

Ep. 27 The Pros & Cons Of Hysterectomy For Fibroids: My experience as a black woman with fibroids

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[00:00:00] Hey everyone. Thank you so much for being here.

Welcome back to the show today's episode. I am going to be sharing my thoughts and experience, regarding having a hysterectomy and what my thoughts are as it pertains to, the pros and cons of having a hysterectomy through my lens and my experience as a black woman.

So if you are dealing with uterine fibroids. If someone, you know, again, so many women, think the number is somewhere over like 600,000 hysterectomies are performed yearly. And a large portion of that is due to uterine fibroids and other issues like endometriosis, et cetera, et cetera. But I'm going to be talking exclusively about uterine fibroids and that arena, so buckle up buttercup, as they say, let's dig into it.

Before I really get into this I [00:01:00] just want to put out a disclaimer. I am not a doctor. I am not anyone in any sort of medical profession. I am a spiritual life and business coach, and that is sort of my expertise and my lane of genius. But I'm talking about this from the lens of my experience. And, some of the things that I was like, wow, I didn't know this.

And I wish I would've known this. And why aren't more people talking about this and also by no means is what I'm sharing with you today and exhaustive conversation regarding, uterine fibroids hysterectomy is and how all of that. Interacts, you know, with being an African-American woman, a black woman, that is something that I do want to explore and expand on in detail more.

And so if that is something that is of interest to you too. Hit pause right now, go to the show notes and there will be a well at the time that I'm [00:02:00] recording this and I would say this would probably be applicable for a month after this airs, which is going to be, like the middle of April. So if it's past the middle of April 20 24, I will probably already have done what I'm going to tell you about right now, but you'll be able to at least have a link to go to that.

But if this is something you want to discuss more, you have some questions you just want to join a live discussion around this topic with me and maybe others who are, or have dealt with this or currently are going through this, then in the show notes, there's going to be a wait list where you can sign up to get information and the link to that free live discussion, because I was literally just. Blown away by the information that I started to learn throughout my journey.

For those of you who are watching, if you're wondering why I am squirming in my seat, that is because I am [00:03:00] recovering still from my cesarean hysterectomy. My hysterectomy was not laparoscopic. It was not vaginal. Unfortunately my uterus was too large and they needed to do a bikini incident, like a bikini. Cut.

Incision. And so sitting in certain positions is very awkward. It's a little bit painful, so. That's why I'm squirming and that's why this will be very short. Like I said, we'll have an exhaustive conversation about those later. I have notes because squirrel you brain a manifesting generator energy over here.

And so I want to keep on topics that I can get through this and go take minutes and lay down. Okay. But spirit was like, no, we're going to talk about this today and we're going to share it. And so that was important to all right. Real quick synopsis. Of what happened? How did I get here?

So January 29th, 2024. I'm on the parking [00:04:00] lot of Chick-Filet. God bless them. I was having some wonderful, fresh French fries. You know, their fries are always so fresh. I had taken a break from work and I decided I was going to go there and I'm just gonna sit down. Oh in the car because I just like. Whatever. I didn't eat my fries.

Right. I have not ever been diagnosed with fibroids before then, before this happened. I didn't even know that I had them. So I'm sitting on the parking lot and all of a sudden. And disclaimer, if you're sensitive about, Words, if you get a lot of visuals and that does something to you. When we're talking about like body fluids and whatnot. Probably not. You know, might want to skip past some of this.

But I'm sitting there. My friends dipping in my barbecue sauce and it was like, whoosh. And I was like,

Like I know I did not just urinate on myself. And yet they're so very warm liquid. Happening between my legs and I'm not supposed to be on my cycle. [00:05:00] So I I'm looking down, I have on some black fleece. Jogging pants like it was winter time. So. You know, those nice thick fleece ones. And I looked down and, you know, and I'm like, wait, what?

And I put my hand. Like in between my legs and I looked and it was, it was, it was blunt. And as that has happening. It is just. Pouring out. I can feel it going down. My legs. You guys, I have. Like. Almond. Color leather seats in my vehicle. That's a whole other topic, but, so, I mean, so now I can see it, right, because it has saturated the material, the pants. Basically I'm hemorrhaging on a lot of Chick-fil-A. I drive home, which thank God was only like three minutes away. I got home by the time I got home. Parked into the. The basement.

