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Tour2india4health Consultants
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Fibroid Surgery India

Fibroids affect at least 20% of all women at sometime during their life. Women aged between 30 and 50 are the most likely to develop fibroids. Overweight and obese women are at significantly higher risk of developing fibroids, compared to women of normal weight. Malignant (cancerous) growths on the smooth muscles inside the womb can develop, called leiomyosarcoma of the womb. However, this is extremely rare.



What is a Fibroid?

Fibroid is a non-cancerous (benign) tumors that grow from the muscle layers of the uterus (womb). They are also known as uterine fibroids, myomas, or fibromyomas. The singular of uterine fibroids is Uterine Fibroma. Fibroids are growths of smooth muscle and fibrous tissue. Fibroids can vary in size, from that of a bean to as large as a melon.

Types of Fibroid

There are four types of Fibroid:

- **Intramural:** These are located in the wall of the uterus. These are the most common types of fibroids.
- **Subserosal fibroids:** These are located outside the wall of the uterus. They can develop into pedunculated fibroids (stalks). Subserosal fibroids can become quite large.
- **Submucosal fibroids:** These are located in the muscle beneath the lining of the uterus wall.
- **Cervical fibroids:** These are located in the neck of the womb (the cervix).

Causes of Fibroid

A fibroid starts as a single muscle cell in the uterus. For reasons that are not known, this cell changes into a fibroid tumor cell and starts to grow and multiply. Heredity may be a factor. It is thought that a muscle cell in the uterus may be "programmed" from birth to develop into a fibroid sometime perhaps many years after puberty (the start of menstrual periods). After puberty, the ovaries produce more hormones, especially estrogen. Higher levels of these hormones may help fibroids to grow, although exactly how this might happen is not understood.

Symptoms of Fibroid

The symptoms of fibroids may include:

- **Heavy Vaginal Bleeding:** Excessively heavy or prolonged menstrual bleeding is a common symptom. Women describe soaking through sanitary protection in less than an hour, passing blood clots and being unable to leave the house during the heaviest day of flow.

- **Pelvic Pain:** A less common symptom is acute, severe pain. This occurs when a fibroid goes through a process called degeneration. Usually, the pain is localized to a specific spot and improves on its own within two to four weeks. Using a pain reliever, such as ibuprofen, can decrease the pain significantly.
- **Bladder Problems:** The most common bladder symptom needs to urinate frequently. A woman may wake up several times during the night to empty her bladder. Occasionally, women are unable to urinate despite a full bladder.
- **Low Back Pain:** Rarely, fibroids press against the muscles and nerves of the lower back and cause back pain. A large fibroid on the back surface of the uterus is more likely to cause back pain than a small fibroid within the uterine wall. Because back pain is so common, it is important to look for other causes of the pain before attributing it to fibroids.
- **Rectal Pressure:** Fibroids also can press against the rectum and cause a sensation of rectal fullness, difficulty having a bowel movement or pain with bowel movements. Sometimes, fibroids can lead to the development of a hemorrhoid.
- **Discomfort or Pain with Sexual Intercourse:** Fibroids can make sexual intercourse painful or uncomfortable. The pain may occur only in specific positions or during certain times of the menstrual cycle. Discomfort during intercourse is a significant issue. If your doctor doesn't ask you about this symptom, make sure you mention it.



Diagnosis for Fibroid

In most cases, the symptoms of fibroids are rarely felt and the patient does not know she has them. They are usually discovered during a vaginal examination. The following are the tests conducted for the diagnosis of fibroids.

- **Ultrasound:** The doctor thinks fibroids may be present; he/she may use an ultrasound scan to find out. Ultrasound can also eliminate other possible conditions which may have similar symptoms. Ultrasound scans are often used when the patient has heavy periods and blood tests have revealed nothing conclusive.
- **Trans-vaginal scan:** A small scanner is inserted into the patient's vagina so that the uterus can be viewed close up.
- **Hysteroscopy:** This is a small telescope that examines the inside of the uterus. During this procedure, if necessary, a biopsy can be taken of the lining of the uterus (womb).
- **Laparoscopy:** A laparoscope is a small device that looks at the outside of the uterus - where the doctor examines its size and shape. A laparoscope is a small flexible tube. During this procedure, if necessary, a biopsy can be taken of the outer layer of the uterus.
- **Biopsy:** A small sample of the lining of the uterus is taken and then examined under a microscope.

