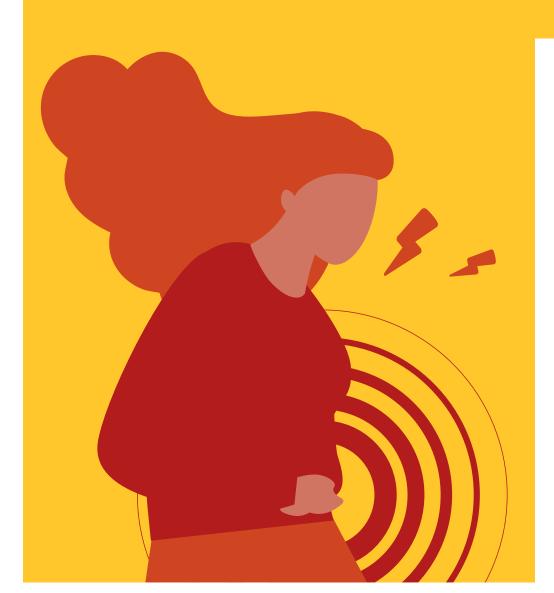
<a>Weill Cornell Medicine



Endometriosis: Know Your Options

National Endometriosis Awareness Month falls in March, offering the perfect opportunity to learn more about this painful disease—and what you can do about it.



Did You Know?*

- Endometriosis affects 5% to 10% of women.
- It occurs when tissue that normally lines the uterus grows in other areas, such as the fallopian tubes or ovaries.
- The only way to definitively diagnose endometriosis is through laparoscopic surgery.
- Symptoms include lower back pain, extremely painful periods, pain during sex and infertility.
- *From the American Academy of Family Physicians

The good news?

Treatments are available to reduce pain and cramping:**

- Gonadotropin-releasing hormone (GnRH)
 medicines stop the growth of endometriosis by
 sending the body into a menopause-like state
- Danazol treatment stops
 the release of menstruationrelated hormones
- Progesterone and progestin hormone pills reduce or stop menstruation
- **Birth control pills** can make periods lighter and shorter
- Laparoscopy can remove or destroy lesions related to endometriosis
- Surgery can sever the abdominal nerves causing symptoms
- **From the National Institute of Child Health and Human Development





How does your doctor determine the right treatment?

- Your age
- Severity of symptoms
- Whether you want to have children

If you have been diagnosed with or have symptoms of endometriosis, talk to your doctor today. Find a provider at weillcornell.org/doctors