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**Fibroid
Doctor Visit
Planner™**



Plan Better. Ask Better Questions.
Make the Most of Every Appointment.

PREPARE • ORGANISE • UNDERSTAND • TAKE CONTROL

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Remember:

Clarify

Assess

Learn

Move Forward

Chapter 1

The Appointment Mistakes Almost Everyone Makes

The day I first learned I had fibroids, I did what many women do.

I panicked.

Not a small panic.

The kind of panic where your heart starts racing before you've even left the clinic.

The kind of panic where you hear only three words the doctor says and miss everything else.

The kind of panic that sends you down a Google rabbit hole at 2 a.m.

Sound familiar?

If it does, I want you to know something important before we go any further:

You're not overreacting.

A fibroid diagnosis can feel overwhelming.

Especially when you've never dealt with one before.

Especially when everyone around you suddenly becomes an "expert."

Your aunt has advice.

Your neighbour has advice.

The woman in your church group has advice.

The stranger in a Facebook group has advice.

And before long, you're more confused than when you started.

That's exactly why this chapter exists.

Because most women don't struggle because they're unintelligent.

They struggle because nobody teaches them how to navigate a fibroid diagnosis.

And that leads to a handful of very common mistakes.

Mistakes that can increase fear, delay good decisions, and make appointments far less productive than they should be.

Let's fix that.

The Day Everything Changed

I remember speaking with a woman named Ada.

Ada was 34.

A banker in Lagos.

Smart.

Successful.

Confident.

The type of woman people normally went to for advice.

Then she was diagnosed with fibroids.

Everything changed.

Suddenly she felt lost.

The doctor mentioned terms she didn't understand.

The scan report looked like another language.

The internet terrified her.

And within a week she had convinced herself she would never have children.

The strange part?

Her doctor never actually said that.

Not once.

Her fear filled in the blanks.

This happens more often than you think.

When we don't understand something, our minds often assume the worst.

That's why the first goal after a diagnosis isn't treatment.

It's understanding.

Mistake #1: Turning Google Into Your Doctor

Let's address the elephant in the room.

The internet.

Now don't get me wrong.

The internet can be useful.

It can help you learn.

It can help you prepare questions.

It can help you feel less alone.

But it can also terrify you.

One article says surgery is inevitable.

Another says surgery is unnecessary.

One woman says fibroids ruined her life.

Another says she barely noticed them.

You end up consuming information without context.

And context matters.

A woman with one small fibroid is not the same as a woman with multiple large fibroids.

A woman trying to conceive is not in the same situation as a woman who has completed her family.

A woman with severe symptoms is not the same as a woman with mild symptoms.

Your situation is unique.

Which means random internet advice should never replace professional medical guidance.

Instead of asking:

"What happened to everyone else?"

Ask:

"What applies to my specific situation?"

That question changes everything.

Mistake #2: Arriving Unprepared

Imagine showing up for a job interview without reviewing your CV.

Sounds ridiculous, right?

Yet many women attend medical appointments without preparing.

They rely entirely on memory.

Then halfway through the consultation they forget:

- When symptoms started
- How severe they are
- Which medications they've taken

- Questions they wanted to ask

Stress makes memory unreliable.

That's normal.

Preparation solves this problem.

Before every appointment, write down:

Your Symptoms

Heavy bleeding.

Pain.

Pressure.

Bloating.

Fatigue.

Frequent urination.

Anything relevant.

Your Questions

Don't trust yourself to remember them later.

Write them down.

Your Goals

What are you hoping to achieve?

Pain relief?

Improved fertility?

Reduced bleeding?

Clarity about treatment?

Know your objective.

The Appointment Notebook Strategy

One simple habit can dramatically improve every future appointment.

Create a dedicated fibroid notebook.

Physical or digital.

Either works.

Inside that notebook keep:

- Scan reports
- Blood test results
- Symptom tracker
- Appointment notes
- Medication list
- Questions for doctors

Every appointment becomes easier.

Every decision becomes clearer.

And every new doctor can quickly understand your history.

Mistake #3: Being Too Embarrassed To Discuss Symptoms

Let's talk honestly.

Some fibroid symptoms are uncomfortable to discuss.

Heavy bleeding.

Blood clots.

Frequent urination.

Constipation.

Pain during intimacy.

Many women feel embarrassed.

So they minimize their symptoms.

Big mistake.

Your doctor cannot solve problems they don't know about.

Tell the truth.

Even if it's uncomfortable.

Especially if it's uncomfortable.

Your healthcare provider has heard it all before.

Nothing you say will shock them.

Mistake #4: Assuming Bigger Fibroids Always Mean Bigger Problems

This myth causes unnecessary panic.

Women hear:

"You have a 7-centimetre fibroid."

And immediately imagine disaster.

But here's what many people don't understand.

Location often matters more than size.

A small fibroid in the wrong place can cause major symptoms.

A larger fibroid elsewhere may cause relatively few problems.

Think about Lagos traffic.

A small accident on a major bridge can create chaos.

A larger accident on a quiet road might have less impact.

Fibroids work similarly.

Size matters.

Location matters too.

Mistake #5: Letting Fear Make The Decision

This is perhaps the most dangerous mistake of all.

Fear pushes people toward extremes.

Some women rush into treatment because they're terrified.

Others avoid treatment because they're terrified.

Both decisions are driven by emotion.

Not information.

Not understanding.

Fear.

The goal of this guide is not to remove all fear.

That's unrealistic.

The goal is to help you make decisions despite fear.

With confidence.

With clarity.

With information.

A Quick Reality Check

Let's pause for a moment.

Right now, answer these questions honestly.

Have I been avoiding information because I'm scared?

Yes / No

Have I been reading too much information online?

Yes / No

Have I prepared questions for my next appointment?

Yes / No

Do I fully understand my diagnosis?

Yes / No

Am I making decisions based on facts or fear?

Facts / Fear

Don't judge your answers.

Just notice them.

Awareness is the first step toward improvement.

The Cost Of Poor Preparation

I once met a woman who attended three separate consultations.

Three.

Each time she left with unanswered questions.

Not because the doctors refused to answer them.

Because she forgot to ask.

By the time she got home, she'd remember everything she wanted to know.

Sound familiar?

That's why preparation matters.

Good appointments rarely happen by accident.

They're usually the result of preparation.

Your First Fibroid Confidence Exercise

Complete the following statements.

The thing I'm most worried about is:

The thing I understand least about my diagnosis is:

The question I most want answered is:

The outcome I want most is:

Keep these answers.

We'll revisit them throughout this guide.

What Most Women Really Need

Many women think they need immediate answers.

Often what they actually need is a process.

A way to move from confusion to confidence.

That's exactly what the C.A.L.M.™ Framework provides.

One step at a time.

No panic.

No overwhelm.

No guessing.

If You Remember Only One Thing

If you forget everything else in this chapter, remember this:

A fibroid diagnosis is not an emergency simply because it feels scary.

Fear creates urgency.

Information creates clarity.

And clarity creates better decisions.

Always.

Now that you understand the biggest mistakes women make after a diagnosis, it's time to focus on something even more important.

Your story.

Because before any doctor can truly help you, they need to understand what's been happening in your body.

And before they can understand it, you need to understand it yourself.

That's exactly what we'll tackle in the next chapter when we build your personal fibroid timeline—a simple tool that can completely transform future appointments and help you communicate your symptoms with confidence.

Chapter 2

Creating Your Fibroid Story Timeline

Remember what we talked about in the last chapter?

We discussed the mistakes many women make immediately after receiving a fibroid diagnosis.