I'm trying to remove these pants because the pans are soaked. It's soaked through and I'm still bleeding. I'm starting to [00:06:00] get lightheaded. So I called my husband who was at work. Hey, I'm bleeding. I don't know what is going on. I'm getting lightheaded made my way up to the bathroom, which is where he found me.

And then we went to emergency room, emergency room. I was seeing very quickly. Because I was lightheaded. I was dizzy. And that's when, you know, they were trying to figure out where

the bleeding was coming from. And ultimately what led them to such a fast diagnosis, which what I understand now, it's fast because there's so many people who have these similar stories.

Some folks, you might be one of those women who have. Experienced this month after month, like uncontrollable bleeding, bleeding outside of your normal menstrual cycle. And they're just telling you, you know, you're having heavy periods. The reason they were able to diagnose me so quickly was [00:07:00] because, I told them, listen, I'm not on my cycle. This is not normal.

I don't have abnormal like, periods like that. And because I had lost so much blood, I literally this hemorrhaging, so. My husband is a first responder. So apparently there were certain keywords to doctors and nurses. That made them. Like up at a notch. Versus what I've heard. Since from a lot of women who were like, oh, and I went to an emergency room and I told my doctor and you know, they, you know, they just told me I was just having heavy periods. They did a trans, so they did an ultrasound first, right?

Your traditional ultrasound. They put the jail on your belly. They're looking around nothing there. While again, I'm bleeding so much, all these other symptoms. They did a trans vaginal. Ultrasound they're in the emergency room and that's [00:08:00] where they saw the fibroids. There was more than one and they were medium to large size. And the largest one. Was like eight to 10. Centimeters. And right away, the doctor. In the emergency room was like, I hate to tell you this, but you're probably going to need a hysterectomy.

Like this is what is causing it. And so that kind of began my journey. That's how I got, you know, to that point. He told me to follow up with my OB GYN, which I did the next day. I got to see her two days later. And she also gave the same recommendation. Very, very blessed and happy to have a black woman as my OB GYN.

Shout out to Dr. Sonia Jackson. You were in Clarksville, Tennessee? Yes. Listen.

If you're not familiar. [00:09:00] When I like the fact that we have the same name, first of all. That's why I chose her years ago. But usually she was a black woman. She was a woman. First thing check. I always have had women OB GYN. She was a black woman check check. And then we had the same name, so I was just like, oh, okay.

Thanks. Thanks Lord. But wonderful OB GYN. And she also gave the same diagnosis. And from there it was. What type of hysterectomy? Well, it wasn't so much like what type of hysterectomy she did give lots of options of things that I could do.

And hysterectomy was one of the things that I could do, which would get. Not only the symptoms, but the core problem. Okay. I'm not here to tell you what to do. I'm just going to give you pros and cons. From my lens. But there were very specific reasons I went with [00:10:00] I'm going straight to the hysterectomy and not the other options.

Like the Maya, I think it's called it's pronounced my myectomy, or taking, Hormone. Like birth control to, to help with the bleeding, all of that, or embolization, which is, another way that they can sort of. Try to shrink and they can shrink the fibroids.

Ultimately, I.

Got very much in tune with, with my body and what was going on with me. I prayed about it. I listened to what my body was saying. I would listen to what I was being, you know, What, what, what God's spirit was saying to me? I had a conversation with my husband. And all of those things played a factor into the decision that I made to ultimately go forward with. [00:11:00] The hysterectomy I was told at that time that I would be able to keep my ovaries, which post-surgery I have.

And that's been great too. So let's get into the pros and cons, right? I'm going to start. Let's talk about some reasons why it might not. Well, you know, why not want to, or some of the things that I had thought about in terms of this.

So number, number one,

And I'm going to go beyond this because this is probably the most common. And I feel like people are like, oh, well, if you don't want any more children than just get a hysterectomy as if that's like, that's the only purpose. The womb. It does nothing else. It serves no other purpose.

So, you know, if you don't want any more children get rid of it. But the cons is that if you do want to conceive a child and you have not already. If you have a hysterectomy where they remove your [00:12:00] uterus, You won't be able to do that.

Notice, I didn't say you won't be able to, to be a mom. You won't be at a B. A parent that has nothing to do with your parts. But if you want to conceive a child, Then that would be something that you would not be able to do. And so that would be what I would say would be a con for me, that was. A non-issue. We already have a son. Who is 11.

