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.\(^5\)

For more resources and information on endometriosis call (212) 430-0371 or visit www.endofound.org
• 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.  
• Using laparoscopic excision surgery in conjunction with hormone treatment is effective in managing pain symptoms.  
• Changes in diet and increased exercise can help control symptoms.
• Alternative therapies such as acupuncture or herbal teas can be effective in some instances.

REFERENCES