We talked about panic.

We talked about Google.

We talked about fear.

And most importantly, we talked about preparation.

Now it's time to build one of the most powerful tools you'll ever bring to a doctor's appointment:

Your Fibroid Story Timeline.

It may sound simple.

But trust me, this exercise can completely change the quality of care you receive.

Why?

Because doctors don't just treat fibroids.

They treat people.

And people have stories.

The better your doctor understands your story, the better they can understand your fibroids.

Your Body Has Been Telling A Story

Think about this for a moment.

Your diagnosis didn't start the day you received a scan report.

Your diagnosis probably started months—or even years—earlier.

The scan simply revealed what was already happening.

Long before that diagnosis, your body may have been dropping clues.

Maybe your periods became heavier.

Maybe your stomach started feeling bloated more often.

Maybe you found yourself constantly searching for the nearest bathroom.

Maybe you felt exhausted all the time.

At the time, those signs may have seemed unrelated.

Looking back, they often form a clear pattern.

The purpose of your timeline is to uncover that pattern.

Why Doctors Love Timelines

Imagine two patients.

Patient A says:

"I've had symptoms for a while."

Patient B says:

"My heavy bleeding started around March 2023. Six months later, I noticed increasing pelvic pressure. In early 2024, I started experiencing fatigue and frequent urination. I was diagnosed in July 2024."

Which patient gives the doctor more useful information?

Exactly.

Specificity matters.

The more clearly you can describe your journey, the easier it becomes for your doctor to understand what is happening.

The Lagos Traffic Analogy

Think of your health journey like navigating Lagos traffic.

If someone simply says:

"Traffic is bad."

That's not very helpful.

But if they say:

"Traffic starts around Ojota, becomes severe at Maryland, and completely locks up near Ikoyi."

Now you have useful information.

Fibroid symptoms work the same way.

The more detail you provide, the easier it becomes to identify patterns and make decisions.

Step 1: Identify Your First Symptom

Let's go back to the beginning.

What was the very first thing that felt different?

Take your time.

Think carefully.

Was it:

- Heavier periods?
- More painful periods?
- Fatigue?
- Bloating?
- Pelvic pressure?
- Frequent urination?
- Difficulty getting pregnant?
- Something else?

Write your answer below.

My first symptom was:

I first noticed it around:

Step 2: Track How Symptoms Changed

Symptoms rarely stay exactly the same.

They evolve.

Sometimes gradually.

Sometimes quickly.

Ask yourself:

Did my symptoms become worse?

Did new symptoms appear?

Did some symptoms disappear?

Did symptoms affect new areas of my life?

Create a simple timeline like this:

Approximate Date	What Happened

Don't worry about perfection.

Even rough estimates can be helpful.

The Story Of Chioma

Chioma initially believed her only symptom was heavy bleeding.

That's all she mentioned to her doctor.

But when she completed a timeline exercise similar to this one, she realized something important.

She had also experienced:

- Increasing fatigue
- More frequent urination
- Lower back pain
- Abdominal pressure

She simply hadn't connected them to fibroids.

Once her doctor saw the full picture, the treatment conversation became much more productive.

This happens often.

Many women focus on one symptom and overlook the rest.

Step 3: Record Previous Medical Visits

Now let's document your healthcare journey.

Think about every medical professional you've seen regarding these symptoms.

This might include:

- General practitioners
- Gynaecologists
- Fertility specialists
- Scan centres
- Hospitals

For each visit, record:

Date

Provider

Reason For Visit

Tests Performed

Recommendations

Example:

Date	Provider	Reason	Outcome

This creates a clear medical record.

Step 4: Record Previous Treatments

One of the most common mistakes women make is forgetting treatments they've already tried.

Your doctor needs to know this.

Record:

Medications

Examples:

- Pain relievers
- Hormonal treatments
- Birth control pills
- Iron supplements

Lifestyle Changes

Examples:

- Exercise programs
- Weight-loss efforts
- Dietary changes

Alternative Approaches

Examples:

- Herbal remedies
- Supplements
- Traditional treatments

Be honest.

Your doctor isn't there to judge your decisions.

They simply need accurate information.

Step 5: Assess Symptom Severity

Now let's add another layer to your timeline.

Severity.

Not all symptoms are equal.

A mild inconvenience is different from a major disruption.

Rate each symptom from 1–10.

Bleeding

____ /10

Pain

____ /10

Fatigue

____ /10

Bloating

____ /10

Pelvic Pressure

____ /10

Emotional Stress

____ /10

These scores provide valuable context.

The Symptoms We Often Ignore

Many women focus on bleeding and pain.

Those are important.

But don't overlook symptoms like:

Fatigue

Feeling exhausted all the time.

Brain Fog

Difficulty concentrating.

Frequent Urination

Especially at night.

Constipation

Changes in bowel habits.

Lower Back Pain

Persistent discomfort.

Reduced Confidence

Avoiding certain clothes or activities.

Everything matters.

Record everything.

Your Fertility Story Matters Too

Now let's talk about fertility.

This can be an emotional topic.

That's okay.

Answer honestly.

Are you trying to conceive?

Yes / No

Do you want children in the future?

Yes / No / Unsure

Have you experienced fertility challenges?

Yes / No

Have you previously discussed fertility with a healthcare provider?

Yes / No

These answers help shape future treatment decisions.

The Emotional Timeline

Here's something many medical forms never ask about.

Your emotions.

But they matter.

A lot.

Think about how you've felt since symptoms began.

Have you experienced:

Anxiety

- Frustration
- Fear
- Embarrassment
- Isolation
- Anger

Write a few sentences about your experience.

How have fibroids affected me emotionally?

The Fibroid Story Worksheet

Complete the following:

My biggest symptom is:

The symptom that affects my life most is:

My biggest concern is:

The question I most want answered is:

My most important health goal is:

Why This Exercise Is So Powerful

Many women think they know their story.

Then they do this exercise.

And suddenly everything becomes clearer.

Patterns emerge.

Symptoms connect.

Questions become obvious.

Priorities become easier to identify.

That's the magic of a timeline.

It turns confusion into clarity.

Your Homework Before The Next Chapter

Complete your timeline.

Gather your:

- Scan reports
- Blood test results
- Symptom records
- Medication list
- Previous appointment notes

Put everything together in one place.

Physical folder.

Digital folder.

Notebook.

Anything works.

The goal is organization.

If You Remember Only One Thing

Remember this:

Your doctor sees you for a few minutes.

You live in your body every day.

Nobody knows your story better than you.

The better you understand and communicate that story, the better your healthcare decisions become.

Now that we've built your fibroid timeline, it's time to tackle one of the most intimidating parts of the entire journey:

Scan reports.

Those confusing pages full of measurements, medical terms, and unfamiliar language that leave many women terrified.

In the next chapter, I'll show you exactly what your doctor is actually looking for when reviewing your scans—and you'll finally understand what all those strange terms really mean.

Trust me.

Chapter 3

Understanding What Your Doctor Is Actually Looking For

Remember what we did in the last chapter?

You built your Fibroid Story Timeline.

You identified your symptoms.

You tracked when they started.

You documented medical visits, treatments, fertility goals, and concerns.

That's a huge step.

Why?

Because now you have something many women don't have:

Context.

And context makes scan results much easier to understand.

Because let's be honest.

The average fibroid scan report looks terrifying.

You open the document and immediately see words like:

- Intramural
- Submucosal
- Pedunculated
- Posterior wall

- Fundal region
- Heterogeneous myometrium

And suddenly you're convinced something terrible is happening.

I completely understand.

