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.

The good news? Treatments are available to reduce pain and cramping:

- GnRH medicines stop the growth of endometriosis by sending the body into a menopause-like state
- Danazol treatment stops the release of menstruation-related 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

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

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

*From the American Academy of Family Physicians