

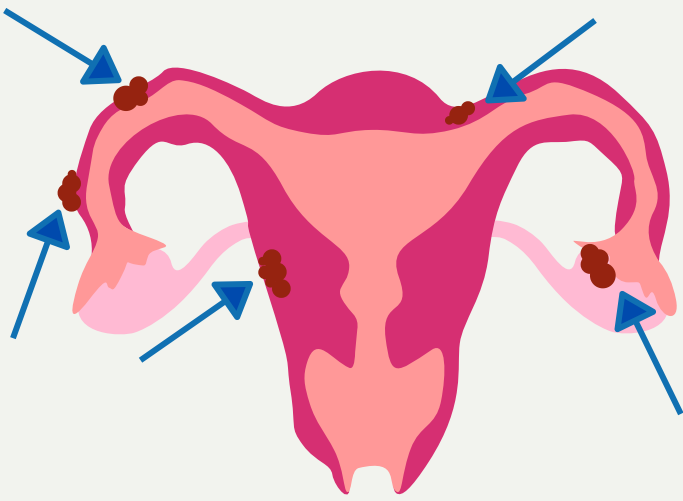
1 in 10 women have ENDOMETRIOSIS

WHAT IS IT?

Endometriosis is a painful disorder in which tissue similar to the inside lining of the uterus grows in other parts of your body, typically in the abdomen

YOU ARE NOT TOO YOUNG

Over 38% of women start experiencing pain before the age of 15



CHRONIC PELVIC PAIN (CPP)

80% of adolescent girls with CPP who don't respond to medical therapies, like birth control pills, have endometriosis

SIGNS & SYMPTOMS

DECREASED PRODUCTIVITY

Symptoms like chronic pain, fatigue, nausea and irritable bowels limit participation in daily, work, and school activities

INFERTILITY

Women who are infertile have 6-8X higher risk of having endometriosis than fertile women. Almost half of endometriosis patients struggle with infertility

NOW WHAT?

Discuss endometriosis with your doctor

Laparoscopic surgery for diagnosis & treatment

Many alternative options can help manage symptoms

30% of patients have moderate to severe anxiety

Persistent untreated pain can develop into chronic pain syndrome

Post-menopausal women can experience residual impacts



Endometriosis for adolescents



2

Age

YOU ARE NOT TOO YOUNG

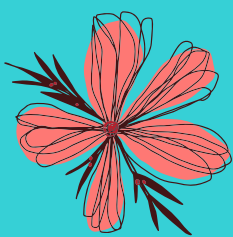
38% of women with endometriosis start experiencing pain before the age of 15

1

Early

RECOGNITION

Early diagnosis & treatment may improve quality of life and reproductive potential



3

Pelvic Pain

UNMANAGEABLE

80% of adolescent girls with chronic pelvic pain not responding to conventional medical therapy have endometriosis

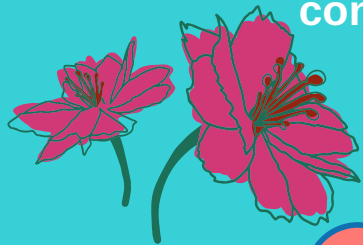


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Risk

IF LEFT UNTREATED

Persistent pain can result in chronic pain syndromes, poor school or work attendance, and depression or anxiety



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Diagnosis

LAPAROSCOPY

Surgery is required for definite diagnosis and is a form of treatment



5

Symptoms

OTHER SIGNS

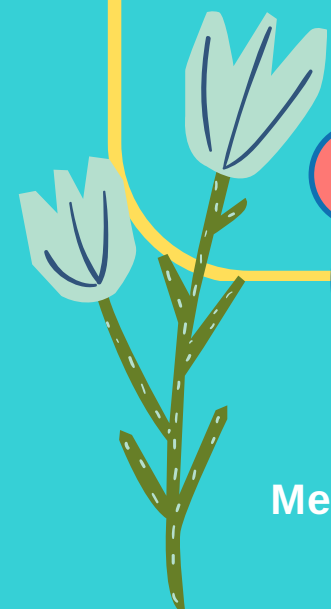
- Painful periods
- Nausea & bloating
- Pain with sex
- Bladder and bowel pain or constipation

7

Treatment

AND SUPPORT

Medical therapies may be part of the treatment plan



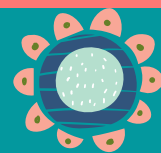
Talk to your doctor about endometriosis.



