

Endometriosis

What is endometriosis?

- Condition in which the lining of the uterus, endometrium, grows *outside* of the uterus
- Believed to be caused by small pieces of the endometrium traveling back through the fallopian tubes into the pelvic cavity and become trapped- these small pieces of tissue begin to grow on the outside of the reproductive organs
- Common among women in the 30s-40s

Signs and Symptoms

- Painful menstrual cramps
- Chronic low back pain
- Pain during or after sexual intercourse
- Painful bowel movements or urination during menstrual periods
- Nausea, vomiting, diarrhea, bloating, or constipation during menstrual periods
- Infertility

Treatment

- Educate regarding normal menstrual periods: normal bleeding occurs every 21 to 35 days and last 2 to 7 days
- Keep records of abnormal bleeding episodes and number of pads/tampons used to report to provider
- Avoid salt, caffeine, and sugary foods which contribute to premenstrual symptoms
- Sustain adequate nutrition, avoid excessive exercise to prevent the absence of menstrual periods
- Severe symptoms: surgery is used to remove endometriosis patches

References:

Eisenberg, E., & Chahine, E. B. (2021, February 22). *Endometriosis*. Endometriosis | Office on Women's Health. <https://www.womenshealth.gov/a-z-topics/endometriosis>

Linnard-Palmer, L., & Coats, G. H. (2021). Women's Health Promotion Across the Life Span. In *Safe Maternity and Pediatric Nursing Care* (pp. 32–32). essay, F.A. Davis.

Mayo Clinic. (2023, April 22). *Menstrual cycle: What's normal, what's not*. <https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/menstrual-cycle/art-20047186#:~:text=Menstrual%20bleeding%20might%20happen%20every,more%20regular%20as%20people%20age>.