

What Uterine Fibroids Reveal About Heart Health

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STORY AT-A-GLANCE

- › Women with uterine fibroids face a significantly higher long-term risk of heart disease, meaning fibroids act as an early warning sign of deeper cardiovascular strain rather than a localized reproductive issue
- › The increased risk shows up early, often years before traditional heart disease symptoms appear, giving you a key window to address underlying metabolic and vascular stress
- › Fibroids are linked to chronic inflammation, impaired blood vessel function, and disrupted energy metabolism, all of which contribute to heart disease development over time
- › Addressing root causes such as low cellular energy, poor metabolic flexibility, and vascular stress helps reduce both fibroid progression and cardiovascular risk
- › Lifestyle strategies that support energy production, reduce inflammation, and improve circulation shift your body out of survival mode and lower long-term heart disease risk

Uterine fibroids are often treated as a localized gynecologic issue – something to monitor, manage, or remove. That framing overlooks a larger pattern. Fibroids tend to appear when deeper biological systems that govern growth, inflammation, and circulation begin to drift off balance. They're less an isolated problem and more a visible sign that the body is under systemic strain.

Many people are reassured that fibroids are common and noncancerous, especially during the reproductive years. That reassurance obscures what's actually happening beneath the surface. While fibroids themselves are benign, the conditions that allow

them to form often reflect ongoing metabolic and vascular stress. When tissue starts growing inappropriately, it signals that your body's mechanisms for regulating repair and energy use are no longer working efficiently.

This matters because those same systems protect your heart and blood vessels. Fibroids often appear years before classic warning signs of cardiovascular disease, such as chest pain or abnormal lab results. Long before symptoms surface, subtle changes in blood vessel function and inflammatory signaling could already be in motion. In that sense, fibroids act as an early biological signal rather than an isolated gynecologic finding.

Looking at fibroids through this broader lens changes how risk is understood. They stop being a localized condition and become a window into whole-body health. That shift opens the door to earlier awareness, smarter prevention, and a clearer understanding of how cardiovascular disease quietly develops long before it's ever diagnosed.

Fibroids Signal Long-Term Cardiovascular Risk, Not Just a Gynecologic Issue

A study published in the Journal of the American Heart Association examined more than 450,177 women diagnosed with uterine fibroids and compared them with over 2.2 million women without fibroids, using national insurance claims data collected between 2000 and 2022.¹ Researchers followed participants for up to 10 years, allowing them to observe long-term cardiovascular outcomes rather than short-lived changes.

Participants were premenopausal women ages 18 to 50. Researchers excluded anyone with prior cardiovascular disease at the start, allowing them to track new heart-related events over time. The goal was to determine whether fibroids signal a deeper, systemic health risk rather than a localized gynecologic condition.

- **Women with fibroids showed a sharply higher risk of heart disease early on, and that risk stayed elevated for years** — Within just one year of diagnosis, their likelihood of developing atherosclerotic cardiovascular disease was more than

twice that of women without fibroids. Over a full decade, the difference remained substantial, translating to an approximately 81% higher long-term risk overall.

By showing that cardiovascular risk rises soon after fibroid diagnosis and remains elevated for years, the research reframes fibroids as a warning sign rather than an isolated gynecologic issue. This sets the stage for understanding what biological mechanisms drive this connection and how those pathways affect the entire body.

- **The pattern held across nearly every cardiovascular outcome measured** – The study found higher rates of coronary artery disease, ischemic stroke, transient ischemic attack, and peripheral artery disease among women with fibroids.

These are conditions caused by narrowed or blocked blood vessels, often driven by inflammation and structural changes in vessel walls. The consistency across different vascular outcomes strengthens the conclusion that fibroids reflect widespread vascular stress rather than a localized uterine problem.

- **Younger women faced some of the highest relative risks** – Women under 40 showed the strongest relative increases in cardiovascular events compared with age-matched peers without fibroids. Younger women are often told they're "too young" to worry about [heart disease](#). The data shows the opposite: fibroids mark early cardiovascular strain long before traditional risk calculators raise concern.
- **The increased risk persisted even after accounting for common risk factors** – Researchers adjusted for obesity, diabetes, high blood pressure, smoking, and medication use, yet the elevated risk remained. This tells you the association is not explained away by lifestyle or known cardiometabolic diagnoses alone. Something deeper is happening beneath the surface.

A fibroid diagnosis is not only about managing bleeding or pain. It signals the need to pay attention to cardiovascular resilience, metabolic health, and inflammation early, while intervention can still change long-term outcomes.

- **Inflammation and vascular remodeling link fibroids and heart disease** — Fibroids and atherosclerosis share biological pathways, including chronic inflammation, smooth muscle cell overgrowth, and structural changes in blood vessels. Fibroids produce inflammatory signaling molecules that circulate through the body, placing constant stress on blood vessel walls and accelerating plaque formation.

Rather than being a localized reproductive issue, fibroids reflect a systemic environment that promotes vascular damage. This reframes fibroids as a visible sign of internal metabolic and inflammatory strain, long before heart disease becomes clinically obvious.

Steps That Reduce Cardiovascular Risk at the Root Level

The data makes one thing clear: fibroids are not a surface-level problem. They reflect deeper metabolic strain, vascular stress, and disrupted signaling inside your cells. The goal is not symptom control. The goal is restoring the internal environment that keeps tissues stable, resilient, and properly regulated. Everything below targets that foundation.

- 1. Restore cellular energy before targeting symptoms** — If you have fibroids, your cells are running under stress. That stress shows up as inflammation, abnormal tissue growth, and poor vascular tone. Restoring energy production comes first, because when cells have enough fuel, inflammation drops and repair pathways turn back on. That requires eating enough healthy carbohydrates to meet metabolic demand.