GEM2020

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E.C. Dun, K.A. Kho, V.V. Morozov, S.Kearney, J.L. Zurawin, C.H. Nezhat, Endometriosis in adolescents *JSL*, 19 (2) (2015)
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P. Yeung, S. Gupta, S. Gieg, Endometriosis in adolescents: a systematic review, *J. Endometr. Pelvic Pain Disord.*, 9 (1)(2017), pp. 17-29 Saridogan E. Endometriosis in teenagers. *Women's Heal* 2015;11:705-9, doi: <http://dx.doi.org/10.2217/whe.15.58>. DiVasta AD, Vitonis AF, Laufer MR, et al. Spectrum of symptoms in women diagnosed with endometriosis during adolescence vs adulthood. *Am J Obstet Gynecol* 2018;218:324.e1-11.

Endometriosis for adults

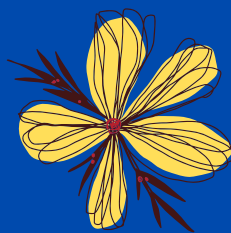


1

Early

RECOGNITION

Early diagnosis & treatment improves quality of life and reproductive potential

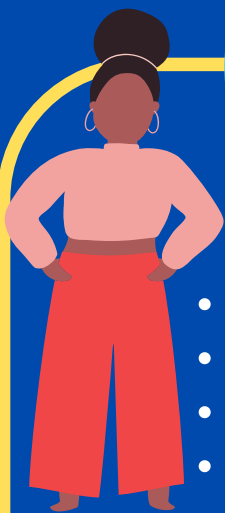


2

Symptoms

BE AWARE

- Pelvic pain
- Nausea & bloating
- Chronic Fatigue
- Bladder and bowel pain or constipation
- Pain with sex

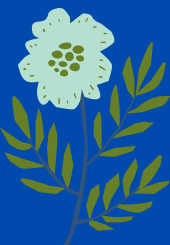


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Signs

PRODUCTIVITY LOSS

Symptoms often limit participation in work and daily activities

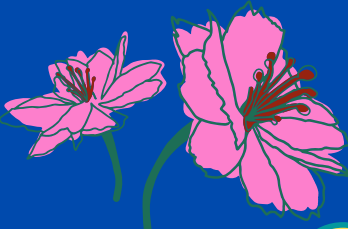


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Pelvic Pain

FOR AT LEAST 6 MONTHS

Chronic pain with your menstrual cycle, intermittent pain, or daily pain



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Mental Health

ANXIETY

29% have moderate to severe anxiety



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Infertility

HIGH RISK

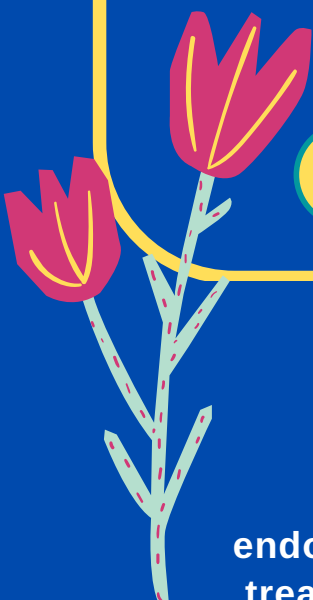
- ~1/2 experience infertility
- Women with infertility have 6-8X higher risk of having endometriosis

7

Treatment

AND SUPPORT

While the origin of endometriosis is unknown, treatment options include surgery, pain management and medical therapies



Talk to your doctor about endometriosis.



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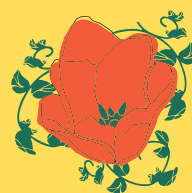
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Dun, K.A. Kho, V.V. Morozov, S.Kearney, J.L. Zurawin, C.H. Nezhat, *Endometriosis in adolescents*JSLs, 19 (2) (2015).

Endometriosis for Post-Menopausal Women

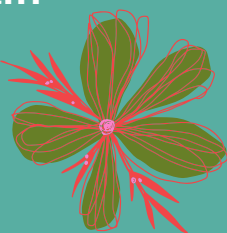


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Residual

DISEASE

Unrecognized or residual disease may continue to cause pain during menopause



2

Prevalence

CONTINUED SYMPTOMS

Affects 2-5% of postmenopausal women



4

Hormone Therapy

PROS

May improve quality of life and reduce risk of osteoporosis



3

Managing

SYMPTOMS

Talk with your doctor about options. Surgery, aromatase inhibitors, and hormone therapies may be considered



5

Hormone Therapy

CONS

May reactivate endometriosis if disease is left behind



6

Support

YOU ARE NOT ALONE

There are many resources and groups available to provide support and advice



7

Family

GENETICS

While the origin is unknown, there is a genetic component to the disease. Educate your daughters and granddaughters

Talk to your doctor about endometriosis.



Punnonen R, Klemi PJ, Nikkanen V. Postmenopausal endometriosis. Eur J Obstet Gynecol Reprod Biol. 1980;11:195-200. doi: 10.1016/0028-2243(80)90069-6.

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