



Adenomyosis:

Adenomyosis is a condition of the female reproductive system. It causes the uterus to thicken and enlarge.

Endometrial tissue lines the inside of the uterine wall (endometrium) it happens when this tissue grows into the myometrium, the outer muscular walls of the uterus. This extra tissue can cause the uterus to double or triple in size and lead to abnormal uterine bleeding and painful periods.

Symptoms:

Some women don't experience anything; however, some women experience the following symptoms:

- Painful menstrual cramps (dysmenorrhea).
- Heavy menstrual bleeding (menorrhagia).
- Abnormal menstruation.
- Pelvic pain.
- Painful intercourse (dyspareunia).
- Infertility.
- Enlarged uterus.



When you should see the doctor:

You should visit the doctor if you have long, heavy bleeding or severe cramping during your periods that interferes with your regular activities.

Causes:

Experts don't know why some people develop adenomyosis. The condition is more common in women who have had children.

Risk factors:

Risk factors for adenomyosis include:

- Prior uterine surgery, such as C-section, fibroid removal, or dilatation and curettage (D&C)
- Childbirth
- Middle age

Complications:

Heavy menstrual bleeding from adenomyosis increases the risk of anemia. Anemia occurs when the body doesn't have enough iron-rich red blood cells.

Treatments:

Adenomyosis often goes away after menopause, so treatment depends on how close you are to that stage of life.

- Anti-inflammatory drugs.
- Hormone medications.
- Hysterectomy: If your pain is severe and no other treatments have worked, your doctor might suggest surgery to remove your uterus.



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