



# Effective Health Care

## Comparative Effectiveness of Treatments for Uterine Fibroids

### Nomination Summary Document

## Results of Topic Selection Process & Next Steps

- *Comparative Effectiveness of Treatments for Uterine Fibroids* will go forward for refinement as a systematic review. The scope of this topic, including populations, interventions, comparators, and outcomes, will be further developed in the refinement phase.
- When key questions have been drafted, they will be posted on the AHRQ Web site and open for public comment. To sign up for notification when this and other Effective Health Care (EHC) Program topics are posted for public comment, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list/>.

## Topic Description

**Nominator(s):** Health care professional association

**Nomination Summary:** The nominator is interested in understanding the comparative effectiveness of various treatments, effectiveness of adjunctive treatments, and morcellation of uterine fibroids.

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**Population(s):** Women with symptomatic uterine fibroids

**Intervention(s):** Uterine artery embolization, abdominal hysterectomy, magnetic resonance imaging-guided focused ultrasonography, laparoscopic myomectomy, vaginal hysterectomy, morcellation used as a part of laparoscopic myomectomy or hysterectomy, and adjunctive medical treatment

**Comparator(s):** Uterine artery embolization versus abdominal hysterectomy; magnetic resonance imaging-guided focused ultrasonography versus abdominal hysterectomy; laparoscopic myomectomy versus abdominal hysterectomy and vaginal hysterectomy; vaginal hysterectomy versus abdominal hysterectomy

**Outcome(s):** Intraoperative and postoperative complications, length of hospital stay, improvement in symptoms, quality of life

**Key Questions from Nominator:** The nominating organization was contacted to discuss narrowing the scope of the nominated topic. It was determined that the topic should focus on the following key questions and women who are symptomatic:

1. What is the safety and efficacy of treatment with uterine artery embolization compared with abdominal hysterectomy in women with uterine fibroids?
2. What is the safety and efficacy of treatment with magnetic resonance imaging-

guided focused ultrasonography compared with abdominal hysterectomy in women with uterine fibroids?

3. What is the safety and efficacy of laparoscopic myomectomy compared with abdominal hysterectomy for treatment of uterine fibroids?
4. What is the safety and efficacy of laparoscopic myomectomy compared with vaginal hysterectomy for treatment of uterine fibroids?
5. What is the safety and efficacy of vaginal hysterectomy compared with abdominal hysterectomy for the treatment of uterine fibroids?
6. What is the effectiveness of morcellation used as part of laparoscopic myomectomy or hysterectomy for uterine fibroids?
7. What is the effectiveness of adjunctive medical treatment in women with uterine fibroids who are candidates for surgery?

## Considerations

- The topic meets all EHC Program selection criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- Uterine leiomyomata, or fibroids, are benign growths of smooth muscle and connective tissue anchored in the muscular wall of the uterus. Uterine fibroids are the most common pelvic tumors in women and are associated with significant morbidity and economic burden. Approximately 35 million women in the US have uterine fibroids. In the US, it is estimated that approximately 1% of women with employer-provided insurance have clinically significant uterine fibroids, and the direct costs associated with treating uterine fibroids are more than \$1 billion annually.
- A scan of the available literature identified a number of studies comparing the effectiveness of treatments and combinations of treatments for uterine fibroids published in recent years. It appears sufficient to support an AHRQ systematic review.
- There are also ongoing trials and research efforts, including a partnership between the Patient-Centered Outcomes Research Institute (PCORI) and AHRQ to support uterine fibroids research.