# Choosing Your Path

Shenair Sapp weighs her treatment options for uterine fibroids.

August 9, 2021 By Shenair Sapp

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When I was in my 30s, I started to notice heavy bleeding. I didn't think anything of it because I thought it was normal but I did mention it to my ob-gyn. I had regular gynecology appointmens and had a great relationship with my ob-gyn.  He would tell me how my cervix was tilted, but I'm not sure if that meant much.

I didn't know what questions to ask but I started to become concerned. He was very forthcoming with information. I started to notice that my uterus felt like it wanted to detach and fall out my vagina. The pain was bearable, but was definitely noticeable. I explained my systems to my ob-gyn doctor.

At this point, I had three boys, so my doctor explained what steps I could take to correct the situation. I got the Mirena IUD.  I had it in for a few a months or so it could be positioned while I was on my cycle. I still soiled pads in less than 30 minutes while wearing a tampon while the Mirena was in, so I went back to the doctor. When he went to check the positioning of the Mirena, he stated the IUD was gone. I guess it came out when I used the bathroom.

My doctor explained that the next step was to have the ablation, which is a clearing of the uterine walls. That worked and my next cycle was fine. However, my doctor explained that this was a temporary fix.

The results of the surgery lasted for six years. Recently, the pain from my uterus feeling like it wants to leave my body has started up again. At this point, my tubes are tied so there will be no more children. I now have a new ob-gyn and told her my history. After I had an ultrasound, the results showed I have a cluster of fibroids. My doctor discussed my options but I believe the best thing for me would be to have the hysterectomy, leaving my ovaries intact if possible.

Knowing your body and listening to your body is very important. Gather the information necessary to ask the right questions to make the right decision for yourself.

What three adjectives best describe you?

Friendly, loveable, relaxed

What is your greatest achievement?

My three boys

What is your greatest regret?

Not going to law school

What is the best advice you ever received?

Be your best self.

What drives you to do what you do?

My children

What is your motto?

Do what you can; at least you tried.

If you had to evacuate your house immediately, what is the one thing you would grab on the way out?

Nothing

If you could be any animal, what would you be? And why?

A lioness because I care a lot and make sure others have what they need

[[poll|532]]

Together, our stories of survival can make a difference. When people living with and impacted by a disease or health condition share how they dealt with it, they inspire others and break down the shame, silence and stigma surrounding the condition.

If you have uterine fibroids, Real Health wants to hear how you are dealing with this health condition. Please click here to share your story.

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