Preparing for Fibroid Surgery

Your doctor/health practitioner should check whether you are pregnant, before he/she gives any treatment for fibroids. The fact that you have fibroids does not mean you are infertile; many women have had successful pregnancies with fibroids in their womb. Sometimes they are only diagnosed on for the first time during an ultrasound during pregnancy. Surgery, of any kind, can cause a disruption of the normal functioning of the body's systems. The following measures should promote general good health, thereby helping the body to be in the best shape possible for surgery. When planning for surgery, whether or not it requires a stay in the hospital, several steps can be taken to prepare both you and those around you for what is to come. Preparation can be summed up in the following ways:

- Doing things to promote health and eliminate unhealthy habits, such as cigarette smoking, recreational use of drugs, or excessive drinking of alcoholic beverages.
- Providing your doctor with a full personal and family health history,
- Deciding whether or not to donate some of your own blood for use during surgery,
- Preparing your home to be as convenient as possible for your recovery,
- Having some laboratory tests done, and
- Doing some immediate preparation before surgery
- Eat a well balanced diet, which includes plenty of fresh foods and vitamins and minerals. Vitamin C, in particular, is thought to play an important role in healing.
- Provide the Doctor with information about all prescription and over-the-counter medications you have recently taken or are currently taking.
- Ask friends or family to help out when you get home from the hospital. Check with your doctor about what you should or shouldn't eat before surgery
- Some people choose to donate some of their own blood before surgery, which can be used to replace any blood lost during the procedure.

Fibroid Surgery Procedures

When medications have not worked, the patient may have to undergo surgery. The following surgical procedures may be considered:

Hysterectomy: Hysterectomy is the surgical removal of the uterus (and usually of the cervix as well). It is the most common treatment for fibroids. Three out of every 10 hysterectomies in the United States are performed because of fibroids. Currently, hysterectomy is the only permanent cure for fibroids. However, a woman cannot become pregnant or carry a baby after having a hysterectomy. Hysterectomy is often considered when the uterus reaches the size it would be at 12 weeks of pregnancy. In the past, many doctors recommended a hysterectomy because they feared that such large fibroids could hide the presence of cancer of the uterus. A hysterectomy is usually performed through an incision in the abdomen. Sometimes the ovaries are removed in addition to the uterus and cervix. The decision to remove the ovaries depends on the woman's age and on whether the ovaries are diseased. Sometimes, for smaller fibroids, the uterus can be removed through the vagina. This is known as a vaginal hysterectomy. After a vaginal hysterectomy, the only stitches are inside the vagina. The body absorbs the stitches in four to six weeks.

Myomectomy: Myomectomy is the removal of fibroids without removing the uterus. This operation preserves a woman's ability to bear children. However, a successful pregnancy is not guaranteed. Only 4 or 5 out of 10 women become pregnant and give birth after a myomectomy. Heavy bleeding can occur when the fibroids are removed. A woman is more likely to need a blood transfusion after a myomectomy than after a hysterectomy. She is also at higher risk for problems such as infection and blood clots in the legs. Fibroids may grow back after a myomectomy, and another operation may be needed later to remove them. The risk of re-growth is related to the number, not the size, of fibroids removed. If more than three fibroids are removed, the risk of re-growth is about 50-50. Like a hysterectomy, a myomectomy is usually performed through an incision in the abdomen. The risks and recovery time are about the same as for a hysterectomy. Sometimes a myomectomy can be performed with the

assistance of a laparoscope or hysteroscope.

UFE (Uterine Fibroid Embolization): Uterine fibroid embolization (UFE) is a minimally invasive treatment for fibroid tumors of the uterus. The procedure is also sometimes referred to as Uterine Artery Embolization (UAE), but this term is less specific and, as will be discussed below; UAE is used for conditions other than fibroids. Fibroid tumors, also known as myomas, are benign tumors that arise from the muscular wall of the uterus. It is extremely rare for them to turn cancerous. More commonly, they cause heavy menstrual bleeding, pain in the pelvic region, and pressure on the bladder or bowel. In a UFE procedure, physicians use an x-ray camera called a fluoroscope to guide the delivery of small particles to the uterus and fibroids. The small particles are injected through a thin, flexible tube called a catheter. These block the arteries that provide blood flow, causing the fibroids to shrink. Nearly 90 percent of women with fibroids experience relief of their symptoms. Because the effect of uterine fibroid embolization on fertility is not fully understood, UFE is typically offered to women who no longer wish to become pregnant or who want or need to avoid having a hysterectomy, which is the operation to remove the uterus.

