

Endometriosis

- A painful disorder where tissue similar to the lining inside the uterus (the endometrium) grows outside the uterus.
- Commonly involves the ovaries, fallopian tubes, and the tissue lining the pelvis.
- Can cause significant pain and lead to fertility problems.

Early Signs and Symptoms

- Painful periods (dysmenorrhea)
- Pelvic Pain: Often associated with menstrual periods, but can occur at other times.
- Pain with bowel movements or urination
- Excessive bleeding
- Infertility
- Fatigue, diarrhea, constipation, bloating, and nausea, especially during menstrual periods

What Should Be Done for Cure.....

- Pain relief through over-the-counter pain medications
- Hormone therapy to reduce or eliminate menstruation
- Conservative surgery to remove endometrial growths
- Fertility treatment for those trying to conceive
- Hysterectomy in severe cases
- Regular follow-ups with a healthcare provider
- Psychological support for coping with chronic pain

Prevention and Lifestyle Tips....

- There is no known way to prevent endometriosis, but symptoms can be managed by:
- Maintaining a healthy diet and regular exercise
- Using over-the-counter pain relief during menstrual periods
- Hormonal contraceptives to control menstrual cycles and reduce symptoms
- Seeking early treatment to manage symptoms effectively



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The background features a light pink color with various decorative elements. In the top right, there are pink floral sprigs. On the left, there are silhouettes of three women in different colors (orange, black, and red) surrounded by green leaves and pink flowers. At the bottom left, there are concentric semi-circular lines in shades of pink and orange. At the bottom right, there is a dark green circle with a yellow plant sprig. Three black four-pointed stars are arranged vertically on the right side.

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