

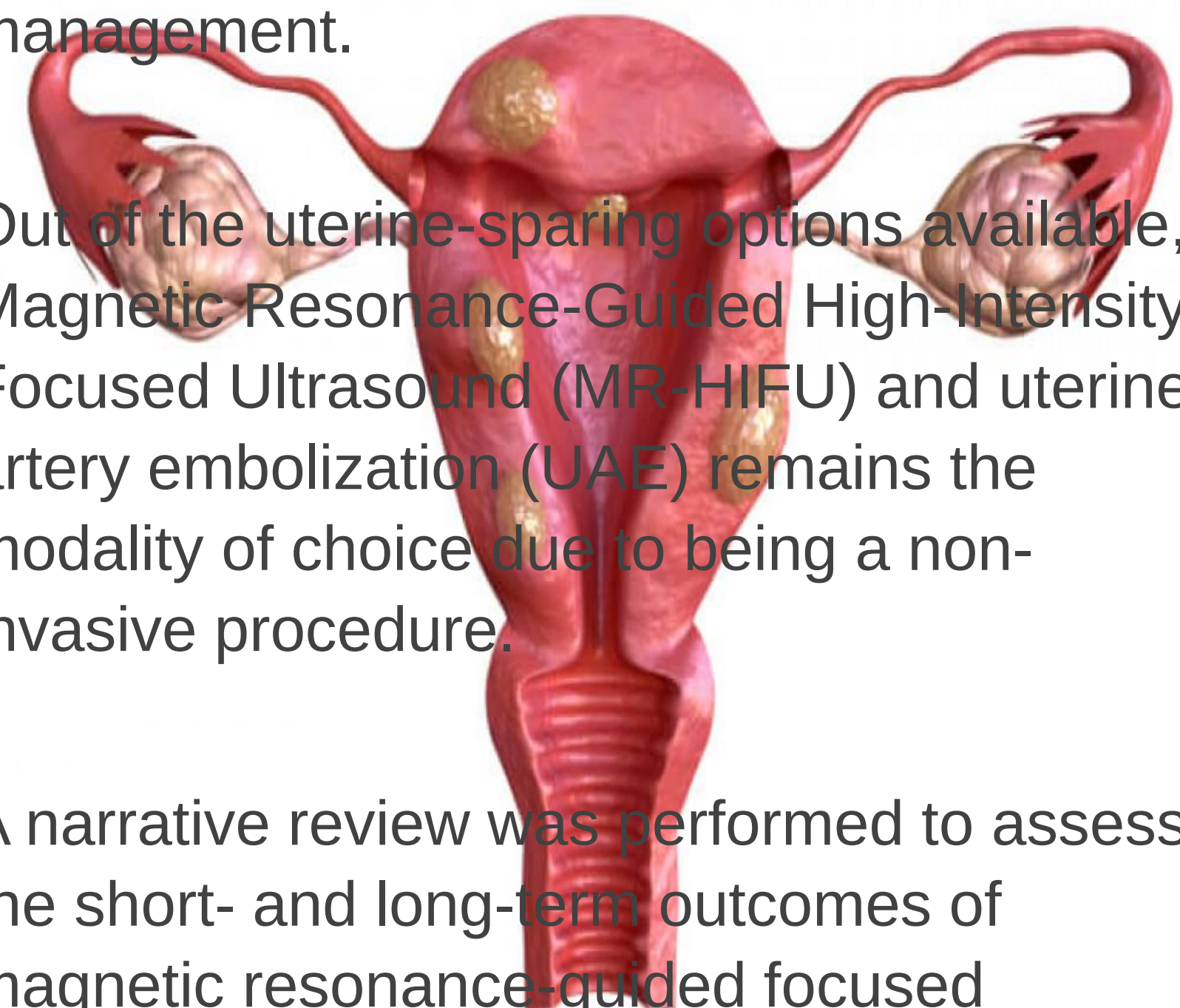
A NARRATIVE REVIEW OF CLINICAL OUTCOMES AFTER UTERINE ARTERY EMBOLIZATION VERSUS HIGH-INTENSITY-FOCUSED-ULTRASOUND FOR TREATMENT OF UTERINE FIBROIDS

Sufia Athar

Department of OBGYN AWH, HMC, QATAR

INTRODUCTION

- ✓ Uterine fibroids are asymptomatic but nearly one-third of the patients have severe symptoms that need case-specific management.
- ✓ Out of the uterine-sparing options available, Magnetic Resonance-Guided High-Intensity Focused Ultrasound (MR-HIFU) and uterine artery embolization (UAE) remains the modality of choice due to being a non-invasive procedure.
- ✓ A narrative review was performed to assess the short- and long-term outcomes of magnetic resonance-guided focused ultrasound ablation of fibroids that may aid in patient selection.



