



### Tips for coping with Fibroids:

- Know why you are coping. I coped and held on for 10 years hoping to meet Mr. Right. I finally gave up and had the hysterectomy. But I knew my 'why' for hanging on although it did not work out in my favor.
- While you are coping, do your research. Research to make sure you are seeing the best OB/GYN in your area/on your insurance plan. Research any new findings that may be taking place in the world of fibroids.
- Know where the fibroids are in your uterus: inside the uterus, outside the uterus, or in the lining of the uterus.
- Know how many fibroids your doctor saw on your last ultrasound, and the size of the fibroids.
- Having the above research and information in the back of your mind helps you make decisions if you find yourself in a decision-making crunch. On my

last myomectomy before I finally had my hysterectomy, I had to sign a consent form that if while they were removing the fibroids they had to perform a hysterectomy to save my life, they could do it. That was a tough consent to sign. I was still in hope mode.

- Eat the right foods and try to maintain a proper weight.
- Keep regular doctors' appointments. Do not pretend the fibroids do not exist when you have been told they do. In other words, keep an eye on them.
- Maintain a positive attitude through it all. It is easier said than done, but try to concentrate on a positive poem, story, or Bible verse, as you battle the fibroids.
- Trust your gut. If there comes a time when you must have the hysterectomy, you will know when that time is.
- If you end up having the hysterectomy, know that you did the best you could. Don't beat yourself up. Hundreds of thousands of women have been where you are.
- Join a support group that resonates with your story. There are women who have had a hysterectomy

but had children before the surgery. Will their story resonate with yours if you never had the child?

- And do not be afraid to search for exactly the support you need. You deserve the best support and you deserve positive commiseration. Nothing less will do.

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