The first time I saw a scan report, I felt like I needed a medical degree just to read the first paragraph.

The good news?

You don't.

Because once you understand what your doctor is actually looking for, most scan reports become much less intimidating.

Let's break it all down together.

What Is A Scan Actually Trying To Show?

Before we talk about fibroids, let's talk about the purpose of the scan itself.

Many women assume the scan is looking for one thing:

"Do I have fibroids or not?"

But that's only the beginning.

Your doctor is usually trying to answer several questions:

How many fibroids are there?

How large are they?

Where are they located?

Could they explain your symptoms?

Are they affecting fertility?

Have they changed since previous scans?

These answers help guide treatment decisions.

The Four Things Doctors Focus On

When your doctor reviews a fibroid scan, they are typically paying attention to four main areas:

1. Size

2. Location

3. Number

4. Impact

Most women only focus on size.

Doctors look at all four.

Let's explore each one.

Size: The Number Everyone Notices

This is usually the first thing women ask.

"How big is it?"

And that's understandable.

The report might say:

- 2 cm
- 4 cm
- 7 cm
- 10 cm

But what do those numbers actually mean?

A useful way to visualize them is by comparing them to common objects.

2 cm

About the size of a grape.

4 cm

About the size of a plum.

6 cm

About the size of a lemon.

8 cm

About the size of an orange.

10 cm

About the size of a grapefruit.

15 cm+

Approaching the size of a melon.

These comparisons aren't perfect.

But they help make the numbers feel more real.

Bigger Doesn't Always Mean Worse

This is one of the most important lessons in this entire chapter.

Read it carefully:

A larger fibroid does not automatically mean a bigger problem.

Many women panic when they hear the size.

But size alone doesn't determine symptoms.

I've seen women with relatively small fibroids experience severe bleeding.

I've seen women with larger fibroids experience very few symptoms.

Why?

Because location matters.

A lot.

Location: The Real Game Changer

Think of Lagos traffic.

A small accident on Third Mainland Bridge can affect thousands of people.

A much larger accident on a quiet side road may affect far fewer people.

Same principle.

Fibroid location often determines impact.

Let's look at the main types.

Intramural Fibroids

These develop within the muscular wall of the uterus.

They're the most common type.

Many women diagnosed with fibroids have intramural fibroids.

Possible symptoms include:

- Heavy bleeding
- Pelvic pain
- Pressure
- Enlarged uterus

If your report says "intramural," don't panic.

It's extremely common.

Submucosal Fibroids

These grow toward the inside of the uterus.

Doctors pay very close attention to these.

Why?

Because they can sometimes have a greater impact on:

- Menstrual bleeding
- Fertility
- Pregnancy outcomes

Here's what's interesting:

A relatively small submucosal fibroid can sometimes cause more symptoms than a much larger fibroid elsewhere.

That's why location matters so much.

Subserosal Fibroids

These grow toward the outside of the uterus.

They're less likely to affect menstrual bleeding.

However, they can cause:

- Pressure
- Bloating
- Frequent urination
- Constipation

Especially when they become large.

Pedunculated Fibroids

These are attached by a stalk.

Think of a mango hanging from a tree branch.

Some grow inside.

Some grow outside.

Doctors may monitor these carefully because, in some situations, the stalk can twist and cause pain.

Number: One Fibroid Or Many?

Many women assume the number of fibroids doesn't matter.

It does.

Some women have:

One Fibroid

Others may have:

Three

Five

Ten

Twenty Or More

Every situation is different.

Multiple smaller fibroids can sometimes create significant symptoms.

One larger fibroid can sometimes create significant symptoms.

The number helps your doctor understand the overall picture.

Understanding Impact

This is where your timeline becomes important.

Remember Chapter 2?

All those symptoms you recorded?

Your doctor is comparing them against the scan findings.

They're asking:

"Could these fibroids explain what she's experiencing?"

For example:

Heavy bleeding?

The scan may provide clues.

Pelvic pressure?

The scan may provide clues.

Frequent urination?

The scan may provide clues.

Doctors aren't treating scan results.

They're treating people.

The scan simply helps explain what's happening.

Common Scan Terms Explained

Let's translate some of the scary words you may see.

Benign

Means non-cancerous.

This is one of the most reassuring words on a report.

Lesion

Many women panic when they see this.

Don't.

A lesion simply means an area of abnormal tissue.

It does not automatically mean cancer.

Mass

Another scary-sounding word.

It simply means growth.

Again, not automatically cancer.

Enlarged Uterus

Means the uterus has increased in size.

Often due to fibroids.

Multiple Fibroids Seen

Exactly what it sounds like.

More than one fibroid was identified.

Very common.

Distortion Of The Endometrial Cavity

This means a fibroid may be affecting the inside shape of the uterus.

This becomes particularly important when discussing fertility.

Questions To Ask About Your Scan

Bring these questions to your next appointment.

How many fibroids do I have?

Which fibroid is causing symptoms?

Have they grown since my last scan?

Which type do I have?

Are they affecting fertility?

Do I need follow-up imaging?

Write the answers down.

Always.

The Scan Report Exercise

Grab your latest scan report.

Now complete the following.

Number Of Fibroids:

Largest Fibroid Size:

Fibroid Location:

Doctor's Main Concern:

My Questions:

The Biggest Mistake Women Make After Reading A Scan

They panic.

Immediately.

Without context.

Without discussion.

Without clarification.

Please don't do that.

Remember:

A scan report is information.

Not a prediction of your future.

Not a verdict.

Not a sentence.

It's a tool.

Nothing more.

Nothing less.

If You Remember Only One Thing

Remember this:

Your scan report does not tell the entire story.

Your symptoms matter.

Your goals matter.

Your fertility plans matter.

Your quality of life matters.

The scan is only one piece of the puzzle.

And that's exactly why the next chapter is so important.

Because now that you understand what your doctor sees on the scan, it's time to understand what the diagnosis actually means for *you*.

Not for the internet.

Not for your neighbour.

Not for someone in a Facebook group.

For you.

In the next chapter, we'll begin the first step of the C.A.L.M.™ Framework:

Clarify

And trust me, once you truly understand your diagnosis, everything becomes much less frightening—and much easier to manage.

Chapter 4

Clarify: Understanding Your Diagnosis Without Feeling Overwhelmed

So now you know how to read a scan report.

You understand that fibroid size isn't everything.

You understand that location matters.

You understand that doctors are looking at the bigger picture—not just the numbers on a piece of paper.

That's progress.

But now we're about to tackle one of the biggest challenges women face after diagnosis.

Understanding what the diagnosis actually means.

Because here's the truth:

Most women leave the clinic knowing they have fibroids.

Very few leave fully understanding what that means.

And when understanding is missing, fear rushes in to fill the gap.

That's why the first step of the C.A.L.M.™ Framework is:

Clarify

Because clarity reduces fear.

Clarity improves decision-making.

And clarity helps you move forward with confidence.

Why Most Women Feel Overwhelmed

Let's be honest.

A fibroid diagnosis can trigger a flood of emotions.

Fear.

Confusion.

Anxiety.

Frustration.

Even anger.

And when emotions are running high, it's hard to absorb information.

You might hear the doctor speaking.

You might even nod your head.

But later, when someone asks:

"So what exactly did the doctor say?"

You struggle to explain it.

That's completely normal.

The brain doesn't absorb information very well when it's overwhelmed.

That's why clarification isn't optional.

It's essential.

What Your Diagnosis Does NOT Mean

Let's start by clearing up some common misconceptions.

When many women hear:

"You have fibroids."

They automatically assume:

I Have Cancer

Most fibroids are benign.

