

WHAT MEDICATIONS ARE USED TO TREAT ENDOMETRIOSIS?



Simple pain relievers
Paracetamol and non-steroidal (Naprosyn or Ponstan) can help relieve your pain.

Oral contraceptive pill
Contraceptive medication can stop ovulation to reduce oestrogen level. This can help settle the endometriosis but will not make endometriosis disappear.



Mirena
An intrauterine system which releases progesterone like hormone to reduce the pain and makes periods lighter.



Progesterone hormones
Dienogest is a progesterone-only hormone that has been shown to reduce the growth of endometriosis.

GnRH-agonists
Zoladex can switch off the release of reproductive hormones. The side effect is menopausal symptoms in which women may find unpleasant.



OTHER OPTIONS

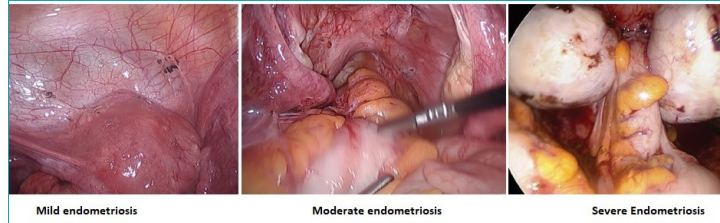
Some women may find the following therapies help to reduce pain and improve their quality of life

Pelvic floor Exercise Psychological counselling Diet (low FODMAP)



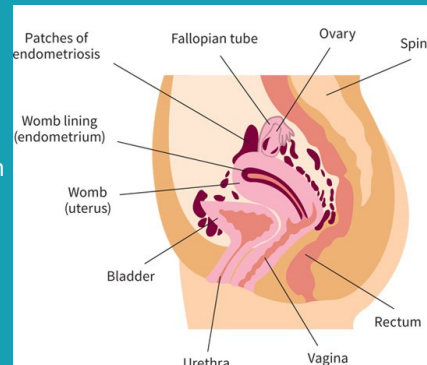
WHAT IS ENDOMETRIOSIS?

A condition where tissue-like endometrium (inner lining of the womb) is found elsewhere, usually in the pelvis. It affects 1 in 10 women and can have a significant impact on physical health, emotional well-being and daily routine.



WHERE DOES ENDOMETRIOSIS OCCUR?

- Ovaries (endometrioma "chocolate cyst")
- Peritoneum (lining of pelvis)
- Fallopian tubes
- Area between vagina and rectum
- Bowel / bladder (uncommon)
- Other – lung, diaphragm (rare)



WHAT ARE SYMPTOMS OF ENDOMETRIOSIS?

Symptoms can vary but may not be any symptoms at all. The main symptoms are:

1. Pain – Pelvic pain, painful periods and painful sex are common
2. Bladder and bowel issues – constipation, bloating or diarrhoea and increasing pain to urinate.
3. Infertility – 30% has trouble getting pregnant.

HOW DOES ENDOMETRIOSIS CAUSE PROBLEMS?

Endometriosis growth depends on oestrogen. It grows and bleeds like the uterine lining does during menstrual cycle. Surrounding tissue can become inflamed, irritated and scarred which can cause pain. The scar tissue (adhesion) can cause pelvic organs to stick together.

HOW IS ENDOMETRIOSIS DIAGNOSED?



Ultrasound can help to diagnose an endometriotic cyst in the ovaries or may suggest endometriosis between vagina and rectum.

Laparoscopy is the only way to get a definite diagnosis. This is a surgical procedure by using a small telescope inserted through umbilicus (belly button) to look at the pelvic organs.

HOW IS ENDOMETRIOSIS TREATED?

Treatment for endometriosis depends on your symptoms, the extent of the disease and your desire to have children.

WHAT IS THE LINK BETWEEN INFERTILITY AND ENDOMETRIOSIS?

Women with endometriosis can have children without difficulty. However, getting pregnant can be a problem. Surgical treatment is more appropriate as hormonal treatment is not recommended.