COMPARE-UF

Research Summary #1

Comparing Surgical Treatments for Uterine Fibroids: Hysterectomy vs. Myomectomy

What was the purpose of the research?

- The goal was to compare how women felt and functioned after having the two most common surgical treatments for women with uterine fibroid symptoms
- Researchers also looked at both treatments by type of surgery
- Assessments were made soon after their treatment (6-12 weeks) and after a longer period of time (1 year).

Who was in the study?

Over 1,000 women who:

- Had either a hysterectomy or myomectomy for uterine fibroids at one of 8 clinical sites in the United States
- Were over age 30 and not trying to become pregnant

What were the results?

- Both treatments resulted in large improvements in fibroid symptoms and quality of life.
- These improvements were seen at 6-12 weeks and 1 year after surgery.
- Women who had a minimally invasive hysterectomy seemed to have a greater increase in quality of life at 1-year post-surgery compared to women who had a minimally invasive myomectomy
- There was no difference in quality of life between women who had an abdominal hysterectomy vs. abdominal myomectomy.

Surgical Treatments

Hysterectomy
Removal of the uterus

Myomectomy
Removal of fibroids without removing the uterus

Type of Surgery

Abdominal surgery
Major surgical procedure that involves incision through lower abdomen

Minimally invasive surgery
Involves multiple tiny incisions and special instruments or removal of fibroids through the vagina with no incision needed

How can women use the results of this study?

This study suggests that both myomectomy and hysterectomy are effective for treating symptoms and improving quality of life for women with uterine fibroids. The finding that women who had minimally invasive hysterectomy did somewhat better at one year than women who had minimally invasive myomectomy can be part of the discussion that women have with their physicians when deciding on the best treatment option for them.

What did the research team do?

Women scheduled to undergo either surgery at one of the participating clinical sites between November 11, 2015 and April 18, 2019 were invited to participate. Participants were asked to complete a survey before their surgery, 6-12 weeks after surgery, and around 1 year after surgery. A description of the survey is included in the green box.

Learn more

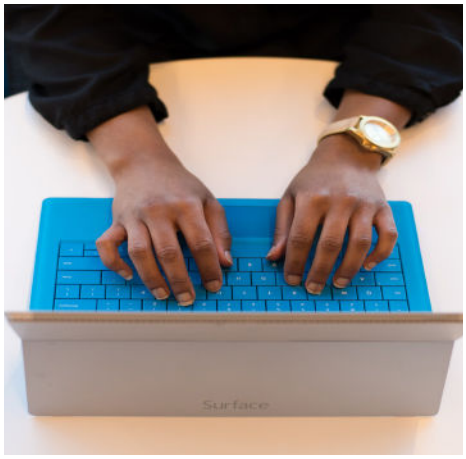
Learn more about the COMPARE-UF registry.
Visit the registry website https://compare-uf.org/
Visit https://clinicaltrials.gov using study identifier: NCT02260752

Learn more about this research.
Read the published papers:
https://pubmed.ncbi.nlm.nih.gov/31306318/
https://pubmed.ncbi.nlm.nih.gov/32192594/

For registry participants, if you have questions about the results or your participation, please contact your study doctor.

What was included in the survey?

- 8 items in which women were asked to rate the severity of their uterine fibroid symptoms
- 29 items that measured women's quality of life and functioning related to their fibroids. This included questions about:
  - Concern over bleeding onset and inconvenience
  - Interference with usual activities
  - Energy/mood
  - Control over one's health and life
  - Self-consciousness
  - Sexual Function



Changes to your healthcare should not be made based on information in this summary without first consulting a doctor.

This summary was completed in June 2020. Newer information generated since this summary was written may now exist.

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