

Key Facts Endometriosis impacts approximately 10%

- (190 million) of women and girls of reproductive age worldwide. This chronic condition is characterised by
- debilitating pain during menstruation, bowel movements, and/or urination, as well as chronic pelvic pain, abdominal bloating, nausea, fatique, and in some cases. depression, anxiety, and infertility.
- endometriosis, and treatment primarily focuses on symptom management. Access to early diagnosis and effective treatment is crucial, yet remains limited in many

Currently, there is no known cure for

areas, particularly in low and middle-income countries.

WHAT IS ENDOMETRIOSIS? Endometriosis is a chronic condition where tissue similar to the lining of the uterus (the

endometrium) grows outside of the uterus. This tissue can implant on the ovaries, fallopian tubes, the outer surface of the uterus, or other

organs within the pelvis. Unlike the normal endometrial tissue, which sheds during a woman's menstrual cycle, the tissue outside the uterus doesn't have a way

to exit the body, leading to inflammation, scarring, and adhesions.

Common Symptoms of Endometriosis



Those experiencing symptoms may not be aware that they have the condition. **Symptoms** occur when patches of endometriosis break down and bleed during your period but are unable to leave the body. Patients may experience various symptoms

Endometriosis symptoms can vary widely and are often diverse, making it challenging

for healthcare professionals to diagnose.

during their period, such as: **Causes and Risk Factors**

menstruation Fatigue or low energy

Diarrhoea or constipation during

Painful menstrual cramps that can

radiate to the abdomen (stomach) or

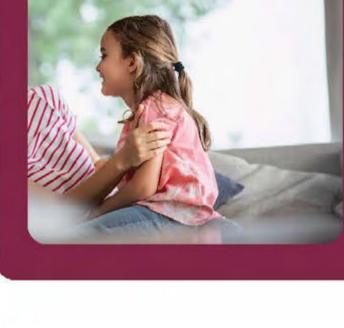
lower back

- Painful urination or bowel movements
- Spotting or bleeding between periods

While the exact cause of endometriosis is Immune system disorders

exist, including:

not fully understood, several theories



tissue growing outside the uterus.

Genetics A family history of endometriosis can increase the risk of developing the condition.

A weakened immune system might not be

able to recognise and destroy endometrial-like

Retrograde menstruation

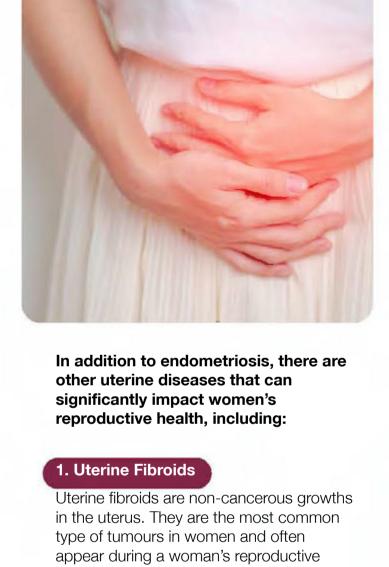
Menstrual blood flows backward through the fallopian tubes into the pelvic cavity instead of exiting the body.

Environmental factors Certain environmental toxins may contribute

to the development of endometriosis.

Uterine Diseases:

A Broader Look



years. While many women with fibroids experience no symptoms, some may suffer

Fibroids can range in size from very small to large masses that distort the shape of the uterus. The exact cause of fibroids is unknown, but genetics, hormones

(particularly oestrogen and progesterone),

and lifestyle factors may play a role.

 Heavy menstrual bleeding. Frequent urination or difficulty emptying the bladder. Back or leg pain.

Symptoms include: Irregular menstrual periods or bleeding between periods.

2. Uterine Polyps

• Heavy or prolonged periods. Difficulty conceiving. 3. Uterine Cancer

Uterine polyps are growths in the lining of

the uterus that can cause abnormal bleeding. They are often benign but may

lead to infertility in some women.

- Uterine cancer, or endometrial cancer, is one of the most common cancers of the
- reproductive organs. It usually affects postmenopausal women, but certain risk factors, such as obesity, hormone therapy,

or a family history of cancer, can increase the likelihood of developing this disease.

 Abnormal vaginal bleeding. Pelvic pain or discomfort. Unexplained weight loss.

Early detection is crucial for successful

exams are recommended to monitor any

treatment, and regular gynaecological

Symptoms include:

changes in uterine health.



Diagnosis: Doctors may suspect endometriosis based on patient medical history or physical exam and may use the following methods to diagnose the condition: • Pelvic exams to check for abnormalities. Ultrasounds or MRI to visualise cysts, fibroids, or endometriosis lesions. Laparoscopy (a minimally invasive surgery) to confirm endometriosis by viewing the inside of the abdomen.

Treatment Options:

ibuprofen).

symptoms.

1. Medications

help manage symptoms and improve quality of life:

Diagnosis and Treatment of

Endometriosis and Uterine Disease

While there is no cure for endometriosis or most uterine diseases, several treatment options can

- 3. Lifestyle Changes and
- Acupuncture, physical therapy, and certain dietary supplements may provide relief for some women.

 A healthy diet, exercise, and stress management can help alleviate some

Pain relievers such as NSAIDs (e.g.,

and slow endometrial tissue growth.

• Hormonal therapies like birth control, IUDs,

or GnRH agonists to reduce oestrogen levels

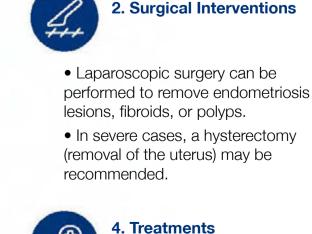
Complementary Therapies

For women struggling with infertility due

to endometriosis or fibroids, options like

IVF or other assisted reproductive technologies may be discussed.

Living with



Endometriosis and Uterine Disease Living with endometriosis or uterine diseases can be challenging, but it's important to

remember that you are not alone. Connecting with support groups, speaking to healthcare professionals who understand your condition, and having a tailored treatment plan can help

manage symptoms and maintain a good quality of life. Early diagnosis and personalised treatment are essential for managing these conditions and improving your well-being.