Endometrial Ablation: This involves removing the lining of the uterus. This procedure may be used if the patient's fibroids are near the inner surface of the uterus. This procedure is considered as an effective alternative to a hysterectomy. The entire lining of the uterus (the endometrium) is removed or destroyed. The standard endometrial ablation and resection techniques are equally effective in reducing bleeding. In general, either one reduces bleeding by about half. At least 90% of women find either procedure acceptable and about three-quarters are totally or generally satisfied with the treatment. Only about 15% of women require a hysterectomy later on. Since no procedure has any particular advantage, a woman's best option may be to select the procedure based on their surgeon's skill and experience with it.

Magnetic Resonance Guided Percutaneous Laser Ablation - An MRI (magnetic resonance imaging) scan is used to locate the fibroids. Then very fine needles are inserted through the patient's skin and pushed until they reach the targeted fibroids. A fiber-optic cable is inserted through the needles. A laser light goes through the fiber-optic cable, hits the fibroids and shrinks them.

Magnetic Resonance Guided Focused Ultrasound Surgery: Is an MRI (magnetic resonance imaging) scan locates the fibroids, and then sound waves are aimed at them. This procedure also shrinks the fibroids. Most experts say Magnetic-resonance-guided percutaneous laser ablation and Magnetic-resonance-guided focused ultrasound surgery are both effective - however, there is some uncertainty regarding their benefits vs. risks.

Post Operative Care after Fibroid Surgery

Full recover will take about 2-4 weeks. When you return home, do the following to help ensure a smooth recovery:

- Be sure to follow your doctor's instructions.
- Wear sanitary pads or napkins to absorb blood. The first menstruation after the procedure may be heavier than normal.
- Try to walk often. This will decrease the risk of blood clots.
- Take medicines as prescribed by your doctor. If you had to stop medicines before the procedure, ask your doctor when you can start again.
- Bathe or shower as normal. Gently wash the incision area with mild soap.
- Ask your doctor when you will be able to:
- Return to work and drive
- Resume sexual activity
- Resume strenuous activity (You may need to wait 2-6 weeks.)

Recovering after Fibroid Surgery

The recovery from fibroid removal may require a hospital inpatient stay of a few days and recovery can take several weeks. The following are the recovery for Hysterectomy and Myomectomy

- **Recovery from Hysterectomy:** An abdominal hysterectomy involves a large incision and has a recovery time of 4 to 6 weeks. Laparoscopic and vaginal hysterectomies utilize small incisions reducing recovery time to 3 to 4 weeks. All hysterectomies require 2 to 3 day hospital stays, painkillers, potentially a catheter to assist with the passage for urine, and moving around to prevent blood clots.
- **Recovery from Myomectomy:** Recovery time after a single, large incision myomectomy lasts about 4 to 6 weeks. Laparoscopic and vaginal myomectomies have shorter recovery times of 1 to 3 weeks. All myomectomies require 2 to 3 day hospital stays, painkillers, and moving around as quickly as possible to prevent blood clots.

Advance Treatment Options for Fibroid Surgery

The following are newer treatment options for Fibroid Surgery:

Embolization: This procedure shrinks fibroids by cutting off their blood supply. Guided by an X-ray image, the doctor threads a small catheter (a thin flexible tube) through a tiny incision in the groin into the main arteries that supply blood to the uterus. He or she then injects particles of inert plastic through the catheter to block these blood vessels. The uterus itself is not damaged because smaller arteries continue to supply the nutrients and oxygen it needs. The procedure takes about an hour. It may be performed with local or general anesthesia. The woman must lie flat on her back for six hours afterward to stop bleeding from the incision in the groin. Cramps in the pelvis are common, and the doctor usually prescribes a pain medication for them.

Laparoscopic Surgery: Some procedures can be performed using a laparoscope, a pencil-thin surgical telescope similar to a hysteroscope. The surgeon inserts the laparoscope and tiny surgical instruments through one or more small incision in the abdomen. If the fibroids are small and easy to reach, the surgeon makes an incision in the uterus and removes them. This is called a laparoscopic myomectomy. It may require an overnight hospital stay. When the fibroids are larger or harder to reach, the surgeon may use a laser or an electric needle to destroy or shrink them. This procedure is known as laparoscopic myolysis. Women who have this procedure done can often go home the same day.

Hysteroscopic Resection: This procedure uses a hysteroscope, a thin telescope that is inserted through the cervix. It enables the surgeon to see inside the uterus. The surgeon may then remove the fibroids with a laser or an electrical knife, wire, or probe. No incision is made. The procedure may be done with local or general anesthesia. The woman may stay overnight in the hospital or be treated as an outpatient. Full recovery takes a week or two.

