

# Endometriosis

## What is it?



- **Endometriosis** – is the growth of cells similar to those that form in the inside of the uterus, but form outside the uterus and are called endometriosis implants and are often found on the ovaries, the Fallopian tubes, outer surfaces of the uterus or intestines, and on the surface lining the pelvic area; also found in the cervix, bladder and vagina but less common; rarely occur outside the pelvis, on the liver, in old surgery scars and even in or around the brain and lungs
  - **Endometrial Cells**- shed each month during menstruation
  - **Endometrial Implants**- are benign not cancerous

## Signs and Symptoms:

- **Symptoms**- pain usually in the pelvic area that lessens after menstruation, infertility, pain and cramping with intercourse, bowel movement and urination, may or may not be a worsening of symptoms, lower abdomen pain, diarrhea, constipation, low back pain, irregular or heavy menstrual bleeding, blood in the urine; rare symptoms are chest pain, coughing up blood related to endometriosis in the lungs, headache, seizures related to endometriosis in the brain



## Facts:

- **Affects Women**- in their productive years, affects over 1 million women; one of the leading causes of pelvic pain and reasons for hysterectomy and laparoscopic surgery, more common in taller, thinner white women with a low BMI; delaying pregnancy until an older age is believed to increase the risk of developing
  - **Normal Age**- 25 to 35 years but has been reported in girls as young as 11
  - **Cause**- is unknown

## What can I do?

- **See your Health Care Provider**- for more information
- **See a Registered Dietitian**- for help as needed

