

# WOMEN'S HEALTH 2020: Beyond the Annual Visit

## New Directions in the Management of Uterine Fibroids

*Stephen M. Cohen, MD, FACOG*  
*Sateria Venable*

omnia<sup>SM</sup>  
EDUCATION

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## Faculty Information

**Stephen M. Cohen, MD, FACOG**  
Faculty  
SUNY Upstate Medical School  
Syracuse, NY

**Consulting Fees:** AbbVie

**Sateria Venable**  
Founder & CEO  
The Fibroid Foundation  
Bethesda, MD

Nothing to disclose.

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## Learning Objectives

- Recognize the role of early diagnosis in improving outcomes for patients with uterine fibroids
- Formulate strategies to engage patients in discussions about their fibroid symptoms and treatment preferences
- Evaluate the latest evidence on medical therapies for the management of uterine fibroids
- Develop approaches to reduce implicit bias in developing care strategies for Black women with uterine fibroids

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## Early Signs and Symptoms

- Changes in menstruation
  - Heavy menstrual periods
  - Menstrual pain
  - Vaginal bleeding at times other than menstruation
- Abdominal or lower back pain
- Pelvic pain and pressure
- Difficulty urinating or frequent urination
- Miscarriages
- Infertility

ACOG. Uterine fibroids. Published 2018. Accessed September 30, 2020. <https://www.acog.org/patient-resources/faqs/gynecologic-problems/uterine-fibroids>

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## Fibroids in Black and White

- 25% of Black women will suffer from fibroids by the age of 25; 80% will have them by age 50
- Black women suffer from fibroids 2 to 3 times more than White women
- Clinically relevant fibroids are detectable in 35% of White and 50% of Black perimenopausal women
- Black women experience more severe disease (increased volume and duration of bleeding, greater likelihood of surgery, larger masses) compared with White women

USA Fibroid Centers. Why do Black women have fibroids? Published March 3, 2020. Accessed September 30, 2020. <https://www.usafibroidcenters.com/blog/are-african-american-women-more-likely-to-get-fibroids/>

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## Evaluation of Uterine Fibroids

- Pelvic examination
- Ultrasound examination
- Saline sonohysterography
- Hysterosalpingogram
- Office hysteroscopy
- MRI

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## Shared Decision-making in Uterine Fibroids

- General
  - Listen to your patient attentively
  - Develop relationship of trust and teamwork
  - Use decision aids when appropriate
- Treatment risk and benefits
  - Assess patient expectations and goals
  - Explain goals of therapy
  - Personalize treatment selection
  - Management plans should consider
    - Symptom severity
    - Desire for fertility
  - Describe risks that are common, including feared risks
  - Monitor for tolerance, compliance, persistence, and effectiveness

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## Treatment of Uterine Fibroids

- Surgical
- Medical treatment
  - Estrogen-progestin contraceptives
  - Progestin-releasing intrauterine devices (IUDs)
  - Tranexamic acid
  - Progestin-only contraceptives
  - GnRH antagonists (elagolix or relugolix)
  - GnRH agonists
- Uterine artery embolization

Stewart EA. Uterine fibroids (leiomyomas): treatment overview. In: Barbieri RL, ed. *UpToDate*. UpToDate, Inc; 2020. Accessed September 30, 2020. <https://www.uptodate.com/contents/uterine-fibroids-leiomyomas-treatment-overview>