We did not want any additional children. And there we go. So that was, that was not a con for me, but that could be a potential con for someone. Listening who might find themselves in this situation. And I would. Think long and hard about that. Before you make. A decision. The other possible con would be.

[00:13:00] You might be thrown into early menopause. So if you have fibroids or your diagnosis from your medical professional says that, based on where your fibroids are, that you would not be able to keep your ovaries, then that could be a con because. Not only, you know, with that, have some impediments on fertility issues.

It will throw you into early menopause, or require you to take hormonal medicines for the rest of your, you know, your life to sort of, mimic your natural. Hormones that take place. Because of your ovaries. So for me. I'm at the time I'm recording this I'm 46. So that would. I don't want to get thrown into it any earlier than I had.

And to be honest with you, if you've listened to other episodes of my [00:14:00] podcast, I've talked about. How I, I was in peri-menopause because that's what I had been told. Because again, no one ever did a transvaginal ultrasound on me, so no one ever knew and I get an annual exam. Pelvic exam, pap smear all of that every year. Like clockwork. No one ever knew. That all these tumors, fibroids were there and that they were growing at this particular rate and size.

So. Yeah, and I was already experienced things like, Night sweats and fatigue and hair loss and, all kinds of things that we could not explain. Other than, well, you're getting to a certain age and you're not quite menopausal yet, so it must be peri-menopause. So I do just want to share that with you all that that could be. Something for you as well. [00:15:00] But. If you've got ovaries and then you have a hysterectomy where they can not. Save your ovaries then. That's that would be a con right. Another con would be. The cost of this surgery. Especially, and I'm talking to those of you who do not. You know, who may not have health insurance, and I'm looking at you in particular, entrepreneurs.

I mean, there are lots of people who don't have medical insurance, unfortunately for a variety of reasons. Maybe you're part-time, but if you are self-employed or a small business owner, I know that this is a thing, and that community in particular, myself being someone who's been an entrepreneur for over 25 years. The cost.

I did. What is the average cost for hysterectomies in the United States? The average cost is somewhere between \$9,666. [00:16:00] And up to \$22,534. Ouch. Out. So imagine not having insurance or anything, that's going to supplement that. And yet you are in an extreme amount of pain. You are suffering. A lot, you are having other health conditions affecting you because you need this done.

And you know, there are millions of people every day who are making really hard choices. Like, am I going to. Take care of my health.

At the cost of being in debt, you know, for, I don't know how long, because I don't have. 22,000. \$534 sitting over here for. Medical emergency. Like a hysterectomy. Now. [00:17:00] Again, that's the us average. So it could be anywhere. It could be lower than that. It could be higher than that. It could be somewhere in the middle, but that was the average based on, Google.

And for me, Fortunately, my husband takes care of our household. Medical insurance through his job through his profession. So that was not an issue for me, but those are potential. That is another potential con and I think that's a big one. For real, for real. And. You know, I can't help, but just I'm thinking right now, like that would be devastating.

And I know that personally, that that would be devastating because as someone who's been an entrepreneur for so long, In my early twenties, I had a, And I had a, Like a 36 hour hospital stay. That costs me almost like 20. I think it was like \$28,000. Like, huh? What you say, you know? And it [00:18:00] took a long time for me to get that pain and get that worked out.

But man, that is a lot, a lot of money. And so I very early on. Understood the importance of having some sort of medical coverage or savings account or something because you just never know what can happen. But for us, we recovered and I think my copay for my, I was in the hospital. Again, because I went into emergency room and then.

So from January 29th to March 29th is when I had the surgery, but I had to go back to the emergency room. March 25th and I was admitted the 25th and I was in the hospital for five days. And then the complete surgery and whatnot, my copay was \$200.

So I'm very, very grateful for insurance and the ability to do that. So those are the potential cons I did want to just start with there, with, with that. I wanted to start with [00:19:00] that and just get that out of the way. All right. Next, let's talk about the pros. And I say that lightly, because I don't know if surgery can ever, if they're going to ever be pros to being, you know, to having surgery. But for lack of a better term, we're going to go, go for it. ~ Ooh. And that was delish. ~ So let's talk about some of the pros. All right.

I first, I don't know which one of these, I feel like it's the most important, but I'm going to start with. Less embarrassing accidents.

