

Endometriosis

A common cause of pain and infertility



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.²



What are the main symptoms?¹

- Pain in lower abdomen or back (pelvic pain) - which is usually worse during menstrual period.
- Pain during or after sex.
- 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.
- 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 endometriosis diagnosed?

Endometriosis is diagnosed via:

- Ultrasound scan.
- MRI scan.
- If the results of the imaging tests appear negative, a diagnostic laparoscopy where a small diameter rigid camera is inserted through a small incision in the abdominal skin to investigate any endometriosis tissue.



How is endometriosis managed?

Management options include:

- Painkillers - such as ibuprofen and paracetamol.²
Or
- Hormones and contraceptives with an aim to stop your menstruation.²
Or
- 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.²
Or
- If you are having difficulty getting pregnant because of endometriosis, IVF treatment (in-vitro fertilization) is often the best option.²



1 in 10 women²

of child bearing age has endometriosis. Endometriosis can cause infertility and/or pain which can be severe in a significant portion of patients.³

This information is designed to help you learn more about endometriosis. It is intended to provide you with helpful information but is for information purposes only, is not medical advice and should not be used as an alternative to speaking with your doctor. Be sure to discuss questions specific to your health and treatments with a healthcare professional. For more information please speak to your healthcare professional.

1. <https://www.nhs.uk/conditions/endometriosis>

2. Rogers PAW et al. Priorities for Endometriosis Research: Recommendations From an International Consensus Workshop. *Reprod Sci* 2009;16:335-346. <http://journals.sagepub.com/doi/pdf/10.1177/1933719108330568>

3. Simoens S, Dunselman G, Dirksen C, Hummelshoj L, Bokor A, Brandes I, et al. The burden of endometriosis: costs and quality of life of women with endometriosis and treated in referral centres. *Hum Reprod*. 2012;27(5):1292-9. Epub 2012/03/17. PMID:22422778.