That means non-cancerous.

I Need Surgery Immediately

Not necessarily.

Many women successfully manage fibroids without immediate surgery.

I Will Never Have Children

Also not necessarily.

Many women with fibroids conceive naturally and have healthy pregnancies.

My Life Is About To Change Forever

Not necessarily.

Some women experience significant symptoms.

Others experience very mild symptoms.

Every case is different.

The Danger Of Assumptions

I once met a woman who spent three months terrified after her diagnosis.

Three months.

She avoided discussing it.

Avoided appointments.

Avoided making decisions.

Why?

Because she assumed the worst.

When she finally met with a specialist, she discovered that most of her fears were based on incorrect information.

Imagine how much stress she could have avoided if she'd asked questions sooner.

Assumptions are expensive.

Clarity is empowering.

The Questions You Must Have Answered

Before leaving any appointment, make sure you understand the answers to these questions.

Question 1

What Type Of Fibroids Do I Have?

Are they:

- Intramural?
- Submucosal?
- Subserosal?
- Pedunculated?

Different types may cause different symptoms.

Question 2

Which Fibroid Is Causing My Symptoms?

Not every fibroid causes problems.

Ask your doctor:

"Which fibroid is most likely responsible for my symptoms?"

Question 3

How Serious Is My Situation?

This is an important question.

Some women need urgent treatment.

Many do not.

Don't assume.

Ask.

Question 4

What Happens If I Do Nothing Right Now?

This question is incredibly valuable.

Sometimes immediate treatment is necessary.

Sometimes monitoring is perfectly reasonable.

The answer depends on your specific situation.

Question 5

What Are My Options?

Never leave without understanding your options.

Even if you aren't ready to make a decision today.

Medical Terms Translated Into Plain English

Let's simplify some words you may hear.

Benign

Non-cancerous.

Good news.

Monitor

Observe over time.

Not ignore.

There's a difference.

Conservative Management

Usually means non-surgical treatment.

Growth

A general term.

Does not automatically mean cancer.

Enlarged Uterus

The uterus has increased in size.

Often due to fibroids.

Symptomatic

The fibroids are causing noticeable symptoms.

Asymptomatic

The fibroids are not causing noticeable symptoms.

Never Pretend To Understand

This is one of the most important lessons in this entire guide.

Don't pretend.

If you don't understand something, say so.

Try these phrases:

"Can you explain that in simpler language?"

"Can you give me an example?"

"Can you show me on the scan?"

"Can you explain why that matters?"

Good doctors appreciate engaged patients.

You are not being difficult.

You are being responsible.

The Clarification Worksheet

Complete this after every appointment.

What did my doctor tell me?

What do I understand clearly?

What still confuses me?

What questions remain unanswered?

What should I ask next time?

Understanding Risk Without Panic

Let's talk about risk.

Many women immediately want certainty.

They ask:

"Will my fibroids grow?"

"Will I need surgery?"

"Will this affect fertility?"

The truth is that medicine often deals in probabilities, not guarantees.

Your doctor can help estimate risk.

But nobody can perfectly predict the future.

And that's okay.

Your goal isn't certainty.

Your goal is informed decision-making.

Focus On Facts, Not Fear

Whenever you feel overwhelmed, ask yourself:

What facts do I know?

What assumptions am I making?

What questions need answers?

This simple exercise can dramatically reduce anxiety.

The Three Things Every Woman Should Understand

Before moving forward, make sure you understand:

Your Diagnosis

What was found?

Your Symptoms

How are the fibroids affecting you?

Your Options

What paths are available?

If any of these remain unclear, keep asking questions.

Your Personal Clarity Statement

Complete this sentence:

"Based on what I currently know, my fibroid diagnosis means..."

Now complete this one:

"The thing I most need clarity about is..."

Confidence Begins With Clarity

Many women think confidence comes from making a treatment decision.

It doesn't.

Confidence comes from understanding.

Once you understand your diagnosis, your options, and your next steps, confidence naturally follows.

That's why clarification comes first in the C.A.L.M.™ Framework.

Everything else depends on it.

If You Remember Only One Thing

Remember this:

You should never leave a medical appointment more confused than when you arrived.

If you're confused, ask questions.

If you're unsure, ask questions.

If you're overwhelmed, ask questions.

Clarity is your responsibility—and your right.

Now that you understand your diagnosis more clearly, it's time to move into the second stage of the framework:

Assess

Because understanding what fibroids are is only half the battle.

Next, we're going to evaluate how they're actually affecting your health, your energy, your relationships, your work, your fertility goals, and your quality of life.

And trust me, many women discover things they never realized once they start assessing the true impact of fibroids on their daily lives.

Chapter 5

Assess: Understanding How Fibroids Are Really Affecting Your Life

In the last chapter, we focused on clarity.

You learned how to understand your diagnosis.

You learned how to ask better questions.

And hopefully, you're beginning to feel less intimidated by medical terminology.

Now we're moving to the second step of the C.A.L.M.™ Framework:

Assess

This is where many women have a major breakthrough.

Why?

Because they've often become so used to living with their symptoms that they no longer realize how much those symptoms are affecting them.

Sound familiar?

You tell yourself:

"It's just a heavy period."

"I'm just tired because of work."

"Everyone gets cramps."

"I'm probably stressed."

But when you stop and honestly assess your situation, you realize something surprising.

The problem may be bigger than you thought.

The "Normal" Trap

One of the biggest mistakes women make is assuming their symptoms are normal.

Let's be honest.

If you've experienced heavy bleeding for years, it starts to feel normal.

If you've dealt with severe cramps every month, it starts to feel normal.

If you've felt exhausted for so long that you can't remember what good energy feels like, it starts to feel normal.

But familiar doesn't mean normal.

And normal doesn't mean healthy.

The Quality of Life Test

Let's do something simple.

Answer the following questions honestly.

Do you plan your life around your periods?

Do you avoid certain clothes because of heavy bleeding?

Do you carry extra pads everywhere?

Do you miss work because of pain?

Do you cancel social plans?

Do you feel tired most days?

Do you wake up frequently to urinate?

Do you feel pressure in your lower abdomen?

Do you worry constantly about your fibroids?

If you answered "yes" to several of these questions, fibroids may be affecting your quality of life more than you realize.

A Day In The Life Of A Woman With Untreated Symptoms

Let's look at a typical example.

Imagine a woman named Amaka.

She wakes up exhausted despite getting a full night's sleep.

She changes her pad before leaving home.

She carries extra pads in her handbag.

At work, she struggles to concentrate because she's worried about leaks.

By afternoon, she's exhausted.

By evening, she's too tired to exercise or spend quality time with family.

She repeats this cycle every month.

After a while, it becomes her normal.

But it shouldn't be.

This is exactly why assessment matters.

Assessing Heavy Bleeding

Heavy bleeding is one of the most common fibroid symptoms.

Yet many women underestimate it.

Let's talk about what heavy bleeding can look like.

Frequent Pad Changes

Changing pads every hour or two.

Passing Large Blood Clots

Especially clots larger than a coin.

Bleeding Longer Than Normal

Periods lasting more than seven days.

Accidents and Leaks

Bleeding through clothes or bedding.

Avoiding Activities

Skipping work, church, weddings, birthdays, or social events.

If any of these sound familiar, make a note of them.

Your doctor needs to know.

The Hidden Cost Of Anaemia

This is something many women don't connect to fibroids.

Heavy bleeding can lead to iron deficiency.

Iron deficiency can lead to anaemia.

