Improving laparoscopic myomectomy outcomes

Gina Hristina Spataru¹,², Madalina Piron¹,², Lucian Pop¹, Nicolae Bacalbasa²,³, Irina Balescu⁴, Ioan D. Suci⁵, Roxana Elena Bohiltea², Claudia Stoica⁶,⁷

¹“Alessandrescu-Rusescu” National Institute of Mother and Child Care, Bucharest, Romania
²Department of Obstetrics and Gynecology, “Carol Davila” University of Medicine and Pharmacy, Bucharest, Romania
³Department of Visceral Surgery, Center of Excellence in Translational Medicine, Fundeni Clinical Institute, Bucharest, Romania
⁴Department of Visceral Surgery, Ponderas Academic Hospital, Bucharest, Romania
⁵General Surgery Department, Floreasca Emergency Hospital, Bucharest, Romania
⁶Department of Anatomy, “Carol Davila” University of Medicine and Pharmacy, Bucharest, Romania
⁷Department of Surgery, Ilfov County Emergency Hospital, Bucharest, Romania

ABSTRACT

In the field of benign gynecology, laparoscopic myomectomy has clear advantages, although learning curve is longer. Our study aims to review the factors that improve the technique of laparoscopic myomectomies. For women with symptomatic fibroids who wish to maintain their fertility minimally invasive myomectomy is in most cases the best option. Therefore, laparoscopic approach is associated with shorter hospital stay, faster recovery, less postoperative pain, and reduced adhesion formation. Standardization of laparoscopic techniques could help to reduce the learning curve. The costs are higher compared with open myomectomy, but when we take into account the numerous advantages that laparoscopy has, including shorter operative time, less blood loss, shorter hospital stay and a more rapid recovery time, laparoscopy is more cost-efficient.

Keywords: myomectomy, laparoscopy, myoma

INTRODUCTION

Uterine fibroids are the most typical benign tumour of the female genital tract. They affect an important part of reproductive-aged women; although certain cases are asymptomatic, most patients diagnosed with uterine fibroids complain of heavy menstrual bleeding, pelvic pressure, and infertility. Meanwhile, it should not be omitted the fact that in most cases presenting this diagnostic the family plan is not completed, therefore the idea of hysterectomy is not acceptable. In this respect, myomectomy represents the most suitable surgical option in order to control or alleviate the symptoms and to offer fertility preservation. Traditionally, the method of choice was represented by open myomectomy; however, in the last decades the concept of minimally invasive surgery has gained significant popularity and acceptance in gynecology and therefore, it was successfully implemented in such cases.

THE ROLE OF LAPAROSCOPY IN TREATING UTERINE FIBROIDS

About one-third of women with uterine fibroids present severe symptoms and therefore will necessitate at a certain moment a surgical procedure in order to alleviate and control the symptoms [1,2].

Initially, laparoscopic myomectomy has been considered to be technically challenging, and occasionally the procedure needed to be completed by laparotomy [1]. One of the most important conditions for performing a successful laparoscopic myo-
Laparoscopic myomectomy can be technically challenging, and in certain cases laparotomy might be needed in order to complete the surgical procedure. Each physician should select his or her criteria for laparoscopic myomectomy based on his knowledge, skills and expertise [6]. Posterior intramural position, soft consistency which is related to gonadotropin releasing hormone agonist (GnRHα), dominant myoma’s size and its weight are factors influencing the outcome. Introduction of robot-assisted surgery may overcome the difficulties encountered in enucleation, extraction or suturing during conventional laparoscopic myomectomy [7]. Robotic surgery has the advantages of excellent image through a 3-dimensional view, a wrist-like movement of the robotic arms and better ergonomics [7-9].

According to Sleiman et al., that looked at numerous factors such as day of menstrual cycle, age and anthropometric features, it seems that body mass index significantly affects blood loss during laparoscopic myomectomy [9]. Meanwhile, other patient and surgeon related factors such as size, number of myomas and surgeon’s skills are linked to blood loss and operating time [6,8].

Removal of fibroids requires power and hand morcellation, but morcellation is still debatable due to the risk of spreading especially if features of leiomyosarcoma are present. Another consequence of morcellation is the development of parasitic leiomyoma. The Food and Drug Administration have greatly affected benign gynecology practice and survey data reflect a change in providers’ opinions of these trends. The authors of a study in the USA in 2018 [8] recommend urge great caution before recommending morcellation procedures for post-menopausal women and recommend endometrial biopsy in any woman over 35 years with irregular bleeding and presumed leiomyomas. The importance of considering leiomyosarcoma in imaging findings reporting a large vascular mass and/or necrosis is discussed. Closer a woman is toward her menopause, the doctor should advice for hysterectomy instead of myomectomy [7-12].

Although as fertility is the main purpose a myomectomy, a caveat has to made, regarding the risk of uterine rupture. Post myomectomy the risk is extremely low but appears to be higher after laparoscopy when compared to open approach [10].

**LITIGATION IN GYNECOLOGY**

Across the world, obstetrics and gynecology has a reputation of litigious specialization. Insurance company have different prices for obstetrics and gynecology doctors for their defence cover due to the high litigations costs [13]. In minimally invasive surgery these happens when an internal injury or a delay in recognizing a complication happen. Mean-
while, in laparoscopy, patient improvement should be by hours and not by days. A clean and detailed record in patient notes is most helpful [14,15].

**CONCLUSIONS**

Uterine leiomyoma can significantly influence the wellbeing as well as the reproductive capacity of women. Although medical treatment do exist (GnRh analogue) the best option in most cases is surgery, through a minimally invasive way.

As myomectomy can be unpredictable is clear that each minimally invasive surgery unit needs a standard protocol. This review makes it easier for doctors to learn and adopt in a rational way the procedure making it safer for both surgeons and patients. Is recommended urge great caution before recommending morcellation procedures for post-menopausal women and recommend endometrial biopsy in any woman over 35 years with irregular bleeding and presumed leiomyomas.

Economically the overall expense is higher for laparoscopic myomectomy than for open myomectomy; however, the laparoscopic approach has numerous advantages for patients, including shorter operative time, less blood loss, and a more rapid recovery time. All these criteria should be considered in choosing the best minimally invasive approach for myomectomy.

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**REFERENCES**