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UNDERSTANDING THE DATA BEHIND UFE

Important Clinical Studies in Uterine Fibroid Embolization

This guide summarizes several important clinical studies evaluating uterine fibroid embolization (UFE). The goal is to help patients and families better understand the medical evidence supporting minimally invasive fibroid treatment.

EMMY Trial

Study Type	Randomized controlled trial
Approximate Patients	Approximately 175 patients
Main Findings	Demonstrated significant symptom improvement, improved quality of life, and high patient satisfaction after uterine fibroid embolization compared with hysterectomy.
Why It Matters	One of the landmark studies helping establish UFE as a mainstream minimally invasive alternative for selected women with symptomatic fibroids.

REST Trial

Study Type	Multicenter randomized trial
Approximate Patients	Over 150 patients
Main Findings	Patients undergoing UFE experienced shorter recovery times and meaningful symptom improvement with lower procedural invasiveness compared with surgery.
Why It Matters	Frequently referenced because it helped validate UFE within broader fibroid treatment discussions.

FIBROID Registry

Study Type	Large multicenter registry study
Approximate Patients	Thousands of patients
Main Findings	Demonstrated durable symptom relief, improved bleeding control, and improved long-term quality of life outcomes across a large real-world patient population.
Why It Matters	Provides important long-term observational outcome data supporting real-world effectiveness of UFE.

Modern fibroid care often involves multidisciplinary discussion between gynecology and interventional radiology. Treatment decisions depend on symptoms, fibroid size, patient goals, recovery considerations, and fertility discussions.

Educational summary intended for patient and family educational discussion purposes.