



Guess What? You are NOT alone!

Fibroids has grown rapidly in the last decade to become an issue that 1 in 4 women over 30 are now dealing with in Canada. That means when you stand in line at the grocery store to pay, some of the women around you are experiencing the same issues.

One of the most important measures you can take is to ensure your GYN is fully informed of your symptoms. Accuracy will help your Specialist move to the kinds of treatments fit for your case more quickly, and this will reduce the number of visits you need to get to the short and longer-term solutions that are best for you.

Exciting, Promising, there is much on the horizon

Much has changed this last few years (and much is in the works) and by using the information in your Fibroids Kit, you'll be fully informed of the treatments approved by Health Canada. Your GYN can quickly move to working with you on choosing those that suit your Fibroids symptoms and case background.

Your First Visit
what just happened?

Next Appointment
getting ready

Canada's Options for
Fibroids Treatment

Making choices based
on your options

Moving Forward and
keeping track

Introduction to your
Fibroids Kit

CANFib
CANADIAN WOMEN
WITH FIBROIDS
GROUP

www.CANFib.com



Your first visit. What just happened?

Your GYN will have explained what Fibroids are, and then covered the Health Canada approved options. In the case of Fibroids there are a few groups, including:

- Medications that address heavy bleeding
- Medications that address fibroids
- Surgical options that address bleeding
- Surgical options that address fibroids

CANFib polling indicates most members prefer a solution to fibroids in the long term, as fibroid tumors generally do not go away until menopause. While heavy bleeding is a symptom, most wish the tumors to be addressed as well.

In the short term the same women require respite from heavy bleeding, be that waiting for a procedure or depending on age, a plan to carry the patient to menopause.

Bleeding and Pain Management medications that may help. (listed in no particular order)

1. **Fibristal™** Given positive survey reviews by CANFib members, and approved by Health Canada since 2014. Fibristal™ is shown to stop heavy bleeding (in most cases) and shrink fibroids (in many cases). It's covered by Quebec Medical; other provinces are adding it to the insured list; check your extended benefits.
2. **Lupron™** While this medication has similar study results as Fibristal™, the drug works differently in that it introduces the body to a “feigned menopause” at which time other symptoms of Menopause can also occur (including but not limited to bone density issues). Drugs such as Lupron are often used with “give back” therapy that includes replenishing some of the hormones that are depleted during use to avert these symptoms.
3. **Cyklokapron™** Originally used pre-surgery to help prevent bleeding, now also used for heavy periods, this drug is taken at the onset of a period, then throughout. It often reduces the blood flow and cramping. Be sure to ask your GYN about any possible interactions.

Watching and Waiting; you can help yourself during this time

During the first visit to the GYN, many women will opt for treatment medications that help control symptoms. This is an appropriate time to learn to accurately quantify your symptoms so your GYN can work with you to quickly identify the best options in your case when you next visit the Specialist.

Fibroids have been known to alleviate with dietary and exercise changes, be sure to talk to your GYN about any suggestion to take into account while in this stage of observing your body's symptoms.



Looking at options beyond “watching and waiting”

As time passes you will have quantified your symptoms, activities and your quality of life. If you feel you would like to explore other options, this is a good time to return to your GYN with your Diary.

Use our ONLINE FORMS to plug in your recorded symptomology, the data returned to your email for print out will help your GYN consider your position more quickly – allowing more time to address your questions and concerns regarding the treatment options available to you.

For your discussion, here is a list of options that address Fibroids (not heavy bleeding) and are approved in Canada. We have eliminated any options that are approved but still not available due to equipment.

Acessa

<http://www.haltmedical.com/index.php>

This procedure addresses some types of Fibroids. Acessa is dependent on the size and location of tumors. Your GYN can fill you in on potential for success as well as accessibility in your area.

Embolization (UAE or UFE)

<http://www.mayoclinic.com/health/uterine-artery-embolization/MY00502>

Embolization is a process where-by tiny blockers are sent into the patients veins to stop blood flow to the fibroids. The success rate as it pertains to your case needs to be discussed as not all cases are known to benefit from Embolization.

Myomectomy

<http://www.mayoclinic.com/health/myomectomy/MY00501>

This procedure, like many, is also largely dependent on your type and location of Fibroid tumors. The surgery is performed to remove the fibroids yet leaving your Uterus intact; a method that may be preferable if you're still considering reproduction.