Chronic carb restriction pushes your body into a survival state that worsens vascular dysfunction and amplifies stress signals. Prioritize easily digested carbohydrates such as fruit, root vegetables, and well-cooked starches. When energy availability improves, your body stops interpreting its environment as a threat, and systems responsible for circulation, repair, and resilience begin to stabilize again.

2. Optimize vitamin D levels to protect blood vessels and tissue growth – Research shows that women with sufficient **vitamin D levels** have a lower risk of developing uterine fibroids.² Vitamin D plays a role in regulating cell growth, inflammation, and immune signaling inside blood vessels and smooth muscle tissue. When vitamin D is low, inflammatory signals rise and abnormal tissue growth becomes easier to trigger.

Maintaining adequate vitamin D helps keep cellular growth orderly and reduces the inflammatory environment linked to both fibroids and cardiovascular disease. Your skin is designed to make vitamin D from sunlight, but if you're still using vegetable oils, you're flooding your cells with **linoleic acid** (LA) – a polyunsaturated fat that oxidizes under ultraviolet light and damages your skin from within.

This buildup makes you more prone to sunburn and skin damage, especially during peak hours of 10 a.m. to 4 p.m. To reduce this risk, eliminate vegetable oils for at least six months before getting peak sun exposure. When sunlight isn't an option, supplement with vitamin D3 paired with **magnesium and vitamin K2**. These cofactors help your body absorb and direct vitamin D properly, while also reducing the dose you need to maintain healthy levels.³

3. Lower inflammatory load by eliminating vegetable oil – Fibroids are driven by inflammatory signaling more than **hormone levels** alone. Chronic inflammation stiffens blood vessels and disrupts normal tissue repair. The fastest way to lower that burden is by removing inflammatory inputs that constantly irritate your system.

Vegetable oils, common in ultraprocessed foods, push inflammation higher and interfere with cellular energy production by damaging **mitochondrial function**. Replacing them with stable fats like grass fed butter, ghee, and tallow helps calm inflammatory signaling and supports mitochondrial health. When inflammation drops, the environment that allows fibroids to grow weakens.

4. Protect vascular health through consistent movement – The study showed that cardiovascular risk rises early in women with fibroids, which signals that blood vessels are under stress long before symptoms appear. One of the most effective ways to protect vascular health is through regular physical activity, which improves how blood vessels respond to energy demand and inflammation.

Movement improves **insulin sensitivity**, increases nitric oxide availability, and helps arteries stay flexible instead of stiff. These effects reduce vascular strain and support healthier blood flow throughout your body. Exercise doesn't need to be intense to be effective. **Walking** is one of the most powerful tools available because it improves circulation without triggering stress responses. If you're new to movement, walking consistently is enough to restore metabolic rhythm.

If your body tolerates more, cycling, swimming, or strength training further strengthen vascular function and metabolic resilience. The key is consistency, not intensity. Regular movement tells your body it's safe to invest in repair rather than remain in a defensive state. Over time, this shift supports healthier arteries, steadier energy, and lower cardiovascular risk.

5. Reduce stress signals that drive inflammatory overdrive – **Chronic stress** pushes your body into adrenaline dominance, which worsens inflammation and disrupts circulation. If you feel wired, tense, or exhausted at the same time, your nervous system is signaling overload. Daily grounding habits matter. Consistent sleep timing, morning light exposure, and proper breathing help shift your body out of survival mode. This lowers inflammatory signaling and supports healthy vascular function.

Remember, a fibroid diagnosis is feedback. It tells you your system has been compensating for too long. When you restore energy production, lower inflammation, and support vascular health, you change the conditions that allowed fibroids to develop in the first place. This approach moves you away from chasing symptoms and toward rebuilding resilience. When your internal environment stabilizes, tissue behavior changes, and long-term risk drops with it.

FAQs About Uterine Fibroids and Heart Disease

Q: Why are uterine fibroids now being linked to heart disease?

A: Research shows that fibroids are associated with long-term changes in vascular health, not just reproductive tissue. Women with fibroids have higher rates of heart disease, stroke, and other vascular conditions, suggesting fibroids reflect deeper metabolic and inflammatory stress affecting the entire cardiovascular system.

Q: Does having fibroids mean I will develop heart disease?

A: No, but it does mean your risk is higher than someone without fibroids. Fibroids act as an early warning signal that your blood vessels and metabolic systems are already under strain. Addressing those underlying issues early helps significantly lower future risk.

Q: Why does inflammation play such a big role in fibroids and heart disease?

A: Inflammation disrupts how blood vessels function and promotes abnormal tissue growth. Fibroids and cardiovascular disease share these inflammatory pathways, which is why both conditions often appear together. Reducing inflammation helps stabilize both uterine and vascular health.

Q: How does movement and lifestyle change reduce risk?

A: Regular movement improves blood flow, insulin sensitivity, and vascular flexibility. Combined with stable energy intake and reduced inflammatory foods, this helps restore normal cellular function. Over time, these changes reduce stress on blood vessels and lower long-term cardiovascular risk.

Q: What is the most important takeaway if I have fibroids?

A: Fibroids are not just a reproductive issue. They're a signal that your body is under metabolic and vascular stress. Addressing energy balance, inflammation, and circulation early gives you the opportunity to reduce future heart disease risk and restore long-term resilience.

Sources and References

- ¹ [Journal of the American Heart Association December 10, 2025](#)
- ² [Fertility and Sterility December 2022 Volume 118, Issue 6, P1127-1136](#)
- ³ [GrassrootsHealth March 10, 2020](#)