OBJECTIVE

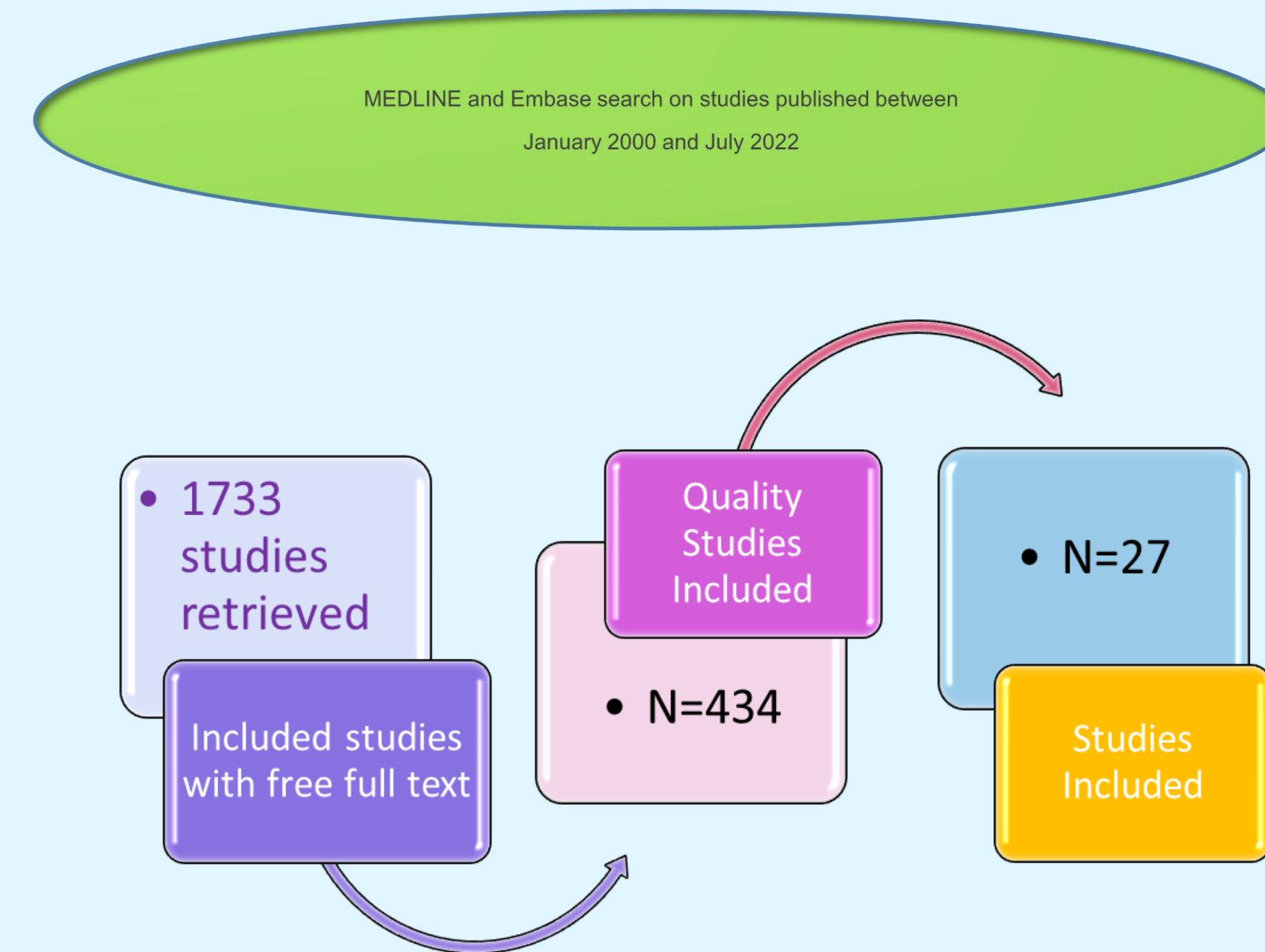
To assess the short- and long-term outcomes of magnetic resonance-guided focused ultrasound ablation of fibroids that may aid in patient selection.

METHODS

- Design: A narrative review of the literature.
- Methods: An online MEDLINE and Embase search was conducted on studies published in English between January 2000 and July 2022.
- 1733 studies were retrieved.
- Twenty-seven quality studies published within the time zone reporting relevant data with good sample size and statistical analysis were included.
- The data on the efficacy, side effects, complications and need for re-intervention after MR-HIFU and UAE were retrieved from the studies.



