

Prevalence of uterine fibroids in women aged 30 to 49 years old at Tygerberg hospital in Cape Town South Africa

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Background: Uterine fibroids, known as uterine leiomyomas or myomas, are non-malignant tumours found in the female genital tract. Uterine fibroids are a prevalent and morbid disease but because of their asymptomatic nature, they are often left undiagnosed and untreated.

Aims: The study aimed to establish the proportion of women aged 30 to 49 years old with uterine fibroids, to determine the type of fibroids and to establish the demographics of women with uterine fibroids.

Method: Our retrospective cross-sectional study analyzed records of 303 women aged between 30 to 49 years old, diagnosed with uterine fibroids during the period from January 2015 to December 2015 at the gynaecology clinics of Tygerberg hospital.

Results: Four thousand four hundred seventy-one women aged 30 to 49 years old were seen. The prevalence of uterine fibroids in age group 30 to 49 years old was 303 (6.8%); 47.2% in black; 44.2% in coloured; 8.6% in white, with predominance in black women and by status ($P=0.002$). The prevalence was different by race/ethnicity. Women with diagnosis of fibroids were multiparous ($p=0.02$) and reported various complaints; with mostly menstrual abnormalities (74.3%) and significantly infertility ($p=0.008$). There was a similarity in type of fibroids between groups. The majority of women underwent some surgery (72.3%).

Conclusion: Uterine fibroids are more common among black women of childbearing age and are more frequently in multiparous. Uterine fibroids cause various symptoms and infertility which might be detrimental to women's health.