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# ENDOMETRIOSIS

## WHO CAN GET ENDOMETRIOSIS?

- » 1 in 10 women suffers from endometriosis
- » There isn't an exact cause of the disease and there are many possible theories
- » Genetics play a part as you are more likely to have endometriosis if you have a family history of it

## SYMPTOMS:

- » Pelvic pain with or without the periods
- » Pain with intercourse
- » Endometriosis can reduce fertility

## HOW TO TREAT ENDOMETRIOSIS

Not every case of endometriosis is the same. Some women can have a severe case of the disease but experience no pain.

There is a spectrum of the disease from minimal to deep infiltrating with nodules. Ultrasound is a good way to detect ovarian endometriosis however it may not detect the peritoneal disease. The way to make an absolute diagnosis is laparoscopic surgery - this is key hole surgery to go inside the pelvis with a camera and removal or excision can be carried out at the same time.

Treatment for the condition need to be individualized taking in to consideration the symptoms, and reproductive wishes. Options range from complimentary medicine, diet and lifestyle changes which may help to reduce the pain, improve mood and general wellbeing, to surgery or IVF. Surgery improves pain and fertility outcomes.



## ENDOMETRIOSIS AND FERTILITY

- » 2 out of 3 women with endometriosis do not encounter fertility issues
- » For the subfertile population an average of 50% of women suffer from endometriosis

At the time of diagnosing endometriosis for some women fertility may not be relevant as they are not ready to start a family. Evidence show that surgery can improve pain symptoms, however prophylactic removal of endometriosis is not recommended to improve or preserve their fertility for future.

The best and only test of subfertility is to try and become pregnant.

One way to classify endometriosis is superficial, deep infiltrating disease and ovarian disease.



## HOW ENDOMETRIOSIS INFLUENCES FERTILITY

- » Endometriosis can affect egg quality
- » Reduce chances of falling pregnant even with IVF

## BEST CHANCES OF FALLING PREGNANT

- » Egg quality is best when under 30
- » 30 to 35 fertility is declining
- » 40 it is dramatically reduced
- » Women with endo should consider starting their families early
- » Egg freezing is a great option if a woman isn't ready to start her family. This is best done before 35 to achieve high chances of a good outcome

