

# Endometriosis

## What is it?

"Endo" is when tissue that is similar to the uterine lining, grows outside of the uterus and other areas of the body.

## Where is it found?

Most Commonly: ovaries, fallopian tubes, uterine tissue, and other uterine surfaces.

## Risk Factors

- Never had children
- Short periods
- Family member diagnosed
- Longer periods

## Diagnostic Studies

- Ultrasounds
- MRI
- Pelvic exam
- Laparoscopy

## Prevention Measures

- Avoid large amounts of caffeine
- Avoid excessive alcohol consumption
- Exercise regularly
- Meet with provider

## Statistics

- Affects more than 11% of women
- Commonly between ages 15-44
- More common during 30's and 40's

## Symptoms

- **Infertility:** difficulty getting pregnant
- Spotting or menstrual bleeding abnormalities
- **Digestion problems:** nausea, diarrhea, bloating, and constipation
- **Pain:** menstrual cramping, chronic pelvis and lower back, intestinal, intercourse, and when using the bathroom

## Treatment

- Birth control or hormone agonists
- Laparoscopic surgery
- Pain management medication (ex. Tylenol or ibuprofen)
- Therapies and supplements (ex. acupuncture and cinnamon twig)

## Reference

*Endometriosis: Office on women's health.* OASH | Office on Women's Health. (2021, February 22). <https://womenshealth.gov/a-z-topics/endometriosis>

Linnard-Palmer, L., & Coats, G. H. (2025). *Safe maternity and pediatric nursing care* (Third). F.A. Davis.