



At Maimonides, we dedicate our lives to helping women have healthier lives.



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It's important for women to become more aware of some common health issues that will affect many during their lifetimes. Greater awareness and quicker action are often key to effective treatment that can minimize the impact on your quality of life.

One very common women's health issue is uterine fibroids, benign tumors that typically don't pose a significant health risk or require any treatment. In fact, most women with fibroids are symptom-free.

The cause of fibroids remains unknown, but they likely stem from a change in the cells that form the uterine wall. Fibroids then grow in response to the presence of reproductive

hormones. They are usually found in women in their thirties and forties.

The most common symptoms of fibroids include heavy menstrual bleeding, pelvic pain or pressure, and prolonged menstrual periods or bleeding between periods. Fibroids may be diagnosed during a regular gynecological exam or a sonogram of the pelvis. Other tests, including an MRI, can also be used to detect them.

There are many medical and surgical options available for treating fibroids, depending on a patient's symptoms. If there are no symptoms at all, we typically just monitor the fibroids to ensure that they continue to pose no problem. Medications are usually the next course of action.

We can consider various surgical options if medical management proves ineffective.

Polycystic Ovarian Syndrome (PCOS) is another condition we see quite often. This hormonal imbalance can cause irregular menstrual cycles, ovarian cysts, and unwelcome changes in appearance, including weight gain and acne. Eventually, if left untreated, it can lead to more serious problems, including diabetes and heart disease. It is also the most common cause of female infertility.

We don't know what causes PCOS, but we do know that genetics are, again, most likely a factor. If a patient displays any symptoms of PCOS, we conduct a physical exam and also do blood tests to measure hormone and insulin levels.

PCOS is not curable, but, fortunately, it is treatable. The key is to exercise regularly and stick to a healthy diet to keep your body weight at a healthy level. Medication is sometimes used to help treat symptoms. Treating PCOS early on will not only make you feel better in the short term, it will also help avoid its potential long-term effects on your overall health.

Fibroids and PCOS are common, yet treatable, problems. At Maimonides Medical Center's Division of Obstetrics and Gynecology, we are committed to helping women live healthier and happier lives. My colleagues and I would be happy to work with you to develop a treatment plan tailored to your needs. To make an appointment, please call (718) 283-7370.



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