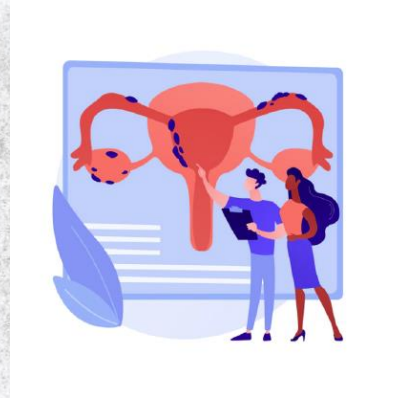


## Endometriosis



Endometriosis is a condition where tissue similar to the lining of the womb starts to grow in other places.

It's a long-term condition that can have a significant impact on everyday life activities, but there are treatments that can help.

### Symptoms:

- Painful menstrual cramps.
- Abdominal pain or back pain during your period or in between periods.
- Pain during sex.
- Heavy bleeding during periods or spotting (light bleeding) between periods.
- Infertility (difficulty becoming pregnant).
- Painful bowel movements.





## **When you should visit the doctor:**

You should visit the doctor if you have signs and symptoms that may indicate endometriosis.

## **Causes:**

The main cause of endometriosis is still unknown. When you have endometriosis, tissue similar to the lining of your uterus grows in the wrong places. When it develops in places like the outside of your uterus, fallopian tubes, ovaries, intestine and within your pelvic cavity, it can cause painful symptoms. This pain is related to increased inflammation and often fibrosis and adhesions.

When endometrial-like tissue grows outside of your uterus, it can cause scar tissue (adhesions). These sections of scar tissue can fuse your organs creating connections between them that normally wouldn't be there. This can lead to discomfort and pain.

## **Complications:**

One of the main complications of endometriosis is difficulty getting pregnant or not being able to get pregnant at all.





## Diagnosis:

- An endometriosis diagnosis will start with the symptoms. Painful and heavy periods might cause you to reach out to your doctor.
- The doctor may do a [pelvic exam](#).
- If the healthcare provider needs more information, they'll likely perform pelvic imaging starting with an ultrasound.
- Depending on the symptoms, physical exam and ultrasound results, an MRI may also be ordered for further endometriosis mapping.

## Treatment:

- Painkillers
- Hormone medicines and contraceptives : including the [combined pill](#), the [contraceptive patch](#), an [intrauterine system](#), and medicines called gonadotrophin-releasing hormone analogues
- Surgery to cut away patches of endometriosis tissue
- An operation to remove part or all of the organs affected by endometriosis: such as surgery to remove the womb ([hysterectomy](#))