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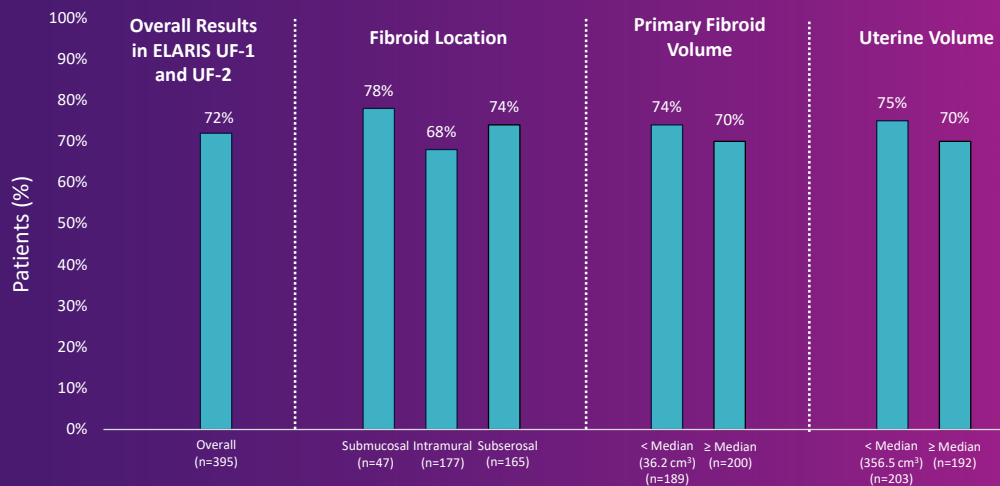
## Elagolix Overview

- Oral, nonpeptide GnRH antagonist
- Results in rapid, reversible suppression of gonadotropins and ovarian sex hormones
  - Effects occur within 24 hours after initiation of treatment
  - Reversed on discontinuation of drug
- FDA-approved for the treatment of fibroid-related heavy menstrual bleeding
- Formulated with low-dose steroidal add-back to limit hypoestrogenic side effects

Schlaff WD, et al. *N Engl J Med.* 2020;382(4):328-340.

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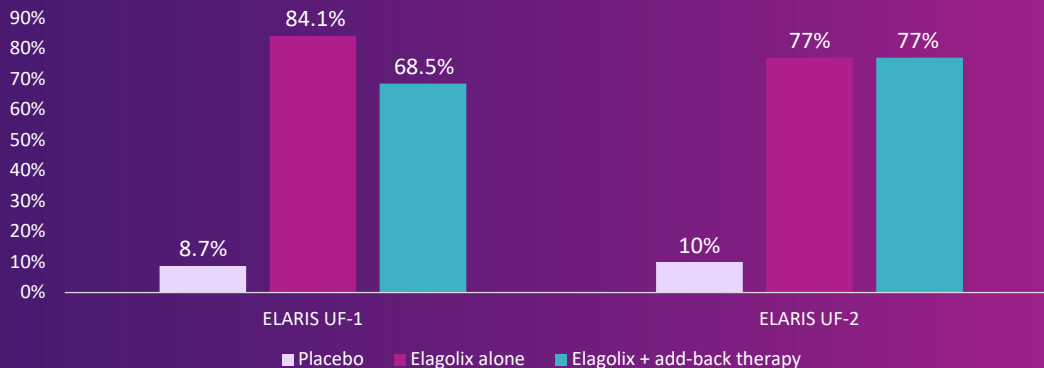
## Proportion of Women Who Met the Primary Endpoint in ELARIS UF-1 and UF-2



Schlaff WD, et al. *N Engl J Med.* 2020;382(4):328-340.

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## Reduction in Heavy Menstrual Bleeding\* in UF



\*Primary endpoint: menstrual blood loss (MBL) volume of <80mL in the final month and a ≥50% reduction in MBL volume from baseline to final month. Final month defined as last 28 days before and including the last treatment period visit date.

Schlaff WD, et al. *N Engl J Med.* 2020;382(4):328-340.

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## COVID-19 Challenges

- Delays in uterine fibroid management:
  - Diagnostic procedures
  - Initiation of treatment
  - Elective surgeries
  - Patient access barriers/reluctance to seek care
- Precautionary Measures:
  - Taking necessary steps to protect patients and staff members
  - Disinfecting all equipment and highly-trafficked areas
  - Pre-screening patients prior to their appointment
  - Conducting on-site wellness checkups to verify the health of each patient before treatment
  - Utilizing telehealth when appropriate

Responding to COVID-19. USA Fibroid Centers. <https://www.usafibroidcenters.com/blog/usa-fibroid-centers-responding-to-covid-19/>. Published May 20, 2020. Accessed October 1, 2020.

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## Take-home Messages

- Build a trusting relationship with each patient to make them feel comfortable
- Provide patients with the appropriate tools to achieve better outcomes
- Help patients understand all available treatment options