Endometriosis

What is it:

Condition in which the lining of the uterus (endometrium) grows outside of the uterus.

Symptoms:

Painful menstrual cramps, chronic lower back pain, painful bowel movements and urination

Risk Factors:

Never giving birth, starting your period at a young age, short menstrual cycles (less than 27 days), and high levels

Prevention:

Pelvic examination, Ultrasound, MRI, Abdominal laparoscopy

Treatment:

Extended- Cycle oral contraceptives, Removing patches of endometrial tissue outside the uterus

Resources:

Medical Education, M. F. (2018, July 24). Endometriosis. Mayo Clinic. https://www.mayoclinic.org/diseasesconditions/endometriosis/symptoms-causes/syc-20354656

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