Endometriosis

Endometriosis occurs in about 1 in 10 individuals assigned female at birth during their reproductive years. It is a condition in which endometrial tissue grows beyond the uterine lining (i.e., peritoneum, ovaries, fallopian tubes, the outer surfaces of the uterus, bladder, ureters, intestines, rectum, and the cul-de-sac [the space behind the uterus.])

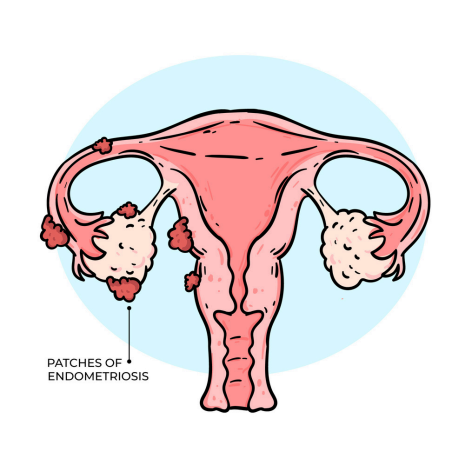

Image by Freepix

RISK FACTORS

- Family history
- Early menses (<age 11)
- Short cycles (<27 days)
- Heavy menses (>7 days)
- Infertility or nulliparity
- Conditions inhibiting normal menstruation

SYMPTOMS

- Severe often chronic, persistent pain in lower back and pelvis with cramps
- Pain during intercourse
- Intestinal pain
- Discomfort while urinating or defecating
- Spotting (bleeding) between menstrual cycles
- Abnormal or heavy menstrual flow
- Infertility
- Diarrhea or Constipation
- Bloating
- Nausea
- Depression or anxiety

COMMON PRESENTATION

Formation of scar tissue, cysts on ovaries, inflammation of surrounding tissue, and/or adhesions that cause pelvic tissue and nearby organs to stick together.

Sources:
World Health Organization. Endometriosis.
National Institute of Child Health and Human Development. What are the Risk Factors for Endometriosis.

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