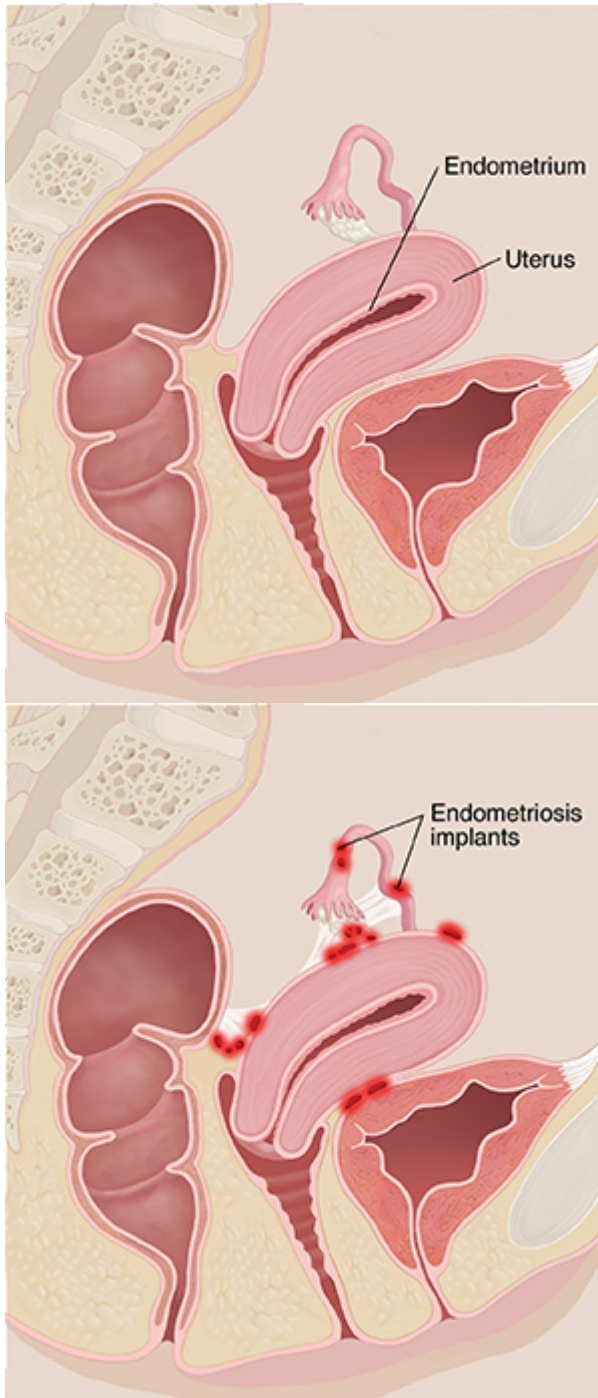


What Is Endometriosis?

Endometriosis is when tissue from inside the uterus grows in other places in your belly. It can cause cramps and pain during your periods. Or you may have pelvic pain the whole month. If not treated, it can affect your health and ability to get pregnant. With early diagnosis and treatment, it can be managed.



Understanding endometriosis

When you have this condition, tissue inside the uterus begins to grow in other places. It may grow on the ovaries. It may grow on your bowels. It may grow on the walls of your pelvis or abdomen. Very rarely it can be found around the lungs. During your period, this extra tissue swells with blood. It may release tiny drops of blood. The swelling and blood irritate nearby tissues. This causes pain and cramps. This irritation may cause scar

tissue to form. This scar tissue can attach organs together. It can cause problems getting pregnant (infertility).

Common symptoms

If you have endometriosis, you may have one or more of these symptoms:

- Cramps and menstrual pain
- Pelvic pain
- Pain during sex
- Painful bowel movements
- Trouble getting pregnant (infertility)

Treatment choices

Treatment may help relieve pain. It may help restore fertility. Choices include medical therapy, surgery, or both. Medicine may help relieve some of your symptoms. Talk with your healthcare provider about these choices.

Painful sex

Endometriosis can cause pain during sex. Try to see if sex at certain times of the month is less painful for you. Some positions may cause pain. Find out which positions reduce pain for you.