



# 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 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



## 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](http://weillcornell.org/doctors)