A Growing Dilemma

Shalane Smith wishes there was another way to treat her uterine fibroids.

August 16, 2021 By Shalane Smith

Recently, I went to my ob-gyn who stated that I have a fibroid that's the size of an orange, which means it has grown since my last yearly exam. I have factor five [Factor V Leiden (FVL) is a genetic mutation that makes the blood more prone to abnormal clotting] and doctors suggested I get a hysterectomy. I was told that if I go through with it I would have to be off my blood thinners for 10 days before the surgery and that I might catch an infection. I really wish there was another way.

How would you describe yourself?

I am a very sweet, kind person always taking care of other people to make sure they are OK.

What is your greatest achievement?

I managed to get my High School Equivalency Diploma after being a high school dropout. I plan to attend college in May 2021.

What is your greatest regret?

Not digging more to find out about my fibroids before they grew

What is the best advice you ever received?

Keep up the good work.

What drives you to do what you do?

My caring heart allows me to help others that can't help themselves.

What is your motto?

Always keep your head; everything happens for a reason. Never question what life brings you.

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

out?

Nothing; material things are replaceable, but my life isn’t.

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

I don’t think I would want to be any type of animal.

[[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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