

INTRODUCTION

Uterine fibroids are benign (noncancerous) tumors that grow on or within the muscle tissue of the uterus. Approximately 20-40% of women 35 years and older have fibroid tumors. Fibroids are more common among women of African-American descent. Some statistics indicate that up to 80% of African-American women will develop uterine fibroids. While some women do not experience any of the symptoms of fibroids, the location and size of fibroid tumors can cause symptoms that can affect a woman's quality of life (*Zaher & Regan, 2008*).

The incidence of uterine fibroids among black women is approximately three times than among white women. In addition, uterine fibroids are diagnosed earlier in black women, who are more likely to undergo both hysterectomy and myomectomy for fibroids (*Haney, 2008*).

The major cause of uterine fibroids is unknown. Several studies have suggested that each leiomyoma arises from single neoplastic cell within the smooth of the myometrium. There appear to be an increased familial incidence, and may be more common in women who are obese. One of the few identified risk factors for uterine fibroids is race. Fibroids have the potential to enlarge during pregnancy as well as to regress after menopause (*Wikipedia, 2010*).

Uterine fibroids are caused by hormones estrogen and progesterone and other factors. Uterine fibroids rarely occur before menarche and usually shrink after menopause. And are most commonly located in myometrium of the uterine corpus, but they are also found in the cervix and broad ligament. When in the body of the uterus, and are described as sub mucosal, intramural or subserosal depending on their location (*Bradley, 2009*).

Uterine fibroids are the most common tumors of female genital tract pelvis, occurring in 35% - 50% of women, most often between 35 and 50 years. Their presence is the most common for performing hysterectomy.

Uterine leiomyomas or fibroids are one of the most common conditions affecting women of reproductive age. They account for approximately one third of all hysterectomies. Symptoms attributable to uterine leiomyomas include excessive menstrual bleeding, dysmenorrhea, pelvic pain, and so called bulk symptoms, or symptoms related to pressure on adjacent organs such as urethral obstruction, urinary frequency and urgency, rectal pressure, pelvic pressure, and increasing abdominal girth (*Berek, 2008*).

The development of fibroid symptoms largely depends upon the size, number, and location of the tumors. Fibroid growth is associated with the presence of estrogen, so they stop growing and often shrink after menopause (*Hehenkamp, et al., 2009*).

Quality of life is multidimensional construct encompassing individual, perception of both positive and negative aspects of physical, social, and psychological functions. A measure of QOL includes both subjective and objective criteria. Measures of activities of daily living and functional dependence frequently serve as QOL indicators. In most cases patients themselves are the reliable and best raters of their own QOL in relation to health (*Danial, 2008*).

Health related quality of life (QOL) is subdivision of quality, and most commonly refers to people's experience of their global health. It may also refer to health related subjective well being, functional status or self perceived health (*Imberly & Dona, 2010*).

Health related quality of life (HRQOL) can be also defined “as an integrative measure of physical and their emotional well – being, level of independence, social relationship to salient features of their environment”(Hanh, *et al.*, 2008) .

Knowledge about management of leiomyoma is essential in planning nursing care. The knowledge enable the nurse to work collaboratively with other health care providers and to meet the women's information's and emotional needs clinical management for benign tumor of the uterus depends on the severity of the symptoms. The age of the woman, and here desire to preserve childbearing potential (*Johnson et al.* 2005).

Significance of the study:

No previous studies are undertaken in Benha University about quality life of women with symptomatic uterine fibroids. So i will conduct this study to assess quality of life among women's with symptomatic uterine fibroids. Because uterine fibroids have effect on women health and quality of life. This is the first thesis to discuss this topic among Arabic speaking countries.