

As we all learn more about endometriosis and take the time to understand it, be it an endo patient, loved one, friend or medical professional, we all become a part of the "I understand endometriosis" movement.

What is Endometriosis (Source- MayoClinic.org)

Endometriosis (en-doe-me-tree-O-sis) is an often painful disorder in which tissue that normally lines the inside of your uterus — the endometrium — grows outside your uterus. Endometriosis most commonly involves your ovaries, fallopian tubes and the tissue lining your pelvis. Rarely, endometrial tissue may spread beyond pelvic organs.

With endometriosis, displaced endometrial tissue continues to act as it normally would — it thickens, breaks down and bleeds with each menstrual cycle. Because this displaced tissue has no way to exit your body, it becomes trapped. When endometriosis involves the ovaries, cysts called endometriomas may form. Surrounding tissue can become irritated, eventually developing scar tissue and adhesions — abnormal bands of fibrous tissue that can cause pelvic tissues and organs to stick to each other.

Endometriosis can cause pain — sometimes severe — especially during your period. Fertility problems also may develop.

Statistics (Source- endometriosisworld.weebly.com)

- 1-10 women get effected by endometriosis during their reproductive years (ages of 15-49)
- 73% have had their relationships affected by endometriosis
- 10 years is the average time it takes for a woman to be diagnosed with endometriosis
- 27 is the average age when a woman is first diagnosed with endometriosis
- 68% of woman with endometriosis were initially misdiagnosed with another condition
- 30-50% of women with endometriosis may experience infertility
- 82% of women are at times unable to carry out day to day activities
- 40% of patients in whom it can persist beyond menopause following hysterectomy

Stages (Source - hopkinsmedicine.org) (See list of stages online)

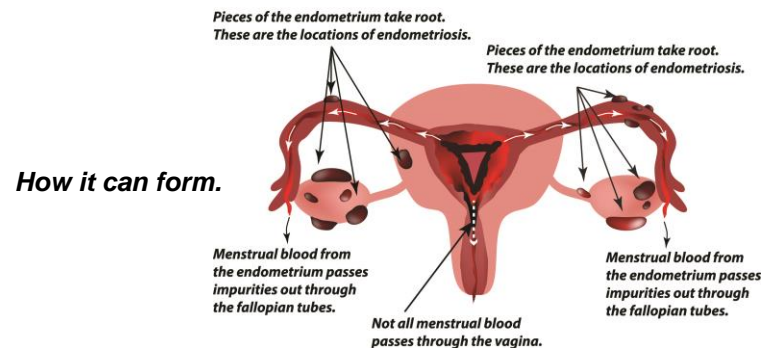
The stage of the endometriosis does not necessarily reflect the level of pain experienced, risk of infertility or symptoms present. It is possible to be in stage 1 and be in tremendous pain or be in stage 4 and be asymptomatic.

Common Symptoms (circle what you've experienced)

- Pelvic Pain - Chronic fatigue - Bloating - Painful digestion
- Chronically heavy or long periods
- Crippling menstrual pain - Painful intercourse
- Increased pain during bowel movements - Constipation
- Increased pain during urination
- Spotting and bleeding between cycles - Nausea
- Chronic lower back pain - Joint pain - Nerve pain
- Infertility - Estrogen Dominance - Migraines

(Sources- paleoforwomen.com and draxe.com)

The occurrence of endometriosis



Prevalence and anatomical distribution of endometriosis

In addition to this, it is capable of fusing organs together.

