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#357 : Uterine Fibroids Treatment Using Radio Frequency Ablation at Hanoi Obstetrics and Gynecology Hospital, Vietnam: A Preliminary Assessment

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Complicated uterine fibroids in young women, who wish to preserve fertility, and/ or unwilling to undergo surgery, or those having uterine fibroids deemed difficult for surgical intervention, need a less invasive and effective treatment method.

Objectives: To evaluate the results of treatment of uterine fibroids by Radio Frequency Ablation (RFA) at Hanoi Obstetrics and Gynecology Hospital, Vietnam (HOGH) for 8 months.

Materials and Methods: A cross-sectional study with longitudinal follow-up. Patients with symptomatic uterine fibroids including abnormal uterine bleeding, pelvic pain, anemia; in need of preserving fertility; without any RFA contra-indications.

Results: 18 patients with 20 fibroids were met with the study's inclusion criteria. The average fibroid size was 4.6 ± 1.3 cm. 77.8% of patients having anemia. Average thermal ablation time was 12.2 ± 4.1 minutes. Fibroids' size decreased 43.6% after 1 month, 69.6% after 3 months and 83.6% after 6 months. Menstrual disorders and pelvic pain were considerably improved after 1 month and 3 months.

Conclusions: RFA had good initial results in reducing fibroids size and improving relating symptoms during the study period.

Keywords: Radio frequency ablation, fibroid,