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Introduction

- Differences in Uterine Fibroid prevalence and incidence have disproportionately impact women of African descent at all ages at rates of 3-4 times the rate characterized by early onset of, greater severity of symptoms, and different response to treatment as well as frequent treatment complications (Marshall 1997, Baird 2003, Marsh 2013).
- According to Seffah and Adanu, one of Ghana's largest hospitals, Korle Bu Teaching Hospital in Accra Ghana, 10% of gynecological admissions and 40% of major gynecological operations were attributed to UF (Seffah and Adanu 2006).
- With 49.6% of facilities residing in Great Accra Region or the Ashanti Region, data silos prevent understanding the true burden of the disease.

Mission

Fibroid Foundation Africa, established in 2019, has served as a home ground for 1000s of women within Ghana. Extending its reach outside of the Greater Accra region, across Ghana and beyond, women from all walks of life find refuge in this community-based organization for means of education, emotional support and care, and advocacy for the often overlooked but debilitating disease of Uterine Fibroids.

What are Uterine Fibroids

Uterine Fibroids (UF) are the most common benign tumors that majorly impact women of reproductive age. Severe cases of UF can lead to women experiencing symptoms such as excessive bleeding, anemia, pelvic pain, bowel-and-bladder- dysfunction, infertility, and preterm labor. Many cases of UF are asymptomatic, with only 30-40% of cases exhibiting a range of symptoms depending on the location and size (Al-Hendy 2017).

