

Tomar en cuenta la endometriosis

¿Cree Ud. que tiene endometriosis? Es importante no avergonzarse ni tener miedo de avisar a la enfermera de la escuela, el obstetra/ginecólogo, u otro adulto de confianza sobre cómo se está sintiendo. ¡Charlar sobre el tema no tiene que dar miedo ni agobiar!

La detección y la intervención tempranas son cruciales para evitar años de dolor, sufrimiento y potencial esterilidad. Aunque la cirugía pélvica es el único modo de confirmar un verdadero diagnóstico, existen síntomas concretos que pueden inducir al proveedor de salud a sospechar de la endometriosis. **Use este cuestionario para registrar e informar de síntomas a su médico.**

1. ¿Experimenta tanto dolor en la región pélvica (la parte baja del abdomen) durante el período que el ibuprofeno (Advil, Motrin, etc.) no le alivia?
 Sí
 No
2. ¿Le cuesta participar en actividades cotidianas como hacer deportes o pasarlo bien con amigos a causa del dolor, agotamiento o debilidad?
 Sí
 No
3. ¿Alguna vez le han diagnosticado quistes ováricos?
 Sí
 No
4. ¿Han diagnosticado endometriosis u otro problema ginecológico (esterilidad, histerectomía, etc.) a familiares tuyas (madre, abuela, hermana, tía, etc.)?
 Sí
 No. En tal caso, ¿ha tenido alguna familiar los síntomas mencionados en esta encuesta?
 No se sabe

Marque los síntomas que experimente cada mes durante su período (marque todos que apliquen):

- Calambres - Dolorosos y no mejoran aunque descansa o tome analgésicos. Este dolor puede que le haga ovillarse o retorcerse.
- Malestar digestivo / Flatulencia
- Náuseas / Vómitos
- Diarrea / Estreñimiento
- Hinchazón abdominal (retención de líquidos)
- Sangrado profuso y/o coágulos
- Períodos irregulares
- Sangrado entre períodos
- Evacuaciones dolorosas
- Migrañas intensas
- Cambios súbitos de humor / Llanto incontrolable
- Dolor lumbar y/o dolor en las piernas



Para acceder a más recursos e información sobre la endometriosis, visite nuestra página web. www.endofound.org

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Endometriosis Treatment: Finding a Doctor That's Right For You

If you think you may have endometriosis, finding an endometriosis specialist is crucial to getting proper treatment for the disease. Finding the right doctor can be tricky, but arming yourself with research and good information can help simplify the process. Begin by reviewing your symptoms with your family doctor, or another trusted medical professional, so they can assist you with recommendations, referrals, and follow up care.

The proper specialist is one who has thorough knowledge of endometriosis, including: *exceptional* surgical skills and training, access to the most modern surgical equipment and techniques, current understanding of various treatments, and openness to complementary approaches. They should listen to you patiently and have compassion for what you are going through.

Preparing Yourself For An Appointment

- Before seeing a specialist, it is important to gather as much information and medical history as possible.
- If you have medical records from previous physicians throughout your treatment, bring them to the appointment.
- **Also bring the "Consider Endometriosis" survey and the "Personal Pain Profile" to your appointment.** These worksheets will help you speak with your doctor about the symptoms you're experiencing.
- Think about other ways to describe your symptoms, concerns, and fears – be specific. How much pain do you have on an average day, and how often? Is there a time of day that the pain is worse? Does the pain come and go? What helps alleviate the pain? How upsetting and disrupting is the pain to you? Do specific activities trigger your pain? Does pain interfere with your daily activities or personal routine?
- Don't be afraid to ask questions!

What To Consider When Seeking A Specialist

- Does the doctor specialize in the treatment of endometriosis / adolescent endometriosis?
- What percentage of their patients are young women and girls?
- Does the doctor have experience with related conditions?
- What is the doctor's attitude about your role in your health care? Is he or she willing to receive input from you?
- Do they allow ample time for thorough conversation and examination, or do they rush?
- Are they able to explain surgical procedures and treatment options clearly and in terms you can understand?
- What is the doctor's belief on different hormone therapies (oral contraceptives, IUD, etc.)? Can they discuss their reasons for prescribing certain medications, as well as the associated pros & cons?
- What does your intuition say? Are you comfortable speaking with them? Do they listen to, acknowledge, and address your concerns? *This must be someone you can trust and talk to openly!*
- Does the doctor work cooperatively with other specialists who have a history of caring for endometriosis patients (ex. GI doctors, pediatric gynecologists, psychotherapists, etc.)?

What To Consider When Discussing Treatment Options

- Always ask about all available treatment / management options – surgical and medical - and choose the approach you feel most comfortable with and is best suited to your lifestyle.
- When discussing medications, ask the doctor to explain exactly what they are for. For instance, is it for pain relief, or for hormonal suppression? Also ask about risks, side effects, and drug interactions. Be certain to understand the duration of intended treatment and schedule follow up appointments to monitor results.

What To Consider When Discussing Surgical Treatment

- How does the doctor plan to use surgery to treat endometriosis? Do they specialize in laparoscopy? Does the surgeon plan to use laser (burn), or surgically excise (cut out) endometriosis tissue?
- Will your surgery be documented with images?
- How clearly are they able explain the procedure? What exactly will be done during the surgery? For example, will endometriosis be removed? Or, will it be an exploratory (look-only) surgery – if so, why?
- Is the doctor affiliated with a hospital that regularly treats endometriosis? Do they have a "team" of surgeons established to address different elements of surgical treatment? Will your doctor have other surgeons (general, colorectal, etc.) in the operating room with them?
- What can be expected after the surgery? How much pain can you expect post-operatively? How can you lessen the pain? What are post-op restrictions for going back to school, activities and your normal routine? Learn how you can help to prepare yourself and your body for the surgery.
- Be sure to ask your doctor's office for a pre-op and post-op routine to assist in your healing process.

Never rule out a second opinion...or a third!