Listen. When you were afraid to leave your home, I'll speak for myself. I was afraid once this started January 29th, it was a whole situation for the next six weeks. I bled uncontrollably for three weeks and then I got a break for about a week and a half, and then I started bleeding again. It was to the point and it was so heavy. I was not trying to [00:20:00] do the maxi pad thing.

I'm just being straight up. I told y'all I have almond colored leather seats in my vehicle. Okay. Which that was a whole. Cleanup like a crime scene cleanup. The first time I was not having that again. And then my linens on my bed are white. Why? I just. I wasn't having it. So as much as I was like, wow, how's it come to this?

I was purchasing, the adult diapers, like the depends overnight. They were diapers for women because I was. Terrified of. Waking up in the middle of the night and having, like, it was beyond what a overnight maxi pack could do. There was not a ski link maxi pad with 12 wings goose wings that would have. Taken care of this issue or made me feel safe.

So, yeah, I was afraid of having accidents, whether I was sleeping or [00:21:00] driving somewhere. You could literally get caught at the grocery store. You're walking, you're having a

dry day, you think? Oh, okay. Today's a good day. And then like middle of. The cracker aisle. It's like whoosh shark week. I wasn't having it.

So. The pros for me was like, I can stop be either having embarrassing moments like this or being terrified of having another, embarrassing moment like that.

Traveling. I wasn't going to do it. Right. We post we canceled vacations. Because there was no way I'm not getting on a plane. Where I might be on a plane. Like I was going through these diapers, by the way, I was going through these overnight diapers. I might go through two of them an hour. I'm not getting on a plane and having to deal with. With that I'm not going to sit in a car.

Sitting actually made it worse because not only was there liquid flow, there was clotting. There was all of that. And [00:22:00] again, I don't want to get too graphic here. So make sure you, you sign up for the waitlist to join that conversation. A discussion. If you really want to get into the nitty gritty for the sake of your health. But yeah, less embarrassing moment moments.

I didn't even want to have people over to my home. You didn't know when you were going to be bleeding, you didn't know when you're going to be in extreme pain or have a flare up. So that was a huge pro. For me in my decision of having the hysterectomy, number two, saving money.

So I just talked about these. Overnight diapers, even if you're purchasing, which are a little more expensive than purchasing pads, right? So you get less of the diapers. Then you would, in terms of quantity, if you were getting like, whatever absorbency of like maxi pads and what not, but I'll tell you what, it's still all adds up. You, I mean, I easily spent, went from like, you know, you buy a box of [00:23:00] 20 or 24 pats, right?

Heavy flow pads. That might last me. You know, Two months, like two cycles. So you're talking anywhere from saving. 40, even a say you don't have the fibers anymore, but we're just talking to your regular cycle. If you have a hysterectomy where they take your uterus out, you're not going to, Have a menstrual cycle, your uterus, the cervix you're not going to have.

And cervix, you're not going to have a menstrual cycle so that you're going to save money there. But when you have fibroids and you were having flare ups and the type of. Heavy bleeding that I'm talking about this. So many of us are dealing with or have dealt with. Upwards to \$90 a month. I heard somebody say that they were spending every month and this was someone who had been diagnosed with fibroids and was having that amount of bleeding.

Like I was where we were having to have transfusions done. I [00:24:00] had several blood transfusions over the course of six weeks. And she was like, no, I've been, I've been, you know, my doctor just, you know, I have to deal with this. Every month and it's been like two years and I'm. You know, spending like \$90 a month on pads.

Pro. Okay. Do I need to say more? Another pro is less frequent urination. This is something people don't talk about. Nobody. I didn't hear anybody talking about, you know, what, if your.

Peeing a lot. And you don't have a UTI, or, you know, You don't have a bladder infection. You. I don't have any of that going on, but you have unexplained where you used to could, you know, Go an hour, two hours without pain.

And now all of a sudden light. You might, it could be, you have something pressing up against your bladder and you might want to get that checked out because that was a symptom for [00:25:00] me. And I had no idea that that was related to the uterine fibroids because the fibroids were now so large.

They were pressing on other organs, like my bladder, which. I mean, I was peeing like crazy. All the time, like I was getting up several times a night. I was tired. Right. I'm tired because you're bleeding like crazy. And the urination on that is a symptom that I had been experiencing for like, a year and a half, two years, like really noticeably. And like I said, it was to the point where I was waking up several times a night, getting up to go potty.

