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Apollo Womenâ??s Hospitals launches Centre of Excellence for fibroids in Chennai

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The Centre uses NESA MedTech technology for 3D fibroid mapping



Apollo Women’s Hospitals has announced the launch of its Centre of Excellence for Fibroids, strengthening access to specialised evaluation and individualised treatment for women living with the condition.

Building on the hospital's experience of managing approximately 20,000+ fibroid cases since inception, the Centre brings together specialist clinical expertise, advanced diagnostic capabilities and a range of treatment approaches to address the varied needs of women across different stages of life.

Uterine fibroids are non-cancerous growths that develop in or around the uterus. While some women may not experience symptoms, others may have heavy menstrual bleeding, pelvic discomfort, pressure-related symptoms or fertility concerns, which can affect their quality of life. These findings highlight the varied ways fibroids can affect women and reinforce the importance of assessing their size, number and location before determining an appropriate treatment approach.

At the Centre, assessment includes specialist clinical evaluation and diagnostic investigations such as ultrasound with Doppler and MRI with contrast, where clinically indicated. The Centre also uses NESA MedTech technology for 3D fibroid mapping, which converts two-dimensional ultrasound information into a three-dimensional model of the uterus. This enables doctors to visualise the location of fibroids and better understand the surrounding uterine anatomy, supporting clinical assessment and treatment planning.

Depending on individual clinical findings, treatment options may include observation and monitoring, medical management, uterus-preserving procedures or surgery. Laparoscopic and robotic-assisted approaches may also be considered where clinically appropriate. The Centre's clinical approach also considers the needs of women planning pregnancy and those approaching menopause. For women seeking to conceive, the location and characteristics of fibroids, along with their potential implications for reproductive health, form an important part of the assessment. For women in the perimenopausal stage, factors such as age, hormonal changes, symptoms and overall health are considered when determining the need for monitoring or treatment.