Anaemia can lead to:

- Fatigue
- Weakness
- Dizziness
- Shortness of breath
- Poor concentration
- Headaches
- Low productivity

I once spoke with a woman who blamed her constant exhaustion on Lagos traffic and long work hours.

After blood tests, she discovered she had significant iron deficiency caused by heavy bleeding.

Within months of treatment, her energy levels improved dramatically.

The point?

Sometimes what feels like stress is actually a medical issue.

Assessing Pain

Pain is personal.

What feels unbearable to one person may feel manageable to another.

That's why doctors often ask you to rate pain from 1 to 10.

Use this guide:

1–3

Mild discomfort.

4–6

Moderate pain affecting some activities.

7–8

Severe pain affecting daily life.

9–10

Debilitating pain requiring urgent medical attention.

Record your:

Average Pain Score

____ /10

Worst Pain Score

____ /10

Both numbers matter.

Assessing Pressure Symptoms

Not all fibroid symptoms involve bleeding.

Large fibroids can press on nearby organs.

This can create symptoms many women don't immediately associate with fibroids.

Examples include:

Frequent Urination

Especially waking up several times at night.

Constipation

Difficulty passing stool regularly.

Pelvic Fullness

A constant feeling of heaviness.

Lower Back Pain

Persistent discomfort in the lower back.

Visible Abdominal Enlargement

Feeling like your stomach is growing despite no significant weight gain.

Assessing Emotional Impact

Now let's discuss something equally important.

Your mental wellbeing.

Fibroids don't just affect the body.

They can affect confidence.

Relationships.

Self-image.

Mood.

Future plans.

Many women experience:

Anxiety

Worrying about growth, treatment, or fertility.

Frustration

Feeling misunderstood by others.

Embarrassment

Especially regarding heavy bleeding.

Fear

Of surgery or future complications.

Isolation

Feeling like nobody truly understands.

Please don't dismiss these feelings.

They matter.

And they deserve attention.

The Relationship Impact Assessment

Fibroids can affect relationships in ways many women never expect.

Ask yourself:

Have fibroids affected my confidence?

Have they affected intimacy?

Have they affected social activities?

Have they affected my mood around family and friends?

Have they caused conflict or misunderstandings?

Your answers matter.

Because quality of life is about more than physical symptoms.

Assessing Fertility Concerns

For some women, fertility is their biggest concern.

For others, it's not.

Both are valid.

Ask yourself:

Do I want children?

Am I trying to conceive?

Do I want children in the future?

Have I experienced fertility challenges?

How concerned am I about fertility?

Understanding your priorities helps guide future decisions.

The Fibroid Impact Scorecard

Rate each area from 1–10.

Bleeding

____ /10

Pain

____ /10

Fatigue

____ /10

Emotional Stress

____ /10

Daily Life Disruption

____ /10

Fertility Concerns

____ /10

Confidence/Self-Esteem

____ /10

Sleep Quality

____ /10

Total Score:

____ /80

This isn't a medical test.

It's an awareness tool.

What Is Your Biggest Problem Right Now?

Complete this sentence:

"If my fibroids stopped causing one problem tomorrow, the biggest relief would be..."

Now complete this one:

"The symptom affecting my life most is..."

And this one:

"The thing I worry about most is..."

Your answers reveal what matters most to you.

And that's incredibly important.

Assessment Creates Direction

Here's what most women get wrong.

They focus entirely on the fibroids.

Instead, focus on the impact.

The goal isn't simply to shrink fibroids.

The goal is to improve your life.

Those are two different things.

A treatment plan should address the symptoms and challenges that matter most to you.

That's why assessment comes before action.

Your Personal Assessment Summary

Before moving forward, complete the following:

My biggest symptom is:

The symptom affecting my life most is:

My biggest health concern is:

My biggest emotional concern is:

My most important treatment goal is:

If You Remember Only One Thing

Remember this:

Never underestimate the impact fibroids are having simply because you've gotten used to them.

Many women adapt to symptoms for so long that they stop noticing how much those symptoms are affecting their lives.

Assessment helps you see clearly.

And once you see clearly, you can make better decisions.

Now you understand your diagnosis.

You've assessed your symptoms.

You've evaluated how fibroids are affecting your daily life.

That's powerful.

But we're not done.

Because knowing the problem doesn't automatically reveal the solution.

The next step is learning.

Learning about treatment options.

Learning about risks and benefits.

Learning about what works, what doesn't, and what questions you should ask before making any major decisions.

And trust me, the next chapter may save you from making one of the most expensive and stressful mistakes women make after a fibroid diagnosis.

Because before you choose a treatment, you need to understand **all** of your options.

Chapter 6

Learn: Understanding Your Treatment Options Before Making A Decision

In the last chapter, you assessed how fibroids are affecting your life.

You looked beyond the scan results.

You considered the impact on your energy.

Your confidence.

Your work.

Your relationships.

Your fertility goals.

And hopefully, you realized something important:

Not all fibroids need the same solution.

That's why we're now moving to the third step of the C.A.L.M.™ Framework:

Learn

This is where many women finally stop feeling trapped.

Because when you don't understand your options, every recommendation feels scary.

But when you understand your options, you regain control.

And control creates confidence.

The Biggest Mistake Women Make

Let's start with an important truth.

Many women assume there are only two choices:

Surgery

Or

Do Nothing

That's simply not true.

Fibroid treatment exists on a spectrum.

Depending on your situation, your doctor may recommend:

- Monitoring
- Medication
- Minimally invasive procedures
- Surgery

The right choice depends on your unique circumstances.

Not somebody else's.

There Is No "Best" Treatment

One of the most common questions women ask is:

"What's the best treatment for fibroids?"

The answer surprises many people.

There isn't one.

The best treatment depends on:

- Your symptoms
- Your age
- Your fertility goals
- Fibroid size
- Fibroid location

- Medical history
- Personal preferences

What works perfectly for your friend may be completely wrong for you.

That's why comparison can be dangerous.

Option 1: Watchful Waiting

Let's start with the least aggressive option.

Watchful waiting.

This simply means monitoring the fibroids over time.

No immediate surgery.

No immediate procedure.

Just observation.

Who Is It Suitable For?

Women who:

- Have mild symptoms
- Have stable fibroids
- Are approaching menopause
- Have minimal disruption to daily life

Advantages

No surgery

No recovery period

Lower immediate cost

Less disruption

Disadvantages

Fibroids may grow

Symptoms may worsen

Ongoing monitoring required

Questions To Ask

- How often should I have scans?
- What symptoms should I monitor?
- What signs indicate treatment may become necessary?

The Story Of Ngozi

Ngozi discovered fibroids during a routine scan.

She had minimal symptoms.

Her doctor recommended monitoring.

Three years later, her fibroids remained stable and she still had no major symptoms.

Treatment wasn't necessary.

This is why immediate intervention isn't always the right answer.

Option 2: Medication

Now let's discuss medication.

This is often recommended for symptom management.

It's important to understand something:

Most medications manage symptoms.

They don't necessarily eliminate fibroids permanently.

Medication May Help With

Heavy Bleeding

Reducing blood loss.

Pain

Managing discomfort.

Hormonal Symptoms

Improving symptom control in some women.

Anaemia

Iron supplements may improve energy levels.

Advantages

Non-surgical

Convenient

Often effective for symptom relief

Can improve quality of life

Disadvantages

Symptoms may return after stopping treatment

Side effects may occur

Not always a permanent solution

Questions To Ask

- What side effects are possible?
- How long can I safely use this medication?
- What happens if I stop taking it?

Option 3: Myomectomy

This is one of the most common surgical options.

