

Endometriosis

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Endometriosis is a condition in which cells that normally grow in your uterus, grows in other parts of your body, especially in other parts of your reproductive system (fallopian tubes & ovaries).

Symptoms

The main symptoms of endometriosis are:

- Pelvic pain (especially during menstruation) – Can be mild or extremely severe
- Infertility
- Pain during sexual intercourse
- Urinary urgency, frequency and pain during urination
- Diarrhea or constipation
- Chronic fatigue & Headaches
- Nausea and vomiting
- Low-grade fevers
- Heavy and/or irregular periods

Cause

The cause of endometriosis is not entirely clear. It can however be related to genetics and a family history of endometriosis. A lack of exercise and the consumption of large amounts of alcohol can also be related to the formation of endometriosis. Endometriosis rarely result in death.

Diagnosis

Although one might think that you have cancer, the abnormal endometrial growth is not cancer. Endometriosis is usually diagnosed with a combination of characteristic symptoms and medical imaging. A biopsy or surgical exploration can also be done. Other causes of similar symptoms, such as PID (See page 68-69), should however be excluded before a diagnosis of endometriosis can be made.

Treatment

Endometriosis is a chronic disease. There is no cure for endometriosis. Treatment can however improve some of the symptoms. This include pain medication, fertility treatment, hormonal therapy and surgery. These can al be prescribed by a doctor.

