



Endometriosis and Infertility

WHAT IS ENDOMETRIOSIS?

- A highly damaging disease of the female reproductive system.¹
- Occurs when the endometrial cells implants in areas outside of the uterus.¹
- Implants become inflamed resulting in symptoms.¹
- Endometriosis can cause daily pelvic pain, painful periods, and pain during bowel movements or sex.⁶
- Endometriosis is the third leading cause of gynecologic hospitalization in the United States. This disease impacts both a woman's physical and mental well-being.⁵

WHO HAS ENDOMETRIOSIS?

- Women and girls of childbearing age are affected by endometriosis.¹
- Approximately *1 out of every 10* women of childbearing age live with endometriosis in the United States.⁵
- 176 million women worldwide live with endometriosis.⁴

HOW DOES ENDOMETRIOSIS AFFECT INFERTILITY?

- **Studies show that 30-50% of women who have endometriosis may experience some infertility.**³
- **Endometriosis can impair or block the fallopian tubes and decrease ovarian reserve, impending pregnancy.**³
- **Endometriosis can also change or inflame the pelvic structures making it harder for fertilized eggs to implant.**³

HOW DO I KNOW IF ENDOMETRIOSIS WILL AFFECT MY INFERTILITY?

- The extent of your endometriosis will determine how much it affects your fertility.³
- Mild endometriosis can be managed by birth control pills and laparoscopic surgery. Early treatment reduces chances of infertility.²
- More severe stages of endometriosis may impede pregnancy and require IVF treatment to become pregnant.³

IF I GET PREGNANT, WILL THAT CURE MY ENDOMETRIOSIS?

- No, getting pregnant does not cure endometriosis. There is no cure for endometriosis.⁴
- Endometriosis is an estrogen dependent disease, so the reduction of estrogen during pregnancy can alleviate the symptoms until the pregnancy and/or breastfeeding are concluded.³

HOW CAN I TREAT ENDOMETRIOSIS?

- Over the counter pain meds such as NSAIDs or Tylenol can help. Your doctor can also prescribe something stronger.⁵
- Birth control pills can help to alleviate symptoms by bringing your hormones into balance.⁵



- *Laparoscopic excision surgery* spares the reproductive organs and is considered the best treatment option for endometriosis. By removing the scar tissue and lesions you temporarily alleviate the pain.⁶
- Using laparoscopic excision surgery in conjunction with hormone treatment is effective in managing pain symptoms.⁵
- Changes in diet and increased exercise can help control symptoms.⁴
- Alternative therapies such as acupuncture or herbal teas can be effective in some instances.⁴

REFERENCES

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