

## Endometriosis Education

### **What is it?**

Endometriosis (en-doe-me-tree-O-sis) is an often-painful condition in which tissue that is similar to the inner lining of the uterus grows outside the uterus. It often affects the ovaries, fallopian tubes and the tissue lining the pelvis. Rarely, endometriosis growths may be found beyond the area where pelvic organs are located.

### **Are you at Risk?**

- Starting your period at an early age
- Never giving birth
- Heavy periods for >7 days
- Low BMI
- One or more relatives with Endometriosis such as mother, sister, or aunt

### **What are you looking out for?**

- Excessive bleeding
- Painful periods
- Pain with sex
- Pain with BM or urination
- Infertility
- Bloating

### **Diagnostics**

- Pelvic Exam
- Ultrasound
- MRI
- Laparoscopy

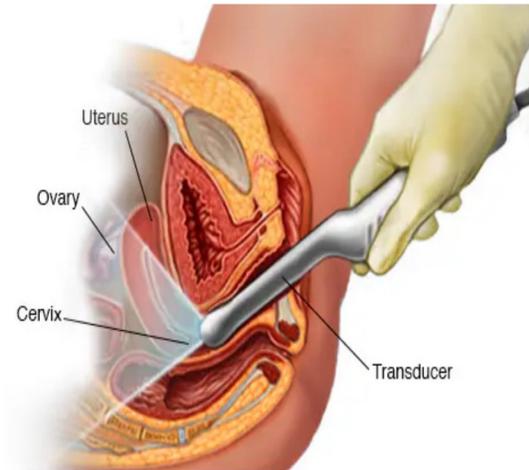
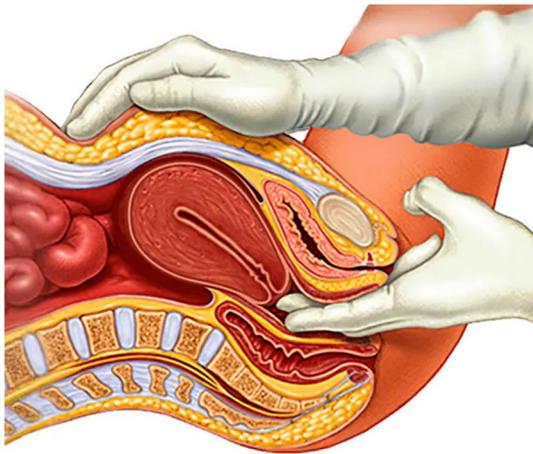
### **How do you lower the risk?**

- There is no specific way to prevent endometriosis, but being educated on the risk factors can help recognize it early

- Talk with your HCP with any concerns

### **Treatment Options**

- **OTC pain medication**
  - Helps relieve menstrual cramps
- **Hormonal Contraceptives**
  - Helps make period lighter and last shorter
- **Conservative Therapy**
  - A surgeon will remove endometriosis tissue with a small laparoscopic incision



### **Sources**

Mayo Foundation for Medical Education and Research. (2023, October 12). *Endometriosis*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/endometriosis/diagnosis-treatment/drc-20354661> Retrieved Aug 23, 2024.

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