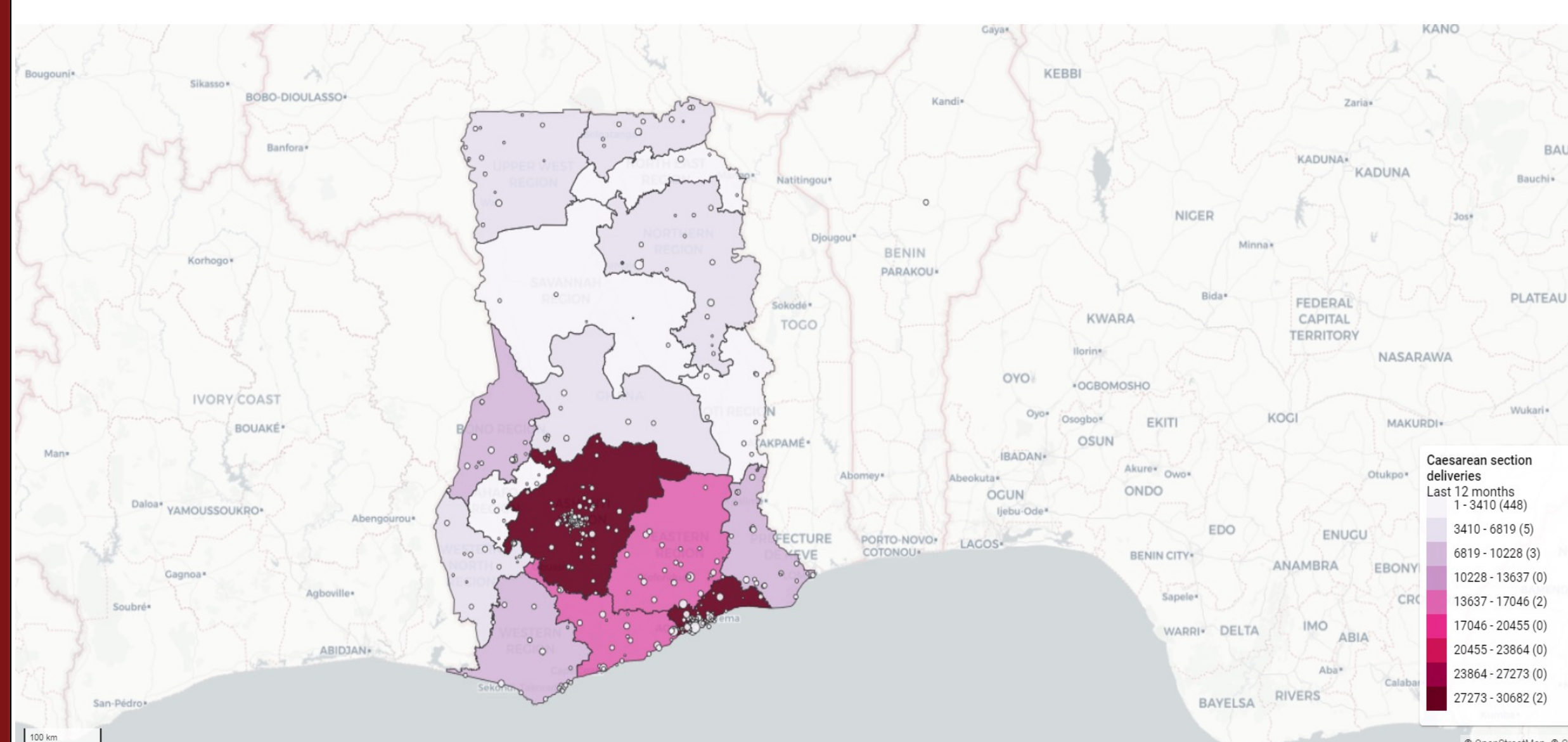
Methods

This report brings together a quantified stream of access to healthcare and provides qualitative work to get an understanding of the burden of the disease :

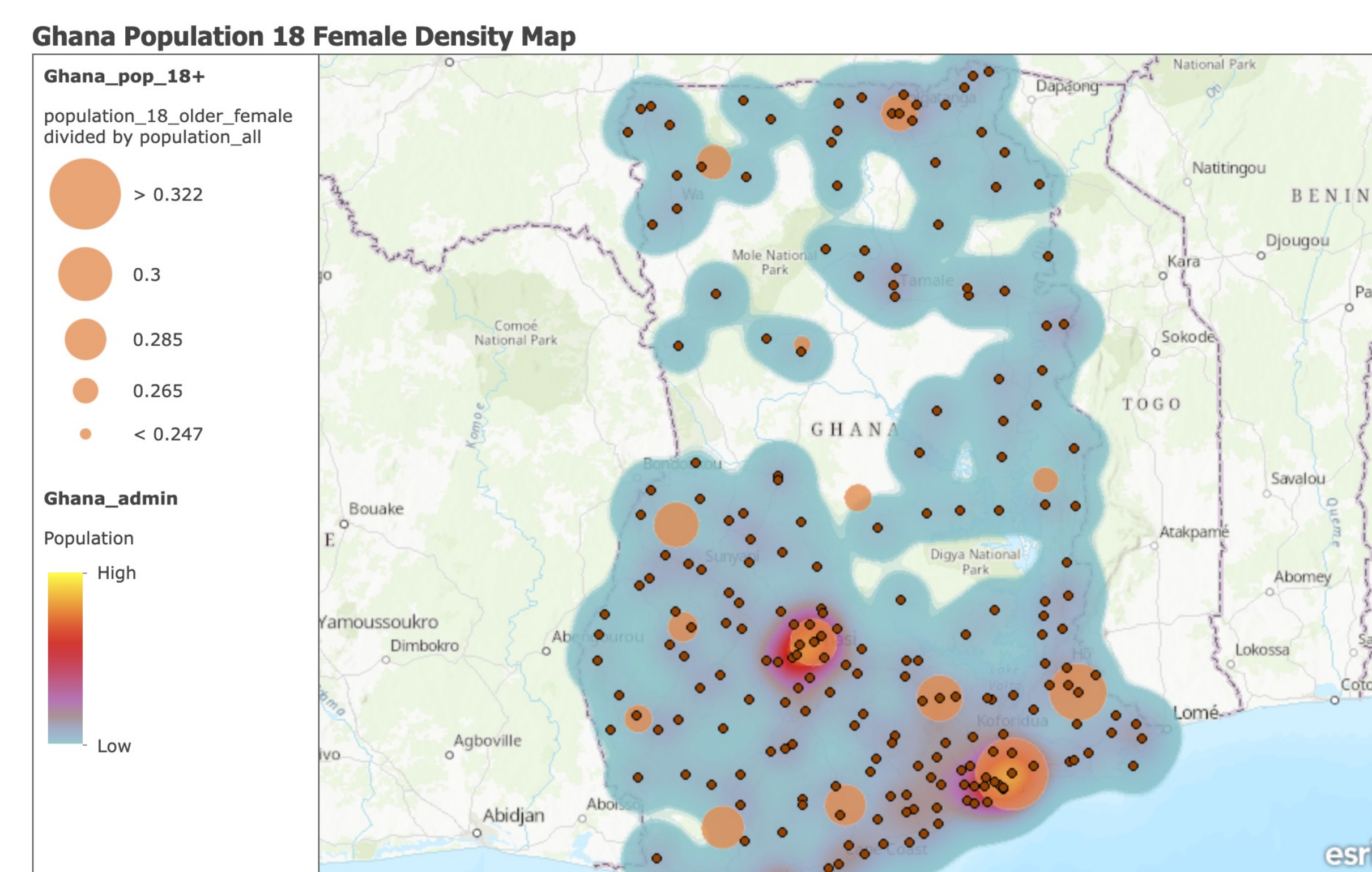
- We estimated the number of facilities with the capacity to provide care to women with Uterine Fibroids:
 - New data sources: census data (population data, household surveys), facility location data.
 - We estimated the number of facilities in Ghana with the capacity to perform surgeries were determined through the measure of cesarean section (CS) performed in each of the institutes. Those performing less than 10 CS were excluded.
- A heat map was created in order to determine the density of population throughout Ghana and compared to the density of women who are 18 years and older.
 - Evidence has established, age as a consistent risk factor for women. These studies have examined how early-menarche-to-post-menopausal women.
- Utilized a questionnaire to determine conduct interviews with women in order to get an understanding of Uterine Fibroids. Individual interviews and group interviews were done. Health education as provided to those who were not aware.
- Literature review to determine the pathway of Vitamin D and how a deficiency can lead to an increased risk of UF.

