia. For many women, it has been a welcome alternative to hysterectomy. Numerous studies confirm the efficacy and safety of UFE as an alternative treatment option to hysterectomy. Over 95 percent of patients are discharged one day after the procedure with prescriptions for medications to reduce post-procedure pain. Most patients are back to normal activities within five to ten days. Compared to hysterectomy and myomectomy, the complication rate is much lower.

The advantages of UFE couldn't be more obvious. Unfortunately, many patients and even physicians are not aware of this procedure. Many women suffer in silence with horrible symptoms like excessive bleeding and pelvic pain while unaware of their treatment options. An article published in the Wall Street Journal in November 2006 stated that only 40% of women with fibroids were told about all the treatment options. Some estimate that fewer than 30 percent of primary care physicians are aware of UFE. The Fibroid Center combines the expertise of both medical specialties to benefit the patient. "Dr. Kim and I work together and try to offer what is best for the patient," says Dr. Baer. Additionally, because UFE maintains the uterus, there is still a possibility of pregnancy after UFE, as studies have shown that women can get pregnant after the procedure


and have successful term deliveries.

Dr Kim and Dr Baer have treated over 2,000 UFE patients and are the most experienced radiology / gynecology physician team in the country. They are currently treating UFE patients at Caritas Carney Hospital, Caritas St Elizabeth's Medical Center, Quincy Medical Center and UMass Memorial Marlborough Hospital. UFE is accepted by most major insurance companies. For more information about UFE or to schedule a consultation, women can contact the Fibroid Center at (617) 859-5250 or online at www.fibroidcenter.com.

Dr. Kim's experience consists of 25 years as a radiologist and 23 years teaching experience at various medical centres, including Harvard Medical School, where he was an Associate Professor. Since 2006, he has been a Professor of Radiology and Chief of Cardiovascular and Interventional Radiology at Boston Medical Center. He has extensive experience in interventional radiology.

Dr. Baer's experience consists of thirty years of teaching experience at Harvard Medical School affiliated Beth Israel Deaconess Medical Center and Brigham and Women's Hospital, 13 years managerial experience at Harvard Vanguard Medical Associates as the Chief of Obstetric and Gynecology Department, and 30 years as a practicing OBGYN doctor at Harvard Vanguard Medical Associates

"My doctor told me I can treat my fibroids without a hysterectomy."
— Tanya, age 43



Heavy Periods? Pelvic Pain? Frequent Urination? Constipation/Bloating?

You might have Uterine Fibroids

Uterine fibroids are non-cancerous tumors that grow on or in the muscles of the uterus (womb). At least 25 percent of women in the U.S. have fibroids. African American women are more likely to develop fibroids.

Uterine Fibroid Embolization (UFE) is a safe non-surgical FDA approved alternative to hysterectomy.

- No surgery • No general anesthesia
- One night hospital stay • Return to work in about one week

For questions or to schedule a consultation, please call:

The Fibroid Center
Dr. Ducksoo Kim, Interventional Radiologist • Dr. Steven Baer, OBGYN
(617) 859-5250

TREATING PATIENTS AT:
CARITAS ST. ELIZABETH MED. CENTER • CARITAS CARNEY HOSPITAL
QUINCY MEDICAL CENTER • UMASS MARLBOROUGH HOSPITAL