Fibroid Surgery in India

India has emerged as an option abroad for Fibroid Surgery and other medical treatments for the international patients looking for low cost solutions with high quality service. Surgeons performing Fibroid Surgery in India treat with best medical facilities and provide highest successful results to these patients.

India finds the infrastructure and technology at par with that in USA, UK and Europe. Fibroid Surgery is one the common treatments for global patients coming to India. The good facilities provided in India are certainly beneficial but also the skyrocketing medical costs and long waiting lists to get treated by the specialists in the western countries are helping Indian medical tourism industry.

India has highly trained doctors to appeal to the medical tourists with a large pool of professionally qualified doctors, nurses and paramedics. The world-class facilities and infrastructure is further supported by low cost airfare and other facilities related to their stay in India in the following cities:

Mumbai	Hyderabad	Kerala
Delhi	Pune	Goa
Bangalore	Nagpur	Jaipur
Chennai	Gurgaon	Chandigarh

Cost of Fibroid surgery in India

The cost of surgery less when it is compared with the other western countries, it is relatively cheap because that is the way the international economy runs. A cost comparison of various medical treatments can give you the exact idea about the difference:

Medical Treatment	Procedure Cost (US\$)	
	United States	India
Hysterectomy	42,000	3,300
Myomectomy	42,000	3,600
Uterine Artery Embolization	48,000	3,300

Some of the common countries from which patients travel to India for surgery are:

USA	UK	Canada
Australia	New Zealand	Nigeria
Kenya	Ethiopia	Uganda
Tanzania	Zambia	Congo
Sri Lanka	Bangladesh	Pakistan
Afghanistan	Nepal	Uzbekhistan

ABOUT INDIA

Located in South Asia, bordered by Pakistan, Nepal, China and Bangladesh, India is South Asia's largest, sovereign, democratic republic. India has an edge over other countries when it comes to offering comprehensive, cost-effective and timely medical care: it also offers an exotic, adventure-filled or cultural -if you wish array of destinations to discover and revel in for the travelers. Indian cities like Mumbai, Hyderabad, Goa, Bangalore, Nagpur, Kerala, Delhi, Pune, Jaipur, Chennai, Gurgaon, and Chandigarh offers best medical tourism service.

Mumbai - Formerly known as Bombay, is the commercial & financial capital city of India. Mumbai is famous for many things, including its thriving Bollywood film industry, teeming bazaars, colonial-style buildings, Art Deco structures and a superb choice of restaurants, often being rated as the dining capital of India. The tourist district of Colaba in Mumbai is a great place to start exploring this great city.

Hyderabad – Hyderabad city is a great place to visit in the state of Andhra Pradesh. The place has witnessed a continuous growth for last many years. Hyderabad has become a tourist hotspot following ever increasing number of tourists during past few years. Hyderabad has a well-founded reputation as one of the safest cities in the world.

Goa - The country's smallest state and famed for its colonial Portuguese and Catholic past, most tourists visit Goa for its endless selection of sandy beaches and coastal attractions. Standing proudly next to the Arabian Sea, Goa is a particularly compact state and often feels like a large town, being easy to travel. Around Goa, tourists will soon realize that the state has much more to offer than simply stunning beaches, fishing, water scooters, windsurfing and scuba diving.

Bangalore - Beauty lies in the eyes of beholder and if you want to see one of the most beautiful places in India then Bangalore is the word for it. Bangalore has earned sobriquets like 'Silicon Valley of India', 'Pub Capital of India', and 'City of Gardens'. Pleasant climate with colorful gardens with lakes and glittering nightlife, Bangalore has made its own attraction for travelers as one of the most charming cities in India,

Nagpur - Nagpur is the largest city in central India, but with its friendly atmosphere and dependable transportation, you'll instantly feel at home. The city of Nagpur has a well-built infrastructure, is a clean and affluent city which makes a good jumping-off point for a series of trips into the far eastern corner of Maharashtra.

Kerala - Natural beauty, clean air and primordial greenery amidst the vast expanse of water and sky, typifies the state of Kerala – better known as God's own country. Kerala is famous for its alternative medical therapies such as Ayurveda, which help to rejuvenate and revitalize the body. The region is also home to India's only virgin tropical rain forest – the Silent Valley National Park, supporting an overwhelming range of life forms, many of which are highly endangered, and endemic to this part of the planet.

Delhi - "Welcome to The Capital City of India - New Delhi" Delhi is famous as Capital city of India is located in North India. Delhi is truly a symbol of the old and the new; a blend of ancient well preserved monuments and temples along with jam-packed burger joints and up market shopping malls. Delhi has state of the art Hospitals and the best qualified doctors.

