



**Ask your  
health care provider  
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

## Treatment choices for Uterine Fibroids

**Uterine fibroids** are abnormal growths of muscular tissue in the uterus. For premenopausal women who are considering treatment for uterine fibroids, this program provides information on the following treatment options: watchful waiting, medical therapy, and surgery including hysterectomy so that, together with your health care provider, you can decide on the best option to treat your fibroids.