

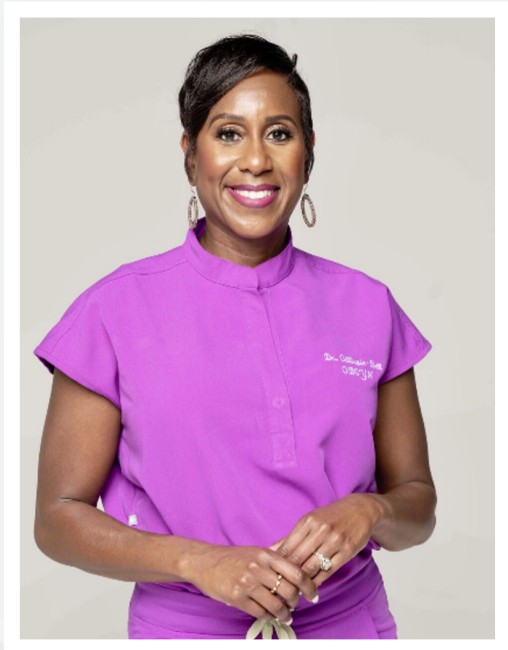
Starting this month, the [Ochsner-Xavier Institute for Health Equity and Research \(OXIHER\)](#) will shine a light on some of the most critical health disparities affecting the communities we serve. OXIHER works in alignment with Healthy State to develop effective strategies for improving overall community health.

JULY: Focus on Fibroids

July is National Fibroid Awareness Month, a time to reflect on a health condition that most women will experience by age 50. As noted in Ochsner's "To Your Health" blog, "uterine fibroids are noncancerous growths of the uterus that often appear during childbearing years." According to the blog, symptoms include heavy or irregular menstrual cycles, painful menstrual cycles, pelvic pressure, or heaviness from the weight of the uterus and frequent urination caused by the pressure put on the bladder.

Incidence of Fibroids in the Black Community

Fibroids have a significant impact on many women's reproductive and sexual health, particularly women of color as Black women have a [three-fold increased incidence rate](#) of developing uterine fibroids. Black women's fibroids are diagnosed at earlier ages and often have different responses to medical treatment. Additionally, the size and growth rates of fibroids are greater in Black women, leading to increased hospitalization, myomectomies and hysterectomies when compared to other racial groups.



OB/GYN Veronica Gillispie-Bell, MD: A Leading Voice

Ochsner's [Dr. Veronica Gillispie-Bell](#) is a leading voice for both women's health and health equity—nationally as well as locally. She is the author of "5 Symptoms of Uterine Fibroids You Need to Know" on Ochsner's "To Your Health" blog and was recently interviewed on an episode of the American Medical Association's (AMA's) podcast titled "What Doctors Wish Patients Knew About Uterine Fibroids."

For Fibroid Awareness Month, Dr. Gillispie-Bell shares a [quick video](#) on the "Top 3 Things to Know About Fibroids."

Learn more about what Dr. Gillispie-Bell has to share on the topic of fibroids below.

- ["5 Symptoms of Uterine Fibroids You Need to Know"](#) blog post
- ["What Doctors Wish Patients Knew About Uterine Fibroids"](#) AMA podcast

Learn More

You may also visit the web page for the Ochsner Center for the Minimally Invasive Treatment of Uterine Fibroids [here](#) for more information. A link to their informational brochure is near the top of the home page.

Share Your Story

Do you have a uterine fibroid healthcare experience at Ochsner that you like to share? We'd love to hear about your personal journey. [Share your story here.](#)