**Feature Ideas from Articles**

**Abdominal MRI:**

Research shows that endometriosis can be seen in imaging of the abdominal cavity, specifically in images of the bladder (and other parts of the urinary system), uterus, cervix and adnexa (ovaries, fallopian tubes etc.).

Research: Endometriosis: Part I. Basic concept  
PMID: 36427994

**Pain Levels:**

One of the most recognizable symptoms of endometriosis is reported to be unusually painful periods, and pelvic pain in general. The stated research shows that 45% of patients with chronic pelvic pain also have endometriosis.

Research:

Endometriosis still a challenge  
PMID: 25408753

Diagnosis and Management of Endometriosis  
PMID: 16939179

**Fertility Issues:**

Research shows that 30% of patients with infertility have endometriosis, and the two are believed to be connected, meaning endometriosis might cause fertility issues in some of the patients, depending on the severity (stage) of the endometriosis.

Research: Endometriosis still a challenge  
PMID: 25408753

**Menstrual and reproductive history:**

In most patients with endometriosis, we can see an abnormal menstrual bleeding pattern, whether its in amount (excessive bleeding for a longer duration than usual, meaning the menstrual cycle is shorter than 27 days) or in irregularity.

Moreover, the age in which a patient starts menstruating seems to have a connection to endometriosis. Patients that started menstruating before the age of 12 have a higher risk of endometriosis.

It was also shown that pregnancy and breastfeeding can lower the risk of endometriosis.

Research:

Endometriosis: Part I. Basic concept  
PMID: 36427994

Diagnosis and management of endometriosis  
PMID: 16939179

Endometriosis  
PMID: 30026507  
<https://www.nature.com/articles/s41572-018-0008-5>

**BMI, body weight and body fat:**

Studies show that endometriosis is associated with lower BMI. Moreover, it was found that obese patients have a lower risk of endometriosis. An inverse association between body fat distribution (waist-to-hip ratio) and endometriosis was also found.

Research:

What is the link between endometriosis and adiposity?  
PMID: 35081675

Diagnosis and Management of Endometriosis  
https://www.aafp.org/pubs/afp/issues/2006/0815/p594.html#afp20060815p594-b11

Endometriosis  
PMID: 30026507  
<https://www.nature.com/articles/s41572-018-0008-5>

**Diet:**

* More red meat -> greater risk of endometriosis
* Higher fruit consumption -> greater risk of endometriosis
* More long-chain omega 3 fatty acids -> lower risk of endometriosis
* More trans-unsaturated fats -> greater risk of endometriosis

Research: Endometriosis  
PMID: 30026507  
<https://www.nature.com/articles/s41572-018-0008-5>

**IBS:**

“The odds of irritable bowel syndrome were approximately 3 times higher among patients with endometriosis compared with healthy controls (odds ratio 2.97; 95% confidence interval, 2.17 – 4.06).”

Research: Endometriosis and irritable bowel syndrome: A systematic review and meta-analyses

PMID: 35957857  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9357916/>

**Cancer:**

“Endometriosis can increase the risk of endometrial cancer and breast cancer, and women with endometriosis are recommended to receive routine screening in long-term management.”

Research: The association between endometriosis and risk of endometrial cancer and breast cancer: a meta-analysis

PMID: 36401252  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9673303/>

**Genetics (SNP)**: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3527416/>

<https://www.cell.com/cell/fulltext/S0092-8674(21)00576-6?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS0092867421005766%3Fshowall%3Dtrue> PMID: 34048704

MicroRNA: <https://www.ajog.org/article/S0002-9378(20)30321-5/fulltext>