🏥 What is Endometriosis?

Endometriosis is a condition where **tissue similar to the lining of the uterus (endometrium) grows outside the uterus**. This tissue responds to hormonal changes during the menstrual cycle, leading to **inflammation, pain, and scarring**. Over time, scar tissue can cause organs to stick together, increasing discomfort.

⚠️ What Are the Symptoms of Endometriosis?

Symptoms vary, and some women may have **severe endometriosis with little pain**, while others experience **severe pain with mild disease**. Common symptoms include: ✅ **Painful periods** (dysmenorrhea) ✅ **Pain during intercourse** ✅ **Pain with bowel movements or urination** (especially during periods) ✅ **Chronic pelvic pain** ✅ **Bloating, diarrhoea, or constipation** ✅ **Reduced fertility** ✅ **Ovarian cysts (endometriomas or 'chocolate cysts')**

🔹 Symptoms are usually **worse during periods** but can occur at any time.

🔬 How is Endometriosis Diagnosed?

A **definitive diagnosis** of endometriosis requires **laparoscopy** (keyhole surgery) to look inside the pelvis and confirm the presence of endometriotic tissue. However, other tests may help with diagnosis: 🔹 **Pelvic ultrasound** – To check for ovarian endometriomas (chocolate cysts) 🔹 **MRI scan** – In some cases, for deeper tissue evaluation 🔹 **Clinical assessment** – Based on symptoms and examination

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💊 How is Endometriosis Treated?

Treatment depends on **symptom severity** and whether pregnancy is desired. Options include:

✅ Medications

- **Pain relief** – Anti-inflammatory medications (NSAIDs like ibuprofen) to reduce pain and inflammation.
- **Hormonal treatments** – Help suppress endometriosis growth and relieve symptoms:
  - **Combined oral contraceptive pill** (COCP)
  - **Progestin-only methods** (mini-pill, hormonal IUD, implant, or injections)
  - **GnRH agonists or antagonists** – Temporarily stop ovarian hormone production to reduce symptoms

⚠️ Surgical Options

If medications do not help or symptoms are severe, surgery may be considered:

- **Laparoscopic excision or ablation** – Removal of endometriosis tissue to relieve symptoms
- **Hysterectomy** – Rarely needed but may be considered in severe cases when other treatments fail

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🔷 **Endometriosis is a chronic condition, but treatment can help manage symptoms and improve quality of life. Speak with your doctor about the best options for you.** 💙