Out of Control

Ann Leonard recalls how she had to deal with uterine fibroids before menopause.

August 3, 2021 By Ann Leonard

I am older now but I had issues with fibroids when I was young. I always wondered why my doctor's first inclination was to give me a hysterectomy. I was blessed to have children before my condition got out of control. I heard about embolization, but my doctor said my fibroids were too big for that. I bled like a pig more days out of the month than not. My periods weren't so painful, but I would wear a tampon and a pad and still mess up my clothes quite quickly if I didn't change them constantly. I was 48 when I started going through the change. I bled for two months straight and then my period stopped forever.

What three adjectives best describe you?

Personable, loving, grateful

What are your greatest achievements?

Getting my degree in accounting; being consistently on the dean's list; and being a mother to four children

What is your greatest regret?

My first husband

What is the best advice you ever received?

Be thankful for what you have.

What drives you to do what you do?

My children

What is your motto?

Don't try to understand crazy because if you do something is wrong with you.

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

My purse

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

A giraffe so I can run fast, gracefully and I’m high enough to look down and see what everyone else is doing

[[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.

© 2026 Smart + Strong All Rights Reserved.