Pune - Once referred to as the Oxford of the east, Pune continues to be a stronghold for academics and culture. An array of factors like availability of efficient and experienced doctors, comparatively low treatment costs, hospital facilities of international standards and many more have made Pune one of the top destinations for medical tourism.

Jaipur - Jaipur is one of the most popular destinations on a tourist's itinerary. The magnificent forts, beautiful havelis and colourful bazaars make Jaipur a popular tourist destination among tourists. Jaipur has pioneered health and medical tourism in India.

Chennai - Chennai is one of the most developed urban centers in the Indian subcontinent. The city forms the capital of Tamil Nadu state and is the fourth largest metropolitan city in India. They have some of the very best hospitals and treatment centers in the world. Each hospital is equipped with state of the art facilities. The technology brought into practice is the very latest, including robotic surgery.

Patients Testimonial:



Mrs. Austin - Nigeria.
Fibroid surgery in India

Hi, I am Mrs. Austin. I am from Nigeria. Just couple of weeks ago I had my Fibroid surgery in an Indian city called Mumbai. I am glad to end my saga of despair through this surgery in India and indeed thank my medical consultant-Tour2india4health from India who managed my entire show. I still remember how difficult it was to cope up with unbearable pains at my back and my extended periods with more bleedings. I saw my gynecologist who after a few test, concluded that I have a Fibroid inside my womb and I require a Fibroid surgery to get rid of this problem. However, she also suggested me do it fast and that too with options abroad since getting things done here at my home town or country was a difficult task. So, I had no option but to hunt a place abroad for my Fibroid surgery. With all dismay I and my husband started our internet search. We then came in touch with the Tour2india4health Group from India, a medical consultant who is into the business of helping the helpless like us. We browsed their website, read the online patients stories and found this group quiet reliable. I dropped an e-mail enquiring about doing my Fibroid surgery in Mumbai and Delhi- India, since I have read about these places in newspapers and articles. In addition, to my surprise I got a call the very same day, the executive collected my investigation reports and reverted to me with expert opinion. He offered some good packages pertaining to my Fibroid surgery in India with option as Mumbai or Delhi. I then discussed with my husband about the same, and we concluded that it would be a wise to opt for Mumbai for my Fibroid surgery. I then gave my immediate consent for the same. Thus we booked our tickets and reached Mumbai.

In Mumbai, things seemed a perfect tailor made for me, everything was smooth and organized, and we were really impressed by the professionalism of Tour2india4health people. We soon met my surgeon, he seemed a professional fellow. Soon the day for my Fibroid surgery in Mumbai arrived. The doctor adopted vaginal hysterectomy procedure for my Fibroid surgery. This is the most widely done surgery on females. During this procedure, the uterus is removed through the vagina. A vaginal hysterectomy is appropriate only for conditions such as uterine prolapse, endometrial hyperplasia, or cervical dysplasia. These are conditions in which the uterus is not too large, and in which the whole abdomen does not require examination using a more extensive surgical procedure. The woman will need to have her legs raised up in a stirrup device throughout the procedure. Women who have not had children may not have a large enough vaginal canal for this type of procedure. If a woman has too large a uterus, cannot have her legs raised in the stirrup device for prolonged periods, nor has other reasons why the whole upper abdomen must be further examined, the doctor will usually recommend an abdominal hysterectomy. In general, laparoscopic vaginal hysterectomy is more expensive and has higher complication rates than abdominal hysterectomy. Thus I had a smooth Fibroid surgery in Mumbai-India.

My surgeon discharged me after my Fibroid surgery in Mumbai with a long list of precautions like using enough sanitary pads on hand since its common for the recovering patient to have discharge and blood discharge for a few days. To have someone do the lifting for me until I am completely recovered. Avoid eating or drinking dairy foods while I am recovering and the crucial part was that I rest after my Fibroid surgery. So after 6 weeks following my Fibroid surgery in Mumbai-India now, I am perfect, hale and hearty. Indeed the company- Tour2india4health Group, deserves huge applaude and so is the medical team in Mumbai hospital.

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CONTACT DETAILS

TOUR2INDIA4HEALTH CONSULTANT

India Office in:

New Delhi, Mumbai, Kolkatta, Chennai, Ahmedabad, Goa,
Bengaluru, Gurgaon, Hyderabad, Nagpur, Kochi, Pune

International Caller + 1-415-599-2537 (USA) / +44-20-8133-2571 (UK)

INDIA +91- 9371136499, +91- 9860755000

Email enquiry@tour2india4health.com

Web www.tour2india4health.com



supprt.tour2india4health.com



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