

WHAT IS ENDOMETRIOSIS?



Endometriosis is a **systemic, inflammatory disease** characterized by endometrial-like tissue found outside the uterus. It can cause inflammation, fibrosis, adhesions, pain, organ dysfunction, infertility, and symptoms throughout the body.

It can affect patients through their lifetime and may involve areas far beyond the reproductive organs.

WHAT ARE COMMON SYMPTOMS?

Symptoms vary widely and may include painful periods; pelvic, abdominal, back, hip, or leg pain; pain with intimacy, bowel movements, or urination; constipation, diarrhea, or bloating; urinary urgency or frequency; fatigue; and infertility

Symptom severity may not always reflect the disease extent.

HOW IS IT DIAGNOSED?

Ultrasound and MRI—particularly when performed and interpreted by clinicians experienced in endometriosis—can sometimes identify endometriomas or deep infiltrating disease.

A normal scan does not mean endometriosis isn't present.

Clinical evaluation, symptoms, and imaging may all contribute to diagnosis and treatment planning. Surgery can provide visual assessment and tissue for pathology for confirmation of disease.

WHAT TREATMENTS ARE AVAILABLE?

MEDICAL MANAGEMENT

Medications and hormonal treatments may help manage symptoms such as pain and bleeding. There are currently no medications that remove, reverse, or cure endometriosis lesions.

SURGICAL TREATMENT

There is currently no cure for endo, but **excision is the gold standard** for surgical treatment, removing endometriosis lesions completely rather than destroying the surface. Surgeon expertise matters.

SUPPORTIVE CARE

Pelvic floor physical therapy, pain management, GI or urologic care, nutrition support, mental health care, heat, movement, acupuncture, and other supportive therapies may be useful depending on the patient's symptoms.



YOU DESERVE ANSWERS.

Learn the signs, ask questions, and connect with resources and support from Endo Village.



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endovillage.org



connect@endovillage.org



@endo_village



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