A myomectomy removes fibroids while preserving the uterus.

For women hoping to have children, this option is often discussed.

Advantages

Fibroids removed

Uterus preserved

Fertility may be maintained

Significant symptom improvement

Disadvantages

Recovery time required

Surgical risks

Fibroids can return

Questions To Ask

- How many fibroids would be removed?
- What type of myomectomy is recommended?
- How long is recovery?
- How might this affect future pregnancy?

The Return Of Fibroids

Here's something many women aren't told.

Fibroids can sometimes return after myomectomy.

This doesn't mean surgery failed.

It simply means new fibroids may develop over time.

Ask your doctor about recurrence risk.

Understanding expectations prevents disappointment later.

Option 4: Uterine Fibroid Embolization (UFE)

This treatment works differently.

Instead of removing fibroids, it reduces their blood supply.

Without blood supply, fibroids often shrink.

Advantages

Less invasive than traditional surgery

Shorter recovery for many women

Symptom improvement

Uterus remains intact

Disadvantages

Not suitable for everyone

Fertility considerations may exist

Additional treatment may still be required later

Questions To Ask

- Am I a good candidate?
- What results should I realistically expect?
- What impact might this have on future fertility?

Option 5: Hysterectomy

This procedure removes the uterus.

For some women, it becomes the most appropriate long-term solution.

Especially when:

- Symptoms are severe
- Other treatments have failed
- Childbearing is complete

Advantages

Permanent solution

Fibroids cannot return

Eliminates fibroid-related bleeding

Disadvantages

Major surgery

Pregnancy is no longer possible

Emotional adjustment may be required

Questions To Ask

- Why is this being recommended?
- Are alternatives available?
- What does recovery involve?

Beware Of Miracle Claims

Now let's address something important.

If someone promises:

"This herb will eliminate all fibroids."

"This tea cures fibroids permanently."

"This supplement guarantees results."

Be careful.

Very careful.

Fibroids are a medical condition.

Extraordinary claims require strong evidence.

Always discuss supplements and alternative treatments with your healthcare provider.

The Financial Side Of Treatment

Let's talk honestly.

Cost matters.

Medical decisions should never be based solely on cost.

But cost should be considered.

Ask questions about:

Consultation fees

Procedure costs

Medication costs

Recovery expenses

Insurance coverage

Planning ahead reduces stress.

The Treatment Comparison Worksheet

Treatment	Benefits	Risks	Recovery	Fertility Impact	My Questions
Monitoring					
Medication					
Myomectomy					
UFE					
Hysterectomy					

Complete this table for every treatment option discussed. This worksheet can become one of your most valuable decision-making tools.

The Five Questions Every Woman Should Ask

Before agreeing to any treatment:

Question 1

What happens if I do nothing right now?

Question 2

What are the benefits?

Question 3

What are the risks?

Question 4

How does this affect fertility?

Question 5

If I were your daughter, what would you recommend?

That final question often leads to surprisingly honest conversations.

The Goal Isn't A Perfect Decision

Many women become obsessed with choosing perfectly.

But medicine rarely works that way.

There may not be a perfect option.

There may simply be the option that best fits your goals and circumstances.

That's okay.

You're not looking for perfection.

You're looking for confidence.

Learning Creates Empowerment

Fear thrives in uncertainty.

Knowledge reduces uncertainty.

The more you understand your options, the more confident you'll feel discussing them.

And confidence changes everything.

It changes appointments.

It changes conversations.

It changes decisions.

Your Learning Summary

Complete the following:

The treatment option I understand best is:

The treatment option I need to learn more about is:

My biggest treatment concern is:

My biggest treatment goal is:

If You Remember Only One Thing

Remember this:

Never choose a treatment simply because you're afraid.

Choose it because you understand it.

Choose it because it aligns with your goals.

Choose it because you've asked questions and gathered information.

That's the difference between reacting and deciding.

And that's exactly what this guide is helping you do.

Now that you've clarified your diagnosis, assessed your situation, and learned about your options, it's time for the final stage of the C.A.L.M.™ Framework.

The stage where everything comes together.

The stage where information becomes action.

The stage where you stop feeling stuck and start moving forward.

In the next chapter, we'll build your personal roadmap for the months ahead and create a practical plan for navigating your fibroid journey with confidence.

Chapter 7

Move Forward: Turning Information Into A Clear Action Plan

Take a moment and think about how far you've come.

When you started this guide, you may have felt confused.

Maybe even scared.

You had a diagnosis.

A scan report.

A million questions.

And very few answers.

But now?

Things are different.

You understand your diagnosis better.

You understand your symptoms better.

You understand your treatment options better.

That's progress.

Real progress.

And now we're at the final step of the C.A.L.M.™ Framework:

Move Forward

Because information alone doesn't change lives.

Action does.

The best treatment plan in the world won't help if it never gets implemented.

The best doctor in the world can't help if appointments keep getting postponed.

The best advice in the world is useless if it sits in a notebook and never gets used.

This chapter is about turning knowledge into action.

Why Women Get Stuck

Let's talk honestly.

Most women don't get stuck because they lack information.

They get stuck because they're overwhelmed.

There is a difference.

Confusion says:

"I don't know what to do."

Overwhelm says:

"There are too many things I could do."

And fibroids often create overwhelm.

One doctor says one thing.

A friend says something else.

Social media says something different.

Your family has opinions.

Your church group has opinions.

Before long, you're frozen.

Unable to move forward.

This chapter will help simplify things.

The Goal Is Progress, Not Perfection

One of the biggest mistakes women make is waiting for certainty.

They think:

"Once I'm 100% sure, I'll decide."

Unfortunately, life rarely works that way.

Medicine certainly doesn't.

You may never have complete certainty.

But you can have enough information to make a confident decision.

That's what we're aiming for.

Progress.

Not perfection.

Building Your Personal Fibroid Roadmap

Imagine you're planning a road trip from Lagos to Abuja.

You wouldn't just get into the car and hope for the best.

You'd create a plan.

You'd know:

- Where you're starting
- Where you're going
- The route you'll take

- The stops you'll make

Fibroid management works the same way.

You need a roadmap.

Step 1: Define Your Destination

Before deciding what to do next, ask yourself:

What am I actually trying to achieve?

Different women have different goals.

For example:

Goal 1

Reduce heavy bleeding.

Goal 2

Improve fertility.

Goal 3

Avoid surgery if possible.

Goal 4

Reduce pain.

Goal 5

Improve energy levels.

Goal 6

Prevent symptoms from worsening.

There is no wrong answer.

The important thing is knowing your destination.

Your Fibroid Goal Statement

Complete this sentence:

"The most important outcome I want from treatment is..."

Write it down.

You'll use it to guide future decisions.

Step 2: Identify Your Next Best Action

Notice I didn't say:

"Identify every action."

Just your next one.

Many women overwhelm themselves by thinking five years ahead.

Don't do that.

Focus on the next step.

Examples:

- Schedule a follow-up appointment
- Get a recommended scan
- Start symptom tracking
- Discuss fertility concerns
- Ask about treatment options
- Seek a second opinion

One step at a time.

The Power Of Small Wins

Let's talk about something important.

Small wins create momentum.

Imagine two women.

Woman A says:

"I need to solve everything immediately."

Woman B says:

"Today, I'll schedule my appointment."

Which woman is more likely to make progress?

Exactly.

Big transformations are built on small actions.

Building Your Healthcare Team

One of the smartest things you can do is build a support network.

Your healthcare team may include:

Gynaecologist

Your primary fibroid specialist.

Family Doctor

Helps coordinate overall care.

