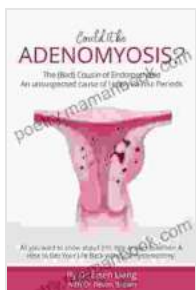


# An Unsuspected Cause of Heavy Painful Periods: Endometriosis

Painful periods are a common problem, affecting up to 90% of women at some point in their lives. For most women, period pain is mild and can be managed with over-the-counter pain relievers. However, for some women, period pain is severe and can significantly interfere with their daily lives.



## Adenomyosis -The Bad Cousin of Endometriosis: An unsuspected cause of Heavy Painful Periods

by Princess Marie-Chantal of Greece

★★★★☆ 4.3 out of 5

Language : English  
File size : 7273 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 175 pages



If you have severe period pain, it is important to see a doctor to rule out any underlying medical conditions.

Endometriosis is a common but often undiagnosed condition that can cause severe period pain. Endometriosis occurs when tissue that normally lines the inside of the uterus (the endometrium) grows outside of the uterus.

This misplaced tissue can cause inflammation and pain, especially during menstruation. Endometriosis can also lead to other problems, such as infertility and pelvic pain.

## **Symptoms of Endometriosis**

The most common symptom of endometriosis is severe period pain. This pain may be described as:

- Cramping
- Aching
- Throbbing
- Stabbing

Pain from endometriosis can range from mild to severe. It may start a few days before your period begins and last for several days after your period ends.

Other symptoms of endometriosis can include:

- Pelvic pain
- Pain during or after sex
- Pain when you have a bowel movement or urinate
- Heavy or irregular periods
- Spotting or bleeding between periods
- Infertility
- Fatigue

- Nausea and vomiting
- Diarrhea or constipation

## **Causes of Endometriosis**

The exact cause of endometriosis is unknown, but it is thought to be related to retrograde menstruation.

Retrograde menstruation occurs when menstrual blood flows back through the fallopian tubes and into the pelvic cavity. This blood contains endometrial cells, which can implant on the surfaces of the pelvis, including the ovaries, fallopian tubes, and pelvic sidewalls.

These implanted endometrial cells can grow and form lesions. These lesions can cause inflammation and pain, and they can also bleed during menstruation.

There are a number of factors that may increase your risk of developing endometriosis, including:

- Having a family history of endometriosis
- Starting your period at a young age
- Having heavy or irregular periods
- Having a short menstrual cycle
- Having a low body mass index
- Having a history of pelvic surgery
- Certain medical conditions, such as adenomyosis

## Diagnosis of Endometriosis

Endometriosis can be difficult to diagnose. This is because there is no single test that can definitively diagnose endometriosis.

Your doctor will likely start by asking you about your symptoms. They may also perform a physical exam to check for any signs of endometriosis, such as pelvic pain or tenderness.

If your doctor suspects that you may have endometriosis, they may order one or more of the following tests:

- **Transvaginal ultrasound:** This test uses sound waves to create images of your uterus and ovaries. It can help to identify endometrial implants.
- **Magnetic resonance imaging (MRI):** This test uses magnets and radio waves to create detailed images of your pelvic organs. It can help to identify endometrial implants and rule out other conditions that may be causing your symptoms.
- **Laparoscopy:** This is a surgical procedure that allows your doctor to see inside your pelvis. Laparoscopy is the most definitive way to diagnose endometriosis.

## Treatment of Endometriosis

There is no cure for endometriosis, but treatment can help to relieve pain and other symptoms.

Treatment for endometriosis may include:

- **Pain relievers:** Over-the-counter pain relievers, such as ibuprofen or naproxen, can help to relieve pain from endometriosis.
- **Hormonal therapy:** Hormonal therapy can help to suppress ovulation and reduce inflammation. This can help to relieve pain and slow the growth of endometrial implants.
- **Surgery:** Surgery can be used to remove endometrial implants and scar tissue.

The type of treatment that is best for you will depend on your individual symptoms and circumstances.

Endometriosis is a common but often undiagnosed condition that can cause severe period pain and other symptoms. If you have severe period pain, it is important to see a doctor to rule out endometriosis and other underlying medical conditions.

Treatment for endometriosis can help to relieve pain and other symptoms. The type of treatment that is best for you will depend on your individual symptoms and circumstances.



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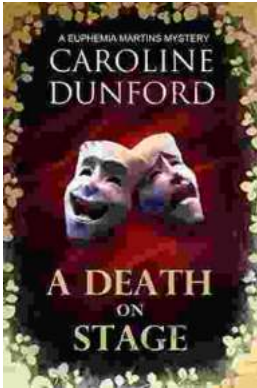
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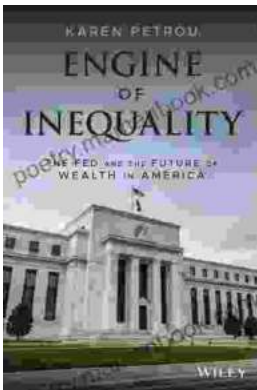
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