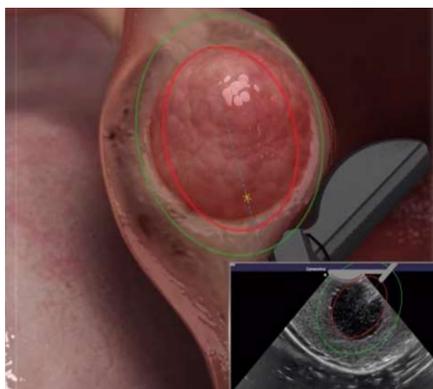
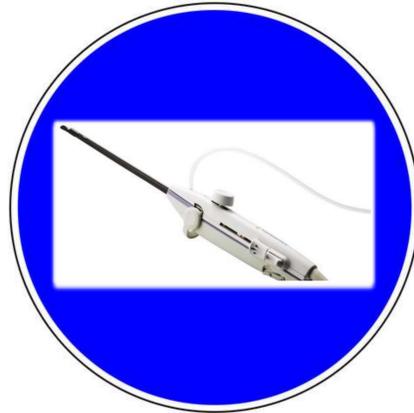


# Uterine Fibroid Therapy Without Knives or Hormones

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## Introduction:

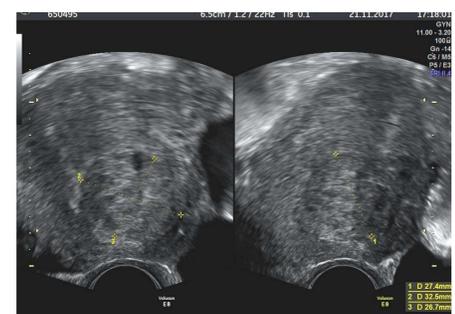
Uterine fibroids are common in women of reproductive age. If fibroids cause problems such as abnormal uterine bleeding, there are different therapeutic approaches. Medication can be used to reduce fibroid volume, but this approach has potential side effects and may be associated with recurrent symptoms after cessation of therapy. Nonmedical interventions include myomectomy, hysterectomy, uterine artery embolization (associated with post-embolization syndrome and post-procedure pain), and MR-guided focused ultrasound (requires several hours). We report our experience at a regional hospital in Samedan, Switzerland.

## Results:

To date, there are results for three patients at three months post-ablation. The first patient had a single treated fibroid that demonstrated a reduction in total fibroid volume of 43% at three months, while the sole treated fibroid in the second patient realized a 23% reduction. The third patient had two fibroids with a 54% and a 24% reduction in total fibroid volume, respectively, after three months. Across all four fibroids, this represents an average of 36% reduction in total fibroid volume at three months.

## Material and Methods:

We used a transcervical device with integrated intrauterine sonography (Sonata) that thermally ablates uterine fibroid tissue with radiofrequency (RF) energy. This results in coagulative necrosis leading to a reduction in fibroid volume and associated symptom relief. The use of a proprietary targeting system (SMART Guide), enables the safe delivery of RF energy to fibroids. The Sonata System is capable of ablating all fibroid types except for pedunculated fibroids (FIGO type 0 and type 7 myomata). In a single session, more than one fibroid can be ablated and there is no requirement for general anesthesia. To date, we have treated nine patients at our hospital. All patients were evaluated with transvaginal sonography prior to treatment with Sonata, and sonography will be repeated approximately twelve weeks after ablation.



## Conclusion:

Published data regarding Sonata study show a statistically significant reduction in total fibroid volume of 54.7% after three months. While the current patient numbers and three-month data are insufficient to make conclusions about fibroid volume reduction at twelve months post-treatment, all of our patients are asymptomatic by three months after fibroid ablation, and these encouraging results lead us to recruit additional symptomatic patients for treatment with Sonata.

## References:

Brölmann H, Bongers M, Garza-Leal J, Gupta J, Veersema S, Quartero R, Toub D. The FAST-EU trial: 12-month clinical outcomes of women after intrauterine sonography-guided transcervical radiofrequency ablation of uterine fibroids. *Gynecol Surg*. 2016;13(1):27–35. doi: 10.1007/s10397-015-0915-3.