

Endometriosis and Teens

WHAT IS ENDOMETRIOSIS?

- When a woman has endometriosis, tissue that looks and acts like the lining of the uterus starts growing in places besides the inside of the uterus.¹
- The most common locations for these growths are the outside surface of the uterus, fallopian tubes, ovaries, intestines, bladder and pelvic cavity.¹
- Endometriosis can cause daily pelvic pain, painful periods, and pain during bowel movements or sex.⁷ It is important to see a doctor right away if you notice these symptoms.¹

WHO HAS ENDOMETRIOSIS?

- 176 million women worldwide, including teen girls live with endometriosis.⁵
- Approximately *1 out of every 10* women of childbearing age live with endometriosis in the United States.⁶
- Girls whose mothers or close family members have endometriosis are 5-7 times more likely to have endometriosis.⁶

HOW DO I KNOW IF I HAVE ENDOMETRIOSIS?

- Endometriosis is not always diagnosed right away in teens because their doctors assume that their painful periods are a normal part of menstruating, or that their abdominal pain is due to another problem.¹
- Girls may miss multiple days of school, sports and social activities during and around the time of her period.⁵
- Excessive pain that limits activity isn't normal and should always be taken seriously.¹

HOW CAN I TREAT ENDOMETRIOSIS?

- Diagnosis isn't always easy. In addition to doing a physical exam, your doctor will take your medical history by asking you about any concerns and symptoms you have. It is important to answer all questions honestly so your doctors can diagnosis properly.¹
- Doctor's may prescribe over the counter pain meds such as NSAIDs or Tylenol.⁴
- Often times your doctor will prescribe birth control pills which 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.⁶
- Using laparoscopic excision surgery in conjunction with hormone treatment is effective in managing pain symptoms.⁶
- Strive to be healthy. Exercising even 15 minutes a day will help, as will eating healthy and getting a full night of sleep each night.²
- Alternative therapies such as acupuncture or herbal teas can be effective in some instances.³

REFERENCES

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