



Endometriosis - A condition in which the tissue similar to endometrial tissue grows outside of the uterine cavity. Currently, the cause of this condition is unknown but many share common symptoms and complications.

Severity: Minimal, mild, moderate, and severe.

Types: Peritoneal Endometriosis, Ovarian Endometrioma, & Deep Infiltrating Endometriosis

Superficial Peritoneal Endometriosis - Least severe. The endometrial tissue is attaching itself to the peritoneum. The peritoneum is the membrane that lines the abdomen and pelvis.

Ovarian Endometrioma - A thick sticky tar-like substance within a cystic mass from ectopic endometrial tissue. Affects the peritoneum, fallopian tubes, and bowel. Also called a chocolate cyst.

Deep Infiltrating Endometriosis - One or more endometriotic nodules deeper than 5mm.

Common Symptoms:

- Infertility
- Painful periods
- Painful intercourse
- Digestive problems
- Nausea and fatigue
- Excessive bleeding or long periods
- Pain in the lower abdomen, lower back, rectum, or vagina

Treatment:

- Heat
- Surgery
- Pain relievers
- Hormone therapy
- Castor oil applied directly to the stomach
- Turmeric (anti-inflammatory) via capsules or teas
- Hormonal contraceptives: birth control pills, patches, and vaginal rings

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