

ENDOMETRIOSIS



At a Glance



Endometriosis is the presence of tissue similar to the uterus lining growing outside the uterus (womb)¹

It affects the **ovaries, fallopian tubes** and **the tissue lining the pelvis** typically but could also affect areas outside the pelvic area²

Endometriosis Affects^{1,3,4}

190 million
Females of reproductive age
Globally

1 million
Canadians

Prevalence is likely to be higher than reported in **African women**

Risk Factors²

- **Family history** of endometriosis
- An **abnormal uterus**
- **Early menstruation (before age 11)**
- Menstrual cycles **less than 28 days**
- Heavy menstrual periods (**lasting >7day**)

Symptoms :

Bloating or nausea



Difficulty getting pregnant



Heavy periods



Pelvic/lower abdominal Pains

- During periods
- Urinating
- Defecating
- During or after sex
- Chronic pelvic pain

Spotting or bleeding between periods

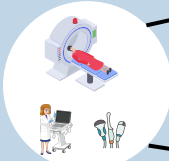


Diagnosis⁵

Pelvic Exam



Imaging Test



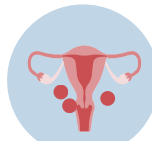
Magnetic Resonance Imaging (MRI)

Ultrasound scan

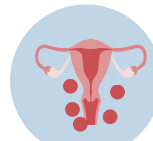
Laparoscopy- Only way to confirm the severity of it

Biopsy- Your doctor takes a sample of tissue, often during a laparoscopy, and a specialist looks at it under a microscope to confirm the diagnosis

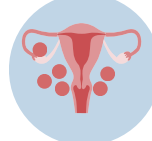
*Stages⁵



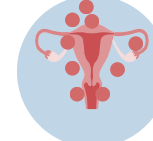
Stage 1 Minimal



Stage 2 Mild



Stage 3 Moderate



Stage 4 Severe

* **Depends on the spread, depth, and the areas of your body that endometrial tissue has affected**

Treatment/ Management⁵

Medical

Pain management

Non-steroidal Analgesics can help in mild case

Hormones

Lowers the amount of estrogen your body creates and stops your period

Surgical

Laparoscopy

Surgical removal of the endometriosis patches/ cysts

Hysterectomy

Surgical removal of the womb is considered the last resort

Impact

- Decreased quality of life due to severe pain, infertility, fatigue, anxiety, depression.
- Poor sexual health from avoidance of sexual relations due to pain
- Loss of job or income due to low productivity or absenteeism

Sources:

1. World Health Organization. Endometriosis [Internet]. World Health Organization. World Health Organization; 2023 [cited 2024 Jan 22]. Available from: <https://www.who.int/news-room/fact-sheets/detail/endometriosis>
 2. Mayo Clinic. Endometriosis - Symptoms and causes [Internet]. Mayo Clinic. Mayo Clinic Staff; 2023 [cited 2024 Jan 22]. Available from: <https://www.mayoclinic.org/diseases-conditions/endometriosis/symptoms-causes/syc-20354656#:-:text=The%20most%20common%20symptom%20of>
 3. Wahl KJ, Yong PJ, Bridge-Cook P, Allaire C. Endometriosis in Canada: It Is Time for Collaboration to Advance Patient-Oriented, Evidence-Based Policy, Care, and Research. Journal of Obstetrics and Gynaecology Canada. 2021 Jan;43(1):88-90.
 4. Mecha EO, Niagi JN, Makunja RN, Omwandho COA, Saunders PTK, Horne AW. Endometriosis among African women. Reproduction and Fertility. 2022 Jul 1;3(3):C40-3.
 5. WebMD. Endometriosis [Internet]. WebMD. WebMD; 2016 [cited 2024 Jan 27]. Available from: <https://www.webmd.com/women/endometriosis/endometriosis-causes-symptoms-treatment>