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## WHY CHOOSE HUDSON REGIONAL HEALTH?

- Nationally Recognized Interventional Radiologists
- One of the Top Nurse-to-Patient Ratios in Northern NJ
- Recognized as a Top New Jersey Hospital by Castle Connolly
- Multilingual Staff



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04.16.2026

# Uterine Fibroid Embolization (UFE)



**A PROVEN, MINIMALLY INVASIVE ALTERNATIVE TO SURGERY**

#### Healing Starts Here

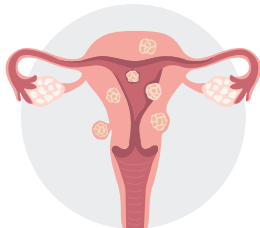
Our nationally recognized interventional radiologists help women find freedom from fibroids — with no overnight hospital stay and most patients back to normal in under 11 days.

**HRH** | **HUDSON REGIONAL HEALTH**  
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## UNDERSTANDING FIBROIDS & UFE

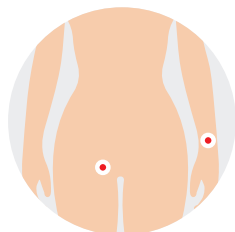
# WHAT ARE UTERINE FIBROIDS?

Non-cancerous growths in the uterus that can cause debilitating symptoms like heavy bleeding, pelvic pain, and pressure on the bladder or bowel.

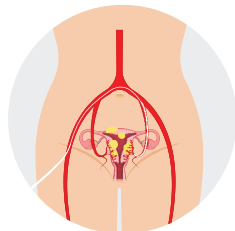


## HOW UFE WORKS

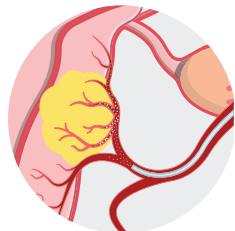
A specialized interventional radiologist inserts a tiny catheter through the artery in the wrist or groin.



Small particles are delivered to block the blood supply feeding the fibroids.



The fibroids shrink and symptoms resolve while the uterus remains intact.



## IS UFE RIGHT FOR YOU?

# WHY CHOOSE UFE OVER SURGERY?

## 100% Uterus Preserved

Unlike a hysterectomy, UFE treats the symptoms without removing the organ.

## Less Than 11 Days Recovery

Most patients return to normal activities in less than 11 days (vs. 30+ days for surgery).

## No Overnight Hospital Stays

UFE is typically an outpatient procedure, allowing you to go home the same day.

## 2.5x Fewer Complications

UFE has a significantly lower complication rate (12.7%) compared to hysterectomy (32%).

# 90%

of all women were satisfied at final follow-up after UFE.

UFE is a safe treatment option and like other minimally invasive procedures has significant advantages over conventional open surgery.<sup>1</sup>

<sup>1</sup>Lohle, P. N., Voogt, M. J., De Vries, J., et al. (2008). Long-term outcome of uterine artery embolization for symptomatic uterine leiomyomas. *J Vasc Interv Radiol*, Mar;19(3):319-326.

# RECOGNIZE THE SYMPTOMS

- Heavy, prolonged menstrual periods
- Pelvic pain, pressure, or heaviness
- Pain during intercourse
- Frequent urination or constipation

## Second Opinions Matter

If you have been told you need a hysterectomy, you owe it to yourself to explore minimally invasive options. Our team provides expert consultations and second opinions.