Radiologist

Provides imaging interpretation.

Fertility Specialist

If fertility is a priority.

Nutrition Professional

If dietary support becomes relevant.

You don't need everyone immediately.

But it's helpful to know who may play a role.

Building Your Personal Support Team

Medical support matters.

Personal support matters too.

Ask yourself:

Who can I talk to?

Who encourages me?

Who helps me stay calm?

Who can assist during recovery if needed?

Write down three names.

Support Person 1

Support Person 2

Support Person 3

Remember:

You don't have to do this alone.

The Financial Preparation Plan

Let's be practical.

Healthcare costs money.

Ignoring finances creates stress.

Planning reduces stress.

Ask yourself:

Do I understand potential costs?

Does insurance cover anything?

Do I need a savings plan?

What expenses might arise?

Examples:

- Consultations
- Medications
- Imaging
- Procedures
- Transportation
- Recovery support

Create a simple estimate.

Knowledge reduces uncertainty.

Preparing For Follow-Up Appointments

Every appointment should move you forward.

Before your appointment:

- Update symptom tracker
- Review questions
- Bring records
- Review treatment goals

- Write down concerns

After your appointment:

- Review notes
- Record recommendations
- Schedule next steps
- Update your action plan

Simple.

But incredibly effective.

What If You Need A Second Opinion?

Let's address something many women worry about.

Is it okay to seek a second opinion?

Absolutely.

A second opinion doesn't mean you distrust your doctor.

It means you're gathering information.

Particularly when:

- Surgery is being considered
- Fertility is a major concern
- You don't understand recommendations
- You're uncertain about next steps

A good doctor won't be offended.

When Fear Shows Up Again

Let's be realistic.

Fear may return.

That's normal.

You may feel confident today and anxious next week.

That's okay.

When fear appears, return to the framework.

Clarify

What do I actually know?

Assess

What's happening right now?

Learn

What information do I still need?

Move Forward

What's my next step?

The framework becomes your anchor.

Your 30-Day Action Plan

Choose three actions you'll complete this month.

Action 1

Action 2

Action 3

Keep them realistic.

Small wins matter.

Your Confidence Checklist

Before making any major treatment decision, confirm:

- I understand my diagnosis
- I understand my options
- My questions have been answered
- I understand risks and benefits
- My decision aligns with my goals
- I am acting from knowledge, not fear

If you can't tick every box, gather more information first.

The Woman Who Took Control

I remember speaking with a woman named Kemi.

At first, she felt completely overwhelmed.

She avoided appointments.

Ignored symptoms.

And constantly worried.

Then she created a simple plan.

Nothing dramatic.

Just:

- Tracking symptoms
- Asking questions
- Following up regularly
- Making decisions step-by-step

Six months later, she wasn't just managing fibroids.

She felt in control again.

That's the real goal.

Not perfection.

Control.

Confidence.

Clarity.

If You Remember Only One Thing

Remember this:

You don't need to solve your entire fibroid journey today.

You only need to take the next right step.

One appointment.

One question.

One decision.

One action.

That's how confidence is built.

You've now completed the entire C.A.L.M.™ Framework:

- ✓ Clarify
- ✓ Assess
- ✓ Learn
- ✓ Move Forward

But we're not quite finished.

There is one final chapter left.

And it may become the chapter you revisit most often.

Because in the next chapter, we're going to bring everything together into a practical, personalized roadmap you can use over the next 30 days, 90 days, and beyond.

We're going to create your complete **Fibroid Action Plan**—the blueprint that transforms everything you've learned into a system you can actually follow.

Chapter 8

Your Personal Fibroid Action Plan

Congratulations.

You've reached the final chapter of *The Fibroid Doctor Visit Planner*[™].

Take a moment to appreciate how much you've accomplished.

When you started this guide, you may have felt:

- Confused
- Overwhelmed
- Anxious
- Uncertain
- Frightened

Now?

You understand fibroids better.

You understand your diagnosis better.

You understand your symptoms better.

You understand your treatment options better.

Most importantly, you now have a framework for making decisions with confidence.

But knowledge without action changes nothing.

That's why this chapter exists.

This is where we turn everything you've learned into a practical roadmap.

A roadmap designed specifically for you.

Why Action Plans Matter

Imagine trying to build a house without a blueprint.

Possible?

Maybe.

Wise?

Definitely not.

Yet that's exactly how many women approach their fibroid journey.

They collect information.

Read articles.

Watch videos.

Join support groups.

Talk to friends.

But never create a plan.

The result?

They remain stuck.

An action plan changes that.

It transforms information into direction.

And direction creates progress.

Your Fibroid Success Formula

Throughout this guide, you've followed the C.A.L.M.™ Framework:

C — Clarify

Understand the diagnosis.

A — Assess

Evaluate the impact.

L — Learn

Understand your options.

M — Move Forward

Take action.

Now we're going to put all four steps together into one system.

Step 1: Define Your Personal Vision

Let's start with the big picture.

Close your eyes for a moment.

Imagine it's one year from today.

Your fibroid journey has gone as well as reasonably possible.

What does your life look like?

Perhaps:

- Your periods are manageable.
- Your energy levels have improved.
- You feel confident about your treatment decisions.
- You have greater peace of mind.
- You feel physically stronger.
- You have successfully conceived.
- You have recovered from treatment.

There is no right answer.

Only your answer.

Your One-Year Vision

Complete this sentence:

One year from now, I want to feel...

Step 2: Define Your Top Three Goals

Many women make the mistake of having too many goals.

Keep it simple.

Choose your top three priorities.

Examples:

Reduce heavy bleeding

Improve fertility

Reduce pain

Improve energy

Avoid unnecessary treatment

Recover from treatment successfully

Improve quality of life

My Top Three Goals

Goal 1

Goal 2

Goal 3

Step 3: Create Your 30-Day Plan

The next 30 days matter more than the next five years.

Why?

Because action happens today.

Not someday.

Choose three actions you'll complete within the next month.

Examples:

- Schedule an appointment
- Start symptom tracking
- Get recommended blood tests
- Organize medical records
- Seek a second opinion
- Improve nutrition
- Create a treatment budget

My 30-Day Action Plan

Action 1

Action 2

Action 3

Step 4: Create Your 90-Day Plan

Now let's think slightly further ahead.

Three months from now:

What progress would you like to see?

Examples:

- Better understanding of treatment options
- Reduced bleeding
- Improved iron levels
- Completed treatment
- Greater confidence
- Better symptom control

My 90-Day Goals

Goal 1

Goal 2

Goal 3

Step 5: Create Your Annual Health Review

Every year, ask yourself:

What has improved?

What has become worse?

What new concerns do I have?

Have my fertility goals changed?

Is my treatment plan still appropriate?

Your healthcare journey should evolve as your life evolves.

The Fibroid Decision Filter

Whenever you're faced with a difficult decision, ask:

Does this align with my goals?

Does this align with my values?

Do I understand the risks?

Do I understand the benefits?

Am I making this decision from fear or information?

This simple filter can prevent many poor decisions.

The Symptom Monitoring System

Moving forward, keep track of:

Bleeding

Pain

Energy

Mood

Sleep

Urination Frequency

Bloating

Medication Response

Tracking helps identify trends.

And trends help guide treatment.

Building Your Emergency Information Sheet

Every woman should keep a simple health summary.

Include:

Diagnosis

Date Of Diagnosis

Current Medications

Primary Doctor

Emergency Contact

Major Concerns

Keep a copy in your phone and another in a safe place.

Your Support Team

You were never meant to navigate this journey alone.

Identify your support network.

