

Endometriosis and Pain Management

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.⁵
- 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.⁴

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.⁴
- 176 million women worldwide live with endometriosis.³

HOW DO I MANAGE THE PAIN ASSOCIATED WITH ENDOMETRIOSIS?

- Endometriosis can cause pain because there may be tissue from the endometriosis on different organs within and outside of the pelvic cavity, which includes the ovaries, bladder, behind the uterus, and bowel. ⁵
- Over the counter pain meds such as NSAIDs or Tylenol can help. Your doctor can also prescribe something stronger. ⁴
- Birth control pills can help to alleviate symptoms by bringing your hormones into balance. ⁴
- *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.⁵
- Using laparoscopic excision surgery in conjunction with hormone treatment is effective in managing pain symptoms. ⁴
- Changes in diet and increased exercise can help control symptoms. ³
- Alternative therapies such as acupuncture or herbal teas can be effective in some instances.³

REFERENCES

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