Findings

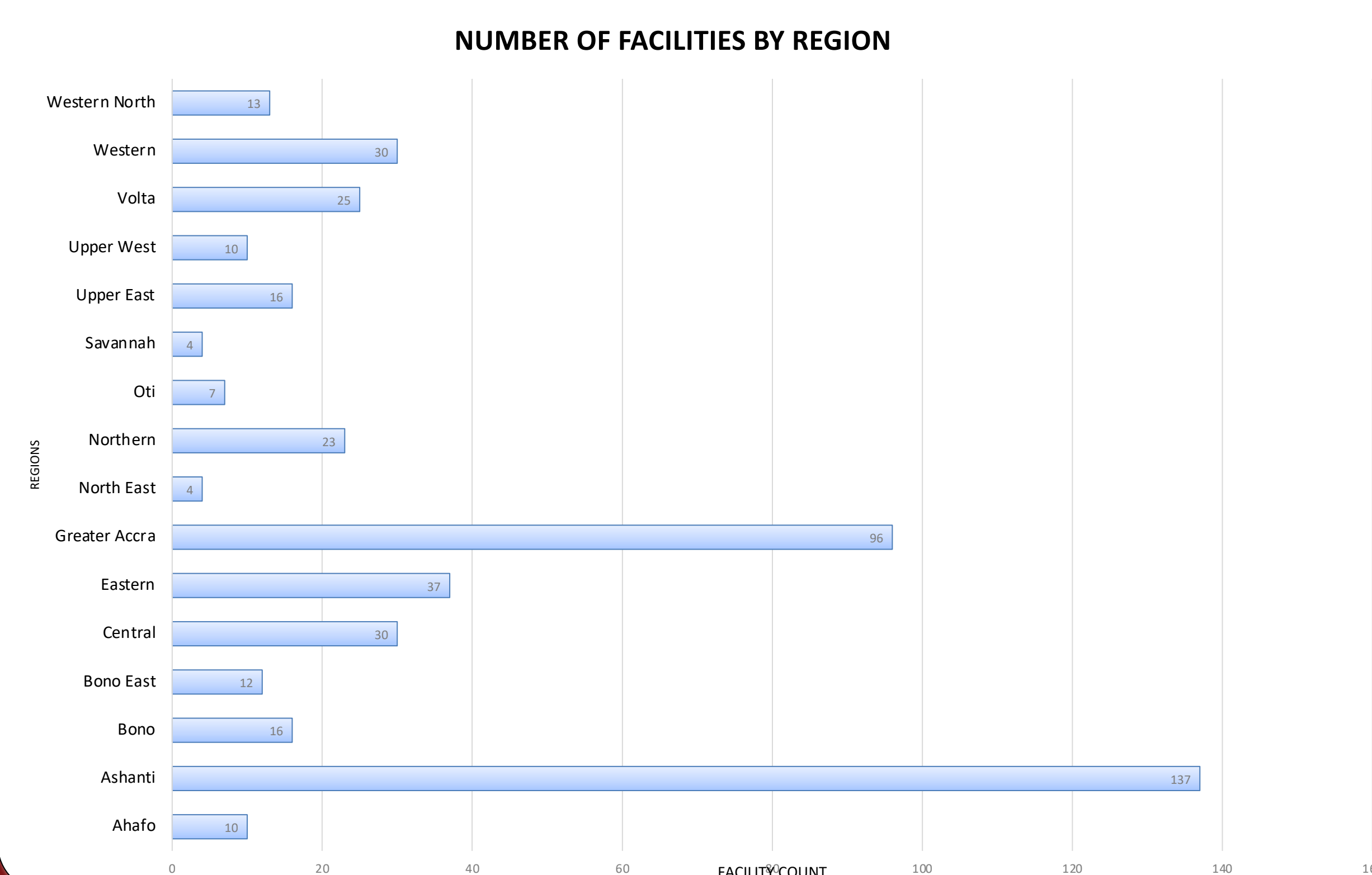
- Distribution of facilities with the capacity to provide surgical intervention to uterine fibroids.**