Healthcare Support

Family Support

Friend Support

Faith/Community Support

Support makes difficult seasons easier.

A Letter To Your Future Self

This exercise may become one of the most powerful in this guide.

Write a letter to yourself.

Not the scared version of yourself.

The future version.

The stronger version.

The wiser version.

Complete the following:

Dear Future Me,

The thing I am most proud of today is:

The challenge I am currently facing is:

The reason I believe I will get through this is:

The promise I make to myself is:

What To Do When Anxiety Returns

Let's be realistic.

Even after finishing this guide, you may still experience fear.

That's normal.

When anxiety returns:

Step 1

Pause.

Step 2

Review the facts.

Step 3

Review your action plan.

Step 4

Talk to your healthcare provider.

Step 5

Focus on the next step.

Not the entire journey.

Just the next step.

The Five Truths I Hope You Never Forget

Truth #1

Fibroids are common.

You are not alone.

Truth #2

Most women have more options than they realize.

Truth #3

Information reduces fear.

Truth #4

You deserve answers to your questions.

Truth #5

You are more than a diagnosis.

Fibroids are something you have.

Not who you are.

Your Personal Commitment Statement

Read this aloud:

"I commit to making informed decisions about my health. I commit to asking questions when I need clarity. I commit to acting from knowledge rather than fear. I commit to advocating for myself. I commit to taking one step at a time. And I commit to treating myself with patience, compassion, and respect throughout this journey."

Sign below:

Signature

Date

Bonus Section

Bonus Worksheet 1: The Fibroid Symptom Tracker™

Why This Matters

One of the biggest challenges doctors face is relying on memory-based information from patients.

Unfortunately, memory isn't always accurate.

Symptoms can change gradually over time, making them difficult to remember during appointments.

This tracker helps you identify patterns, monitor progress, and provide your doctor with more reliable information.

Daily Symptom Tracking Sheet

Date	Bleeding (1–10)	Pain (1–10)	Energy (1–10)	Bloating (1–10)	Mood (1–10)	Notes

Weekly Reflection

What symptom affected me most this week?

What improved this week?

What concerns me most right now?

Questions for my doctor:

Bonus Worksheet 2: Fibroid Timeline Builder™

My Fibroid Journey

First Symptom

Approximate Date

Date Of Diagnosis

Major Symptom Changes

Previous Treatments

Current Concerns

Bonus Worksheet 3: Appointment Preparation Checklist™

Before Every Appointment

- Update symptom tracker
- Bring scan reports
- Bring blood test results
- Bring medication list
- Prepare questions
- Bring notebook
- Review treatment goals
- Confirm appointment details

Bonus Worksheet 4: Questions To Ask Your Doctor™

Understanding My Diagnosis

- What type of fibroids do I have?
- How many fibroids were found?
- Which fibroid is causing symptoms?
- Have they grown?
- How might they affect fertility?

Understanding Treatment

- What are my options?
- What are the risks?

- What are the benefits?
- What happens if I wait?
- What would you recommend?

Bonus Worksheet 5: Treatment Comparison Matrix™

Treatment	Benefits	Risks	Recovery Time	Fertility Impact	Notes
Monitoring					
Medication					
Myomectomy					
UFE					
Hysterectomy					

Bonus Worksheet 6: Personal Health Goals Planner™

My Top Three Goals

Goal 1

Why It Matters

Goal 2

Why It Matters

Goal 3

Why It Matters

Bonus Worksheet 7: Follow-Up Planner™

Date	Appointment Type	Purpose	Outcome	Next Step

Bonus Worksheet 8: Monthly Progress Review™

Wins This Month

Challenges This Month

What Improved?

What Needs Attention?

Bonus Worksheet 9: Surgical Preparation Planner™

Questions To Ask

- What procedure is recommended?
- Why is it recommended?
- What are the risks?
- What is recovery like?
- How long before returning to work?

Recovery Preparation

- Transportation arranged
- Support person identified
- Time off work planned
- Recovery supplies purchased

Bonus Worksheet 10: My Fibroid Confidence Plan™

What Am I Most Worried About?

What Information Would Help?

What Action Can I Take This Week?

Resources Section

Trusted Sources Of Information

The internet contains both excellent information and misinformation.

Whenever possible, prioritize information from:

Your Gynaecologist

Your primary source of personalized medical guidance.

Teaching Hospitals

Large teaching hospitals often provide evidence-based patient education.

Professional Medical Associations

Organizations focused on obstetrics, gynaecology, and women's health.

Peer-Reviewed Research

Scientific studies reviewed by medical experts.

Health Records Every Woman Should Keep

Create a dedicated fibroid folder containing:

- Scan reports
- Blood test results
- Medication records
- Symptom trackers
- Appointment notes
- Treatment plans
- Hospital discharge summaries

Recommended Questions For Every Appointment

1. What exactly is happening in my case?
2. What are my options?
3. What are the risks?
4. What are the benefits?
5. What should I monitor?
6. What should I do next?

Building Your Personal Healthcare Library

Consider keeping:

- Appointment notebook
- Symptom tracker
- Medical records folder
- Digital backup copies

Organization creates confidence.

About The Author

Mary Adeyemi

Mary Adeyemi is a women's health advocate committed to helping women navigate health challenges with greater confidence, clarity, and understanding.

Through practical educational tools and easy-to-understand resources, Mary helps women become active participants in their healthcare journeys rather than passive recipients of information.

She created the C.A.L.M.™ Framework to simplify complex health decisions and help women move from fear and confusion to clarity and confidence.

Her mission is simple:

To ensure that no woman feels lost, overwhelmed, or alone after receiving a fibroid diagnosis.

Why This Guide Was Created

Too many women leave medical appointments feeling confused.

Too many women rely on misinformation.

Too many women make decisions from fear.

This guide was created to change that.

The goal is not to replace healthcare professionals.

The goal is to help women have better conversations with healthcare professionals.

Because informed patients make better decisions.

Medical Disclaimer

Important Notice

The information contained in this guide is intended for educational and informational purposes only.

It should not be interpreted as medical advice, diagnosis, treatment, or a substitute for consultation with a qualified healthcare professional.

Always Seek Professional Medical Advice

Always consult a qualified healthcare provider regarding:

- Symptoms
- Diagnosis
- Treatment options
- Medications
- Fertility concerns
- Surgical decisions

Never disregard professional medical advice because of information contained in this guide.

No Doctor-Patient Relationship

Reading this guide does not create a doctor-patient relationship between the reader and the author.

Medical Emergencies

If you believe you are experiencing a medical emergency, seek immediate medical attention.

Limitation Of Liability

The author and publisher assume no responsibility for any outcomes resulting from the use or misuse of information contained within this guide.

Readers remain responsible for their personal healthcare decisions.

Final Page

Your Next Steps

If you've reached this page, you've already done something powerful.

You've taken the time to educate yourself.

You've taken the time to understand your diagnosis.

You've taken the time to create a plan.

That matters.

More than you may realize.

Remember The C.A.L.M.™ Framework

Whenever you feel overwhelmed, return to these four steps:

C — Clarify

Understand what's happening.

A — Assess

Understand how it's affecting your life.

L — Learn

Understand your options.

M — Move Forward

Take informed action.

Your Personal Commitment

I commit to:

- Asking questions
- Seeking reliable information
- Tracking my symptoms
- Advocating for myself
- Making informed decisions
- Taking one step at a time

Final Thought

Fibroids are part of your story.

They are not your entire story.

You are stronger than your fears.

You are more than a diagnosis.

And you now have the knowledge, tools, and framework to move forward with clarity and confidence.