Hysterectomy

<https://www.mayoclinic.org/types-of-hysterectomy-surgery/img-20007786>

Currently this is the only definitive cure, but also considered a last measure. Bleeding issues leading to poor quality of life is a common reason for the removal of the uterus, and our goal at CANFib is to help all women consider all treatments first.

Minimally Invasive Techniques

Many surgical treatments can be approached using Minimally Invasive surgical techniques. For example, a Hysterectomy can, in some cases, be performed vaginally – leaving no incision scar.

Your case and surgery option may or may not fit into this opportunity; discuss this possibility with your GYN and Surgeon for more information.

Your Personal Fibroids Kit, Make use of this valuable tool!

Your GYN gave you a valuable kit to assist with your Fibroids condition. This kit will help you and your GYN, making for shorter appointment waits and more productive visits. This can reduce the overall time it takes to make choices that are right for you in controlling your own path of Fibroids treatment.

Diary

Use this to learn how to track and quantify your symptoms. By giving your GYN an accurate view of bleeding, pain and mental health status, your GYN can more accurately recommend the treatment options that will benefit your case. Once you have tracked several months you can transfer your information to our ONLINE FORMS that will then format the information for your GYN to scan and understand quickly. This saves time in your visit for more meaningful conversation and advice.

Options Checklist

Learn about all the options and which apply to you (and why some don't). This helps reduce time spent returning to the GYN for clarification of Health Canada approved Fibroids Treatments.

Collaborating with Patients, Specialists, the Pharmaceutical Industry and Government

15,000+ members and growing daily, CANFib is an online organization dedicated to making the journey shorter and visits to your specialist more productive. This will, in turn, reduce wait times.



Educating the Patient Group

By providing information, CANFib strives to make patients more quickly aware of their treatment options. This allows for shorter more productive GYN Visits, shortened wait times and resultingly allows more patients access to the GYN in a given time period.

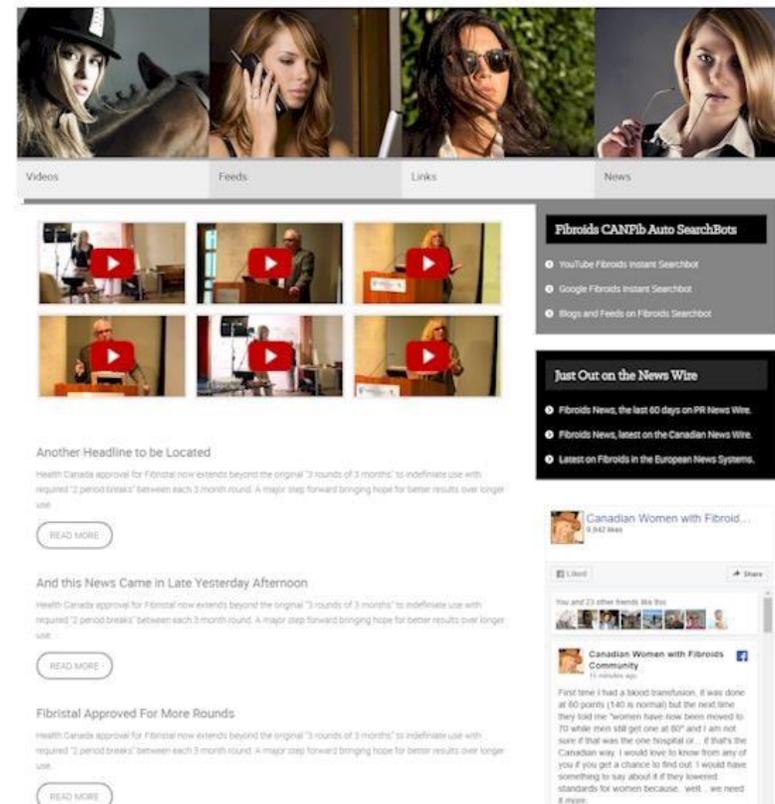
Hand Holding, Unpacking

The discovery of Fibroids can be outright devastating, yet thousands of women are diagnosed with it.

Meeting online, sharing fears, pain, hope (and some surprising humor) helps during the watch and wait stage of treatment.

Recent Accomplishments

CANFib made submissions to Health Canada during the approval process for Fibrystal™ as well as to provinces and insurance agencies for coverage.



Subsequently further submissions have been made to bodies appointed by Health Canada and the Industry for review of other Medications and Processes.