

March Tool Kit: Endometriosis Awareness

California Nursing Students' Association
March, 2020 | Community Health

**ENDOMETRIOSIS
AWARENESS
MONTH**

**I AM
#1in10
🎀**

What is Endometriosis?

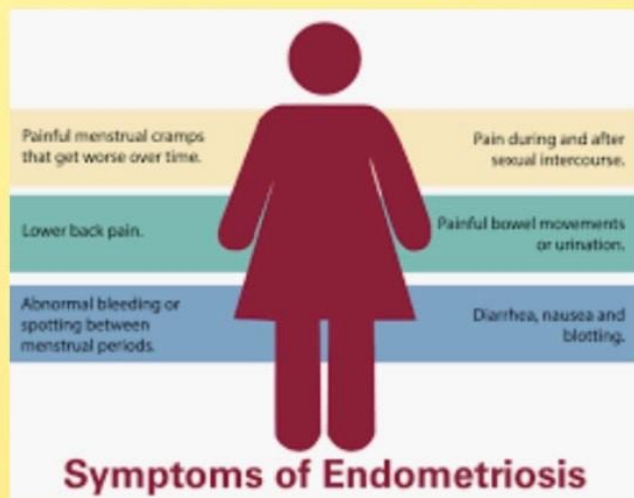
TISSUE RESEMBLING THE LINING OF THE UTERUS GROWS IN OTHER AREAS OF THE PELVIS AND SOMETIMES, ABDOMINAL CAVITY

Endometrial-like tissue thickens, bleeds and sloughs like normal endometrial tissue but, has no way to exit the body.

Endometriomas may form on or around the ovaries

Irritation to surrounding tissue can cause the formation of scar tissue and adhesions

Possible Complications:
Infertility
Ovarian Cancer



Symptoms Include:
Painful periods (also called dysmenorrhea)
Pain with sexual intercourse
Excessive Bleeding
Pain with urination and defecation

Possible Causes and Risk Factors

Causes:

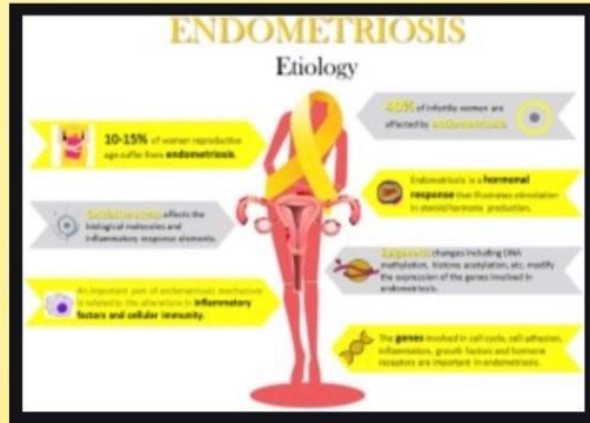
Menstrual blood flows back into fallopian tubes and into the pelvic cavity (retrograde menstruation)

Hormones or immune factors turn cells in the pelvic or abdominal cavity into endometrial like cells

Hormones transform embryo cells into endometrial like cells

Endometrial cells may implant in scar tissue after a surgery

Endometrial cells may get into the blood or lymph and carried to other locations in the body



Risks:

Not having given birth

Starting menstruation at an early age and/or beginning menopause at a later age

Any abnormalities that block the flow of menstrual blood

Short menstrual cycles

Heavy menstrual bleeding

Low body mass

Relatives who have had Endometriosis

Higher than normal estrogen levels

Treatments Options

**THERE IS NO CURE FOR
ENDOMETRIOSIS BUT SYMPTOMS
CAN BE ADRESSED**

Pain Management

NSAIDS
Opioids

Hormone Therapy

Hormonal birth control
Hormone Blockers
GnRH agonists

Surgery

Laparoscopy
Laparotomy
Pelvic nerve severance

References:

Mayo Clinic. (2019). Endometriosis - symptoms and causes. Retrieved from <https://www.mayoclinic.org/diseases-conditions/endometriosis/symptoms-causes/syc-20354656>

US Department of Health and Human Services . (2017). What are the treatments for endometriosis? Retrieved from <https://www.nichd.nih.gov/health/topics/endometri/conditioninfo/treatment>

