

Poster Number: EP262 Name: Dr Kavitha Kovi

Title: “Efficacy of Uterine artery embolization in the management of Uterine Adenomyosis”

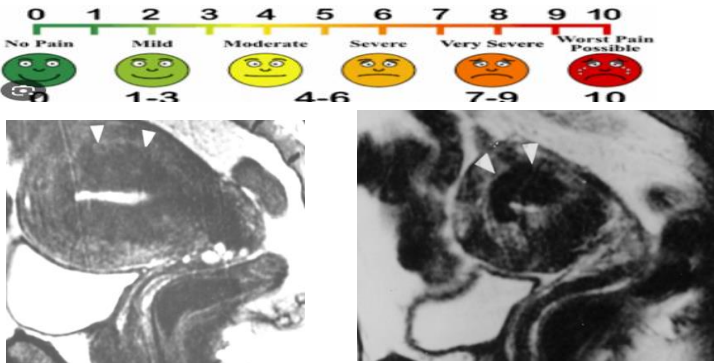


Background

- Uterine adenomyosis is a benign gynecological condition where endometrial tissue grows within the uterine myometrium
- It leads to symptoms such as menorrhagia, pelvic pain, and infertility.
- Among these, menorrhagia is the most common and debilitating symptom in patients with uterine adenomyosis.
- While traditional treatments like hormonal therapy and hysterectomy are frequently used, uterine artery embolization has emerged as a promising minimally invasive alternative.
- Multiple studies suggest that UAE is effective in reducing menorrhagia and improving quality of life in these patients

Study design

Category	Details
Study Design	Retrospective analysis
Participants	20 patients diagnosed with uterine adenomyosis
Intervention	Uterine artery embolization (UAE)
Study Period	June 2023 – December 2024
Assessments Conducted	- Menorrhagia: Patient-reported menstrual blood loss (frequency, duration, volume) - Pain Levels: Visual Analog Scale (VAS) - Imaging: Pre-procedural MRI and Ultrasonography (USG) - Quality of Life: Standardized questionnaires
Follow-Up Evaluations	Conducted at 1, 3, and 6 months post-procedure
Outcomes Assessed	- Bleeding Patterns: Clinical improvement in menstrual blood loss - Uterine Volume: Reduction measured via imaging - Pain Scores: Changes in VAS ratings - Quality of Life: Overall improvement reported by patients



Pre and post procedure MRI sagittal images showing gross decrease in size

References

1. Sotoudeh, M., et al. (2022). *The Role of Uterine Artery Embolization in the Management of Uterine Adenomyosis: A Systematic Review and Meta-analysis*. Journal of Vascular and Interventional Radiology, 33(5), 721-728.
2. Van der Kooij, M. J., et al. (2023). *Uterine Artery Embolization for Symptomatic Adenomyosis: Long-term Outcomes and Effectiveness*. European Journal of Obstetrics & Gynecology and Reproductive Biology, 276, 104-110.
3. Gottfried, M., et al. (2021). *Impact of Uterine Artery Embolization on Quality of Life in Women with Uterine Adenomyosis*. American Journal of Obstetrics and Gynecology, 224(3), 300.e1-300.e8.

Results

Parameter	Outcome
Reduction in Menorrhagia	95% of patients reported decreased heavy menstrual bleeding.
Pain Improvement	75% reduction in pelvic pain scores.
Uterine Volume Reduction	Average decrease of 70%.
Quality of Life	92% of patients reported overall improvement post-procedure.
Minor Complications	5% of patients experienced mild post-embolization syndrome.
Major Adverse Events	None reported.

Conclusion

- **Effectiveness:**
 - UAE is a highly effective treatment for uterine adenomyosis.
 - Significant relief from symptoms, including:
 - Reduction in heavy menstrual bleeding (menorrhagia).
 - Decrease in uterine volume.
 - Improved quality of life.
- **Safety:**
 - UAE is a safe procedure with a low risk of complications.
- **Advantages:**
 - Minimally invasive alternative to hysterectomy.
 - Suitable for patients seeking fertility preservation.
 - Beneficial for women who are not candidates for traditional surgical treatments.