No more of that praise. Be okay. Praise me. Woo. If that sounds trivial to you. I promise you. It's not. Okay. Getting up, having your sleep interrupted three times. That's in the middle of the night and then you need to get up and be like cognizant [00:26:00] and whatnot. It's, that's not where it's at. At all.

So. Less frequent and your nation pro. Another pro is possible reduction in other illnesses. That are related to iron deficiency. Once again, I'm not a doctor. I'm not here to diagnose you or I am not even encouraging you to diagnose yourself, but. This is something that you might want to talk to your doctor about. For me, it was definitely a pro because a lot of the symptoms that I had been dealing with that I now know were symptoms, extreme fatigue. Being out of breath to walk up a flight of stairs, to walk up that flight of stairs and be out of breath. I mean, huffing. I had no idea that was all due to low hemoglobin or low red blood cells, the blood cells that carry oxygen to every part of your body. [00:27:00] If you are having an extreme brain fog. Again, you might just be saying, oh my God, I'm so tired. But there's tire because I haven't gotten sleep.

And then there's, I can't. Even function. I'm so tired. I can't really even think straight. I just want to share this information, because again, I had no idea. And so that's all related to iron deficiency. That's related to anemia, or at least it was for me.

And, it was definitely approved to move forward with the hysterectomy so that I could, again, Get to the root of the issue, which for me was the uterine fibroids, which was causing the bleeding, which was causing the anemia. Anemia was causing like the dizziness, the, fatigue, the short breath. Low blood pressure, all of these things.

Right? And so those were definitely the pros for me. And in my case, and. [00:28:00] Again, I just want to share this information. I just want to share it so that people have it. And can make, you know, Choices that, that you feel good about moving forward? Next steps for your health. Now, Post op really briefly.

It's been, it's it's. I'm only a week into post recovery. And I'm doing as well as you could ever expect. It, it is, it is definitely recovery. The type of hysterectomy I had, again, there are several hysterectomy. Different types of procedures, I should say. But for the kind that I have, which is again, a Syrian style, low bikini, horizontal, incision, it's probably about six inches long. And, it's definitely. It's been a journey, but I'm glad to be on this side [00:29:00] of the journey.

Some of the things that I talked about early on in terms of, you know, from the lens, all of this, from the lens of a black woman, one really important thing. I want to make sure that you hear is that V there's. I was immediately like, well, what causes fibroids, where Y you know,

Not only does she. Share with me, like the number of women who have fibroids is something like 60% of women over 40. We'll have fibroids. It's like, oh yeah, you're going to have them. It's not even a question. So for me, being a person who really values, holistic living and, you know, just preventative, you know, A healthy lifestyle and preventative. Type. Measures. Naturally when possible. Why is that, you know, and why do black women in particular. I have such a higher rate. Of having uterine fibroids.

So. [00:30:00] Six, something like 60% of women will have fibroids. By the time. They're 40 or over the age of 40, they have uterine fibroids. And then, African-American black women were three times as likely to have them than other ethnicities. I was instantly like, why, what is that about?

They don't really know where fibroids. They don't know for sure.

What causes fibroids, but some of the latest research that has been done. Suggest a very strong link between vitamin D D like dog vitamin D deficiency. I have. So my doctor told me that, and I've done a ton of reading and research on that. And by seems to be. Something that is. Collectively understood.

They don't know [00:31:00] why per se, but they, they do know that that is a very strong link now for me. Someone who geeks out about this kind of stuff and like, well, why does. I'm the why person? I know that as African Americans, we need vitamin D like all need vitamin D, right? Like that, that's just what it is. We know we get vitamin D naturally. From the sun. If you're an African-American person. You come from a lineage. Of people who came from a different region. Of the world.

And that means that. We had sun. Historically, we come from a sunny. You know, continent and continents on the earth. Well, those of us who live on this side of the world, right. Through. [00:32:00] Historical.

Whatever y'all know what I'm trying to say. Right. Those of us who live here because we are descendants of slaves. Let's just call a thing, a thing. With north America, especially if you live above the Equinox, if you live above, say like Atlanta, I think that's sort of like the cutoff.

If you live north of that, you are not getting.

What you need, like. You're just not even if you live in Florida in the United States, you're not getting the amount of vitamin D that we need to be in optimal health. Especially as African-Americans right. Vitamin D is essential to creating to the production of melanin. Melanin is what makes our skin brown. All races have melanin in them.