- Population density and comparison of women 18 years or older within the country of Ghana.**



- Estimated the number of facilities per region that have the capability to provide intervention to women.**



- Assessed the challenges of the disease amongst women. Interviewed women and a doctors .**

Age	Tribe	Highest Education	Occupation	Marital status	Fibroid Status
How did you know you have/had UF? (Select all that apply)	What are/were the symptoms ?	How long after your UF diagnosis did you first seek treatment?	How did you treat your UF?	Have UF affected your ability to have children?	How much have you spent/did you spend on fibroid treatment?
How many children do you have?	How old were you when you delivered your first child?	How old were you when you delivered your first child?	How old were you at first menses (early menarche)	Do you engage in any of these? (Smoke, drink alcohol, eat red meat, drink coffee)	Do you have any of these health problems? (Hypertension, diabetes, obesity)
Do you know of any family member with UF?	What did you know about Uterine Fibroids?	How has it impacted your Quality of Life?			

- Explored Vitamin D through a literature review as a potential alternative affordable treatment solution.**
- Analyzed policies in place for the protection of women's health. Sustainable Development Goals are in place to determine create global equity. National health policy and Ghana Universal Health Coverage strategized to create a healthier Ghana**

Policy Analysis		
Sustainable Development Goal	Target 3.7: Universal Access to sexual and reproductive care, family planning and education.	By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programs
Ghana universal health coverage	Objective II	Ghana defines UHC as: "All people of Ghana will have timely access to high quality health services irrespective of ability to pay at the point of use."
National Health policy	Strategies: 3.1.3 3.1.10	Objective II: "Reduce unnecessary maternal, adolescent and child deaths and disabilities <i>Strategy: Increase availability and use of appropriate health technology/ infrastructure Strengthen research to inform policy and management decision making</i>

SMART

- By July 30th, 2022 Conduct literature review of the impact of Uterine Fibroids amongst women of African Descent and examine the current management options.
- By August 18th, 2022 Assess the burden of disease on the health system and individual person by interviewing medical practitioners and women who have been impacted.
- By August 18th, 2022 Assess challenges of access to care and
- Create a collaboration between academic institute and foundation to further research and continue to connect healthcare workers with the foundation.

Key Recommendations

- Support data collection and intervention efforts within facilities.**
 - Investing in quality data management tools and efforts to support informed decision-making.
- Incorporating alternative interventions to treat Uterine Fibroids.**
 - Providing health education on how to identify signs and symptoms of uterine fibroids early-menarche-aged women.
 - Investing in research to provide alternative research
- Build partnerships between medical institutes , traditional doctors, faith-based institutes and community leaders.**
 - Access to quality care can be difficult and often unaffordable for women, so they often seek support from the spiritual/faith community for support. Collaborating with these entities will allow for unity and trust within the medical community

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Acknowledgments

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