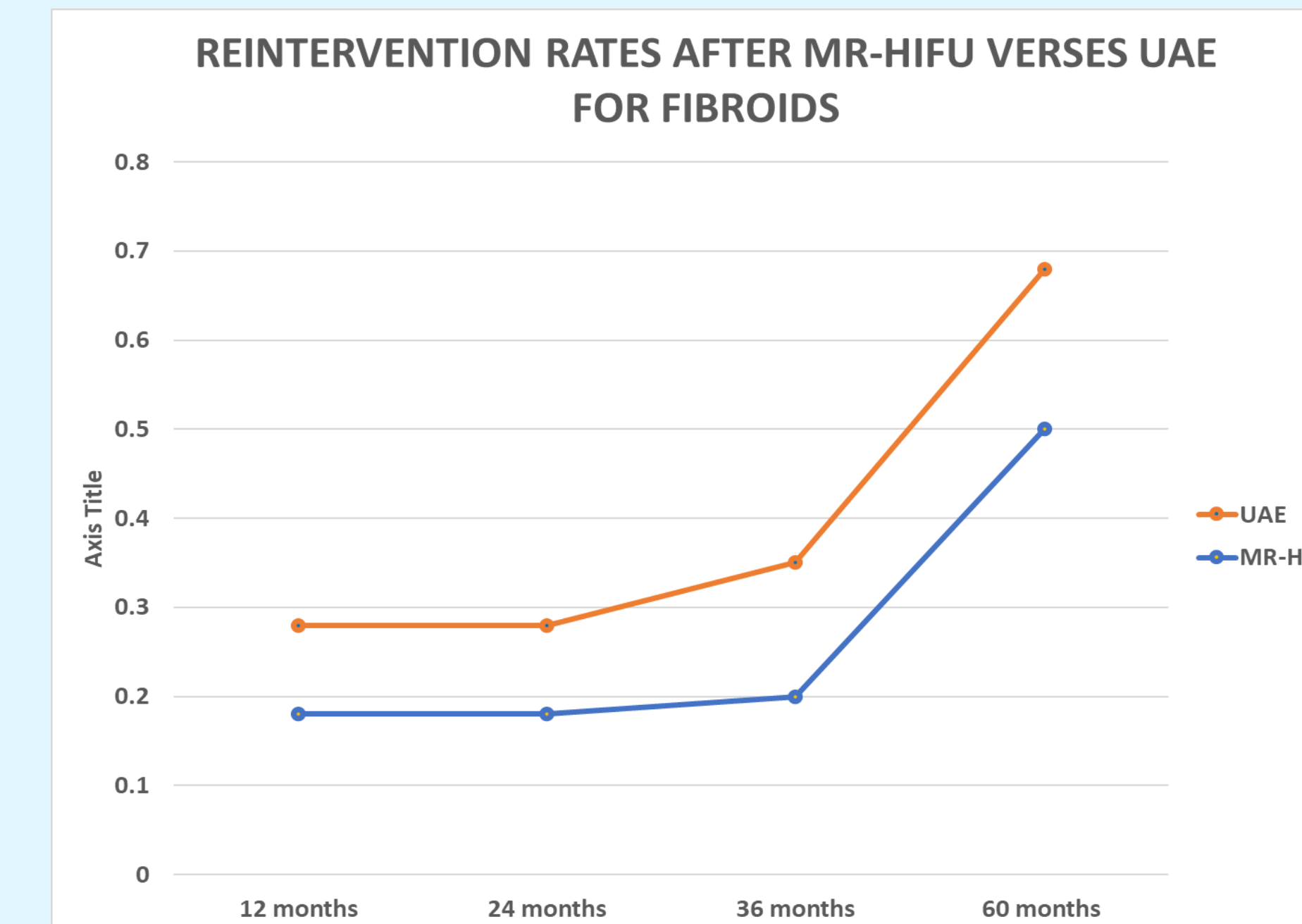
RESULTS



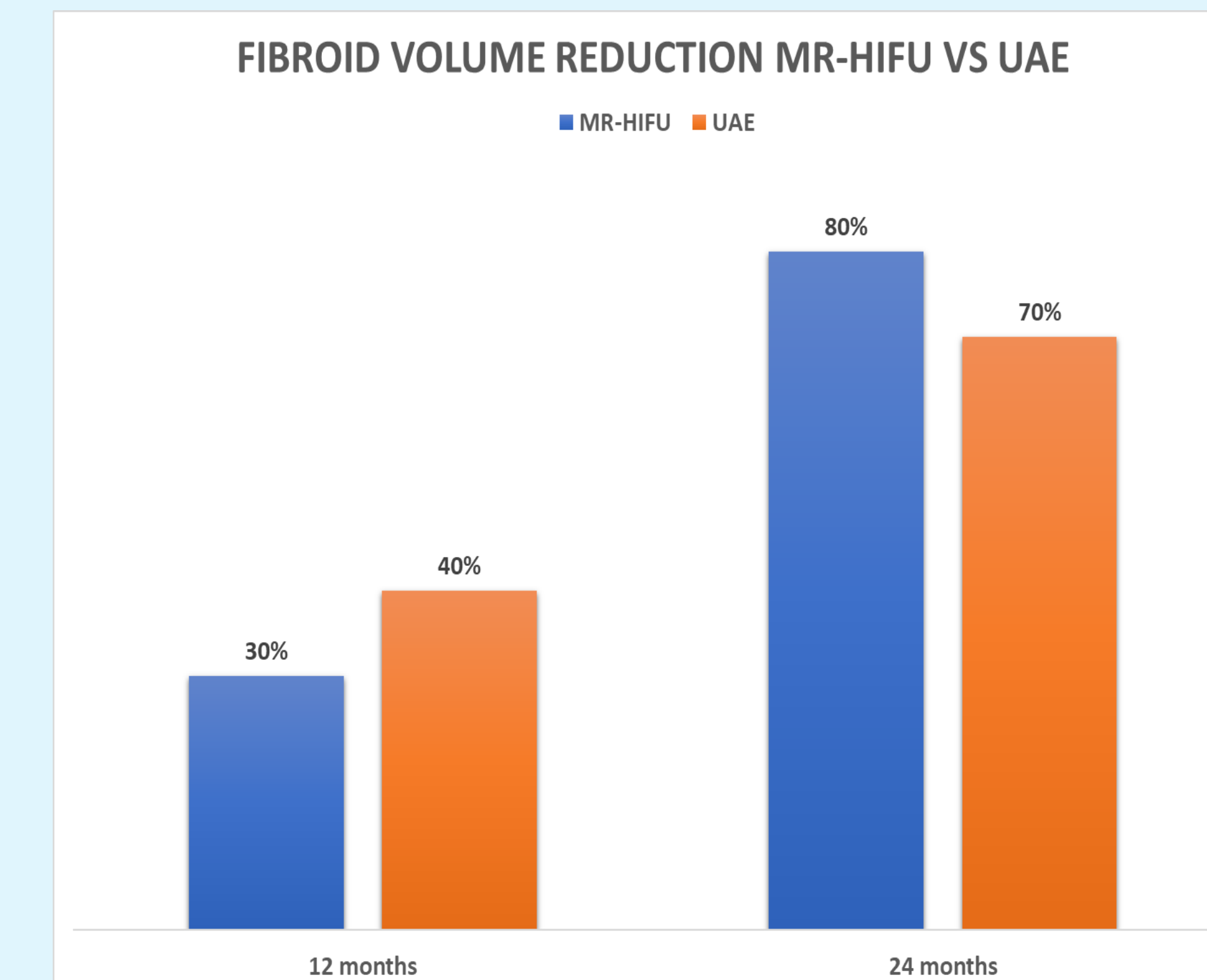
RESULTS

- ✓ The mean volume reduction rates were observed in 9%-38% and 39.5%-90% post MR-HIFU and 50% -91% and 44.1% and 68% after UAE in twelve and twenty-four months of follow up respectively.
- ✓ Reductions in symptoms were noted in 32% to 74% and 70%-92% patients after MR-HIFU and UAE.
- ✓ The reintervention rate after UAE was less as compared to MR-HIFU after one year (0.07 vs 0.12) but very high for MR-HIFU after five years (0.21 vs 0.49).
- ✓ Minimal side effects with no severe complications were observed after MR-HIFU but higher complication rates were noted with UAE.
- ✓ Higher fertility rates were reported after MR-HIFU in comparison to UAE

RESULTS



RESULTS



CONCLUSION

- ❑ Both UAE and MR-HIFU are effective for the treatment of fibroids.
- ❑ Though MR-HIFU remains the modality of choice due to being a non-invasive procedure with the least side effects, least long-term sequelae, and fertility-preserving modality, the re-intervention rates of MR-HIFU are very high after five years of intervention.
- ❑ UAE offers similar clinical outcomes with higher complication rates and uncertain fertility outcomes. MR-HIFU may be considered in women desiring fertility and in women in late forties.
- ❑ UAE may be considered in younger women who have completed their family.
- ❑ Patient selection and counselling remains the key to attaining the desirable outcomes after UAE

Contact

sufia24@rediffmail.com

