

FIBROIDS

MEETINGS

2006

Informal meetings where Black women share information about how they control and reduce their fibroids, the treatments they have had and their experiences of different natural, surgical and medical treatments and lifestyle changes. An invited speaker leads each meeting

Meetings will take place on Tuesday evenings

7 - 8.30

FEBRUARY	7 TH	MARCH	14 TH
APRIL	4 TH	MAY	9 TH
JUNE	13 TH	JULY	11 TH

LEWISHAM WAY CENTRE
138 LEWISHAM WAY
NEW CROSS, SE14

To obtain a detailed programme send an sae to:
Isis Fibroids & Health, 1 Harton St, London, SE8 4DD

See over for further details

11/05

FIBROIDS...

.. **are** hard overgrowths of muscle tissue found mostly in and around the womb. One in two Black women is thought to have fibroids. Size varies from a pea to a large melon. 25% of women have no symptoms

Causes are much debated. Generally thought that fibroids are hereditary, fed by hormones in foods, cosmetics, tampons and medications.

Environmental and emotional stresses are also factors. **Symptoms include** severe cramps, heavy, prolonged or continuous periods; passing clots, anaemia, bloated and distended stomach; depression, exhaustion and infertility

Natural approaches to taking control of fibroids

Diet – starve them though avoiding Hormone Heavy* foods [meat, wheat, dairy, sugars, soya] **You can reduce** the size of fibroids and their effects on your health

Research traditional herbal remedies, massage, yoga, aromatherapy, meditation, spirituality, counselling, loving relationships, retreats. Read up about fibroids. 'It's a sistah thing' by Monique Brown is an excellent book.

Reduce the effects of environmental pollutants - computers, cosmetics, synthetic fabrics, cling film, sanitary products. Women's experiences prove that self-help works. Some women have got rid of their fibroids though lifestyle and diet

Surgical treatments for fibroids include lasers, myomectomy – removal through keyhole surgery; embolisation – blocking off blood supply to shrink fibroids; drugs to reduce heavy periods or to shrink fibroids. Hysterectomy is the only surgery that will prevent re-growth of fibroids. **Make informed choices.** Research treatments. **Take control of your health.** Find out about side effects. Talk to other women. It's hard to sustain the journey to better health on your own, so start or join a fibroids health and support group.

griotonline@hotmail.com