



Endometriosis: a mysterious condition

Millions of women are affected by endometriosis. Yet, it remains a mysterious, often painful disease that is difficult to treat. Get to know the symptoms of this condition and what you can do about it.



SIGNS OF ENDOMETRIOSIS

- Stomach or pelvic pain during menstruation
- Nausea or diarrhea during menstruation
- Severe menstrual cramps
- Deep pain during or after sexual intercourse
- Infertility without a known cause

If you think you may have endometriosis, see your gynecologist.

TREATMENT

There is no cure for endometriosis, but treatments can help relieve symptoms and problems it causes. These include:

- Birth control pills
- Intrauterine device (IUD)
- Hormonal treatments that stop menstruation temporarily
- Pain medicine for mild symptoms
- Surgery (this is often a minimally invasive procedure called a laparoscopy)

Some women have also found relief with alternative therapies such as acupuncture. Be sure to talk with your doctor about any supplements or medications you are taking. If you plan to become pregnant, talk with your doctor about this as well. Endometriosis can be treated and many women are able to become pregnant with this disease.