

## **Uterine Fibroid Embolization: A Minimally-Invasive Approach at Insight Hospital with Dr. Sameer Ahmed**

Insight Hospital's interventional radiology department, led by the distinguished Dr. Sameer Ahmed, is proud to offer Uterine Fibroid Embolization (UFE), a state-of-the-art, minimally-invasive treatment option for women suffering from uterine fibroids. This advanced procedure provides a significant alternative to traditional surgery, offering patients relief from symptoms with fewer risks and a shorter recovery period.

### **Understanding Uterine Fibroids**

Uterine fibroids are non-cancerous growths that develop in or on the uterus, leading to a range of uncomfortable and sometimes painful symptoms, including heavy menstrual bleeding, pelvic pain, and pressure, among others. While fibroids are common, their impact on an individual's quality of life can be profound, necessitating effective treatment options.

### **What is Uterine Fibroid Embolization (UFE)?**

UFE is a minimally-invasive procedure that targets fibroids directly, reducing their size and alleviating symptoms. Performed by a skilled interventional radiologist like Dr. Sameer Ahmed, UFE involves making a small incision in the groin or wrist to insert a catheter into the artery supplying blood to the fibroid(s). Tiny particles are then released to block these blood vessels, causing the fibroids to shrink and symptoms to improve significantly.

### **Benefits of UFE at Insight Hospital**

- **Minimally-Invasive:** Unlike hysterectomy or myomectomy, UFE requires only a small incision, reducing the risk of infection and complications.
- **Effective Symptom Relief:** Most patients experience substantial or complete relief from fibroid symptoms.
- **Quick Recovery:** The recovery time for UFE is typically much shorter than that for traditional surgery, with many patients returning to normal activities within a week.
- **Uterus Preservation:** UFE offers an alternative for women who wish to avoid surgery and retain their uterus.

## Why Choose Dr. Sameer Ahmed for Your UFE Procedure?

Dr. Sameer Ahmed is a leading expert in interventional radiology with extensive experience in performing UFE. At Insight Hospital, Dr. Ahmed and his team are committed to providing personalized care, ensuring that each patient receives a comprehensive evaluation and a treatment plan tailored to her specific needs and health goals. Our department is equipped with the latest technology, allowing for precise and safe treatment interventions.

## Our Approach

At Insight Hospital, our approach to treating uterine fibroids with UFE begins with a thorough consultation to understand your medical history, symptoms, and treatment preferences. Dr. Ahmed and his team will provide you with detailed information about the procedure, expected outcomes, and follow-up care, ensuring that you feel informed and supported throughout your treatment journey.

## Conclusion

Uterine Fibroid Embolization at Insight Hospital offers a promising solution for women seeking a minimally-invasive alternative to traditional fibroid treatments. Under the expert care of Dr. Sameer Ahmed and his team, patients can expect compassionate, personalized care and a commitment to achieving the best possible outcomes. If you're struggling with the symptoms of uterine fibroids, contact us today to learn more about how UFE can help you regain control over your health and well-being.