Obviously, as African-American as black people, we have more melanin. [00:33:00] Right to whatever degree we've got more melanin. So. If melanin is essential to your immune system, did y'all know that melanin. It basically is your. Immune system. So when you get sick, the melanin is there to kick in with your immune system to come in and try to save the day. You know, And, and take care. Have you. And so when we don't have that. You know, then everything starts to fail just a little bit at a time.

Things are not working optimally. Right. And what I've also come to find out is that we are so deficient in vitamin D that, and I knew this. I had gotten some very. Good. Tests and blood work done when I was working with.

A holistic, expert worked with people with thyroid [00:34:00] issues. And, we, she just did a wonderful. Lineup of labs and have me go get those done. And so I've known for years. Like any, anytime I go get blood drawn, my vitamin D is low. Yours may not be as low as mine, but mine has always been like really low.

It's always been very difficult for me to get that up.

To the point where I was, you know, my doctor's like, well, at least for the, like for six months, you need to be on like 6,000 units a day. Minimal. Right. Minimal a day. To even try to start to get the meter rolling on this. And so if there's anything that. I would say. I just for general health. And my, from my experience, not telling you what to do, not diagnosing you.

You just may want to do your research and then ask your doctors, Hey, [00:35:00] can you take my vitamin D? This is whether you got fibroids or not. This is just public service announcement. I even talked about this. I have a, masterclass. Call, sunshine in every season where I talk about a lot of like holistic, and practical ways to.

Enhance your wellbeing and your emotional health. Because that's typically a time where, we're a little more isolated. We have even less sunlight, even less vitamin D. Right. And it's a whole thing. And so I talked about this more in depth, in that workshop, I'll drop a link in the show notes.

If you want to check that out, it's a really wonderful masterclass,

the vitamin D situation. Like it is a real, real thing. And just for your general health, I would say, you know, talk to your health professional and see where you. Fit into that. And I'm also a person when it comes to my health. And when it comes to [00:36:00] lab results, I want to see the results. I don't want you just telling me well, you're in the normal range.

This is where especially black women listen. Y'all I am telling you, you have got to advocate. First of all, you've got to get more interested in your health. And then you have to be willing to advocate. You have to be willing to look like you're being. Pain, you have to be willing to, perhaps make some people uncomfortable.

My doctor, my primary care physician and my OB GYN. They're both. Beautiful amazing black women. They don't feel uncomfortable when I'm asking them questions. But I have seen, I have been in situations where some doctors.

They seem weird when you're like asking them, well, can you, can I see the results?

Like what are the actual numbers? Because normal range, let's say if something's. A range is. One to [00:37:00] 10. And. 10 is optimal. And five is average, right?

4.9 and below is low. I've had doctors tell me I'm in a normal range and I'm at like 4.8 4.9. Or even at five. Five. Average, I don't want average health. I don't want average energy. I don't want average wellbeing. I want optimal as optimal as I can be.

And so I would encourage you to not only have them take tests and them tell you, oh, you're in this range or that range? No, what's the exact number. And then what's the range, right? And then you can decide. I want to stay here. This sounds good to me or no, I want to go a little, I want to see how I can improve this for my wellbeing or what have you, but be prepared. To be an advocate [00:38:00] for yourself.

So you guys, I'm going to wrap this up here. I feel like I'm just scratching the surface. I have so much more and I'm so willing to share any in everything about this entire experience with anyone who is interested. And want to know I am an open book. So again, if you want to dive deeper into this, if you want to get on a call with me and. You know, whether you want to be anonymous, maybe you want to jump on camera.

You want to ask me something regarding, you know, uterine fibroids hysterectomy, my experience. Again, I'm not a doctor. I think that might be helpful, but yeah, if you're, if you just curious, if you want to be a part of that in any kind of way, and you want to know when it's happening, make sure you join the waitlist.

The link is going to be in the show notes. Join the wait list for that. And I will definitely let you know when that live discussion is happening. And we can talk about this as long as we need to. Because this is [00:39:00] just, it's just that important. Thank you so much for being here.

I hope that this was helpful. I hope this was empowering and, I hope this gives you enough information to to make a decision that you feel comfortable with. And I just wish you a lot of health and harmony and healing. If you are someone who is currently experiencing and dealing with symptoms of uterine fibroids in any capacity because I've been there thanks so much of me here and I'll talk to you on the next episode.