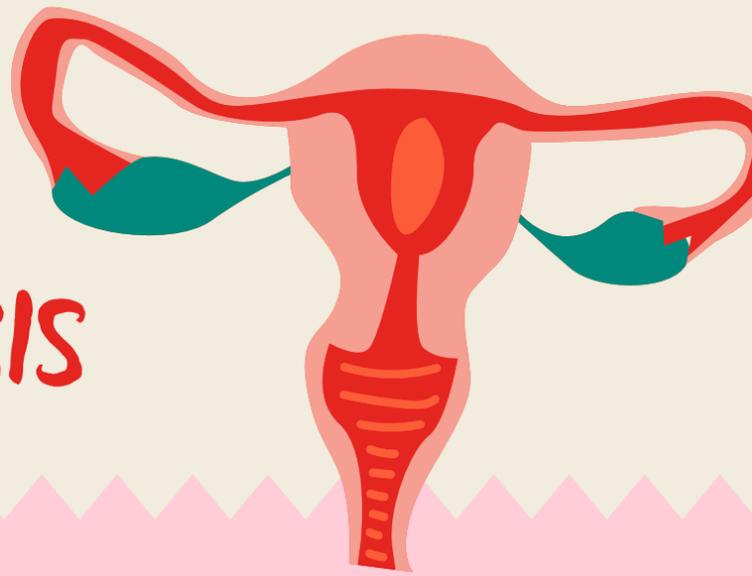


MARCH

**ENDOMETRIOSIS
AWARENESS MONTH
BY: DESTINY HOUGHTLEN**

LET'S TALK ABOUT ENDOMETRIOSIS



ENDOMETRIOSIS



Is an inflammatory disease where tissue similar to the uterine lining grows outside the uterus. The cause is unknown at this time. It is common amount women in their 30s and 40s..

WHO IS AT RISK

Women who have a family history of endometriosis at more at risk. If a period is started early (age 11) the person is more at risk. If the women is having heavy menstrual cycles lasting more than 7 days.

SIGNS AND SYMPTOMS

Painful menstrual cramps, chronic low back pain, pain during or after sexual intercourse and bleeding or spotting between menstrual periods.



DIAGNOSTIC STUDIES

Some diagnostic studies that are done are pelvic examinations, ultrasounds, MRIs, and abdominal laparoscopy.



PREVENTION

Endometriosis is not preventable but there are certain changes people can make to be less at risk. Routine testing that can be done are yearly examinations. Communicating with your HCP is important.

TREATMENT

There is no cure for endometriosis. Things that can be done for symptom management are hormone therapy, hormonal contraceptives, and pain medication.



RESOURCES

U.S. Department of Health and Human Services. (n.d.). What are the risk factors for endometriosis?. Eunice Kennedy Shriver National Institute of Child Health and Human Development.
<https://www.nichd.nih.gov/health/topics/endometri/conditioninfo/at-risk>

Mohamed, A. W. (2023, January 12). Endometriosis: Causes, Complications, and treatment. Healthline.
<https://www.healthline.com/health/endometriosis#symptoms>

