



Fibroid Management in 10 Years

Academic Perspective

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Faculty Disclosure

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I have no financial relationships to disclose.



The world outside UFE

- Pharmaceutical investigations
 - Anti-progesterones, receptor modulators
 - Estrogen receptor modulators
 - Theoretical approaches
 - Anti-angiogenesis agents
 - Anti-growth factors
 - Anti-fibrotic factors



The world outside UFE

- Minimally-invasive surgery
 - Aimed at patients needing myomectomy
 - Aimed at women willing to have hysterectomy
 - Need rapid recovery
 - Would be happy to avoid menstrual cycles
 - Want permanent solution



The world outside UFE

- New Minimally-invasive Approaches
 - Laparoscopic uterine artery occlusion
 - Advanced technique- requires retroperitoneal dissection.
 - Several studies suggest similar short-term effectiveness to UFE, but no data yet on fibroid infarction rate.
 - Suspect recurrence related to incomplete fibroid treatment.
 - Can be combined with partial myomectomy for serosal fibroids.



MR guided Focused US

- Innovative technology
- Role in fibroid therapy unclear
 - Introduction flawed by poor quality studies.
 - No comparative data, even with placebo
 - No data that comes from a quality study on efficacy beyond 1 year.
- Given limited portion of total fibroid load treated, its symptom result is moderate.
 - Pros: completely non-invasive
 - Cons: expensive and time consuming.



How should academicians address the field?

- Adoption of high quality study design
 - No one outside our field will accept case series as evidence.
 - Need randomized studies comparing options.
 - Europeans ahead of US in this regard
 - Requires cooperative research alliances that are willing to invest energy to complete studies
 - Evidence-based medicine is here to stay.



Key questions to answer

- Myomectomy vs UFE for fertility
- UFE vs MRgFUS for symptom control, including long-term.
- Laparoscopic approaches compared with each other and with UFE
- Medical therapies compared with UFE, others.
- Long-term consequences to hysterectomy
- Better understanding of the natural history of fibroids, including rate of growth and regression after menopause.