Endometriosis is a common condition where tissue that behaves like the lining of the womb (endometrium) is found in other parts of the body. It can appear in many different places, including the ovaries, fallopian tubes, inside the abdomen, and in or around the bladder or bowel.

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WHAT ARE THE MAIN SYMPTOMS?
The symptoms of endometriosis can vary. While some women might not have any complaint, others may have mild to severe symptoms.

The main symptoms of endometriosis are:
- Pain in lower abdomen or back (pelvic pain) – which is usually worse during menstrual period.
- Pain during or after sexual intercourse.
- Pain when urinating or when moving bowels during menstrual period.
- Feeling sick, constipation, diarrhoea, or blood in urine or stools during menstrual period.
- Difficulty getting pregnant.¹
- Feelings of anxiety and depression often accompany the other symptoms.
- Inability to perform normal daily activities due to severe pain.

If you have one or more of the above symptoms, consult your gynecologist or healthcare specialist.

HOW IS ENDO METRIOSIS DIAGNOSED?
You will be asked about your symptoms and may undergo an abdominal, vaginal and rectal examination.

Further tests may include:
- Ultrasound scan.
- MRI scan.
- Diagnostic laparoscopy where a small tube with a camera are inserted through a small incision in the abdominal skin to investigate any endometriosis tissue.

HOW IS ENDO METRIOSIS MANAGED?
Your doctor will recommend one or more of the following options depending on your condition.

Management options include:
- Painkillers – such as ibuprofen and paracetamol.
- Hormones and contraceptives with an aim to stop your menses.
- Surgery to remove the endometriotic lesions on the organs affected. If you have no desire of getting pregnant, your doctor might recommend a hysterectomy which is the removal of the uterus. In both cases minimally invasive or keyhole surgery is the preferred option.
- If you are having difficulty getting pregnant because of endometriosis, IVF treatment (in-vitro fertilization) is often the best option.