

## **ENDOMETRIOSIS**

**Endometriosis is a medical disorder in which the tissues that grow within the body and lining of the inner walls of the uterus actually grow outside of it.**

This condition can be fairly common, with over 200,000 cases diagnosed every year in the United States alone. The tissues that grow outside of the uterus can begin to grow along either of the intestines, the ovaries and the fallopian tubes. There are several treatments for this condition, and they can include medications for the pain, as well as hormonal treatments and, as a last resort, surgery. The following are 10 signs of endometriosis:

### **1. Menstrual Problems**

Most women during their menstruation cycle experience some pain associated with it. The pain can vary from woman to woman, also depending upon each particular woman's overall tolerance of the pain. However, if you are a woman and have experienced what can be considered classic menstruation cycles, you can definitely tell when something just doesn't seem to be quite right. This type of pain can begin about a week before the onset of the menstrual period during ovulation, and it can continue up to one week after the menstruation has ended. The pain is generally a cramping sensation, but much more intense than usually experienced during menstruation.

### **2. Lower Back Pain**

An early warning sign of endometriosis includes lower back pain that could also radiate up into the middle of the back. It has to be noted that due to the contraction and the cramping of the uterus during menstruation, lower back pain can be a regular symptom of normal menstruation. On the other hand, when it comes to endometriosis, this pain can be caused by scar tissue that has been formed as a side effect of the condition. Sometimes this pain can even spread to the chest. However, the good news is that the pain can be relieved with over-the-counter pain medications, a heating pad or a warm shower. Also if stronger pain relief is needed, pain medications can be prescribed by a physician.

### **3. Excessive Menstrual Bleeding**

"Heavy flow days" are experienced by most women but there is generally a problem occurring when this happens on more than one time during a menstrual cycle, or begins to be likely the norm, rather than the exception. This can also affect the typical length of the cycle, which is considered to be abnormal if the bleeding occurs for more than seven days. Excessive menstrual bleeding can lead to low levels of iron, anemia, which can also cause severe fatigue and even hair loss. Iron supplements can be taken, and birth control medication is also an option to help regulate the menstrual cycles.

#### **4. Painful Sex**

Women who suffer from the symptoms of endometriosis may also find that is hard to engage in sexual intercourse due to pain they experience especially during sexual penetration. This pain occurs due to the damage that is done to the reproductive organs and the tissue growth. It is crucial that women do not ignore these painful feelings because they are definitely the body's warning signs that something is wrong.

#### **5. Problems with Urination**

Another symptom that can occur when a patient has endometriosis is painful and difficult urination. Due to the endometriosis, the entire length of the urinary tract can become severely infected. The infection could include the urethra, the bladder and the kidneys. When the tissue grows along any of these organs, they can become inflamed and infected, producing excruciating pain. Other related symptoms can include frequent urination, the inability to urinate and the urgency to urinate immediately.

#### **6. Infertility**

One very extreme symptom that can occur in connection with endometriosis is infertility. Endometriosis can cause so much damage to the reproductive system and its organs that the scar tissue can cause extreme damage to the ovaries and the walls of the womb, making it impossible for a woman to conceive. It is unfortunate and sad that approximately 30 percent of the women who are suffering from this condition, have problems with infertility. Also, if a woman is still capable of conceiving, there is a chance that it will be problematic to carry the child to term, due to the scarring and hormonal imbalances that may as well occur.

#### **7. Painful Bowel Movements**

It is pretty common for women who suffer from endometriosis to experience a variety of different gastro-intestinal problems. This can include painful bowel movements, along with other related conditions. These symptoms are created by the tissue rubbing along the intestines from the back wall of the uterus. This tissue can cause severe scarring. It can also even attach itself to the bowels themselves. Other related symptoms can also include bloody stool, cramping and bloating. If there is blood in the stool, make sure to immediately see a physician.

#### **8. Severe Internal Pain**

When the endometriosis is very severe, women have described that the pain is so intense that it feels as if their insides are being ripped out. As the tissue begins to grow along the different organs, it can often create a condition where the organs begin to become connected. As more and more scarring occurs, and the tissue continues to grow, the more intense the pain becomes and gets worse especially during motion, making it often feel as if the organs are being pulled apart. Unfortunately, the only treatment for this severe symptom is to have surgery. The goal of surgery is to separate the organs and remove as much of the excess tissue as possible.

## **9. Irritable Bowel Syndrome**

A woman who has endometriosis is more prone to gastro-intestinal problems, such as irritable bowel syndrome (IBS). Constipation, gas and diarrhea are associated with IBS. Medical professionals advise that patients with IBS, keep a food journal, so that they can see if certain foods seem to irritate the condition more than other foods. Endometriosis and IBS have so many similar symptoms that can be misdiagnosed and it is very common for a woman to have both and actually to experience both at the exact same time.

## **10. Fatigue**

Severe fatigue is a symptom that can set in while a female's body tries to adjust to the multitude of symptoms that are associated with endometriosis. Somehow even getting additional rest and sleep still cannot seem to help the body to recuperate and feel refreshed. The scarred tissues can also create hormonal imbalances, which can lead to even more fatigue. This condition can be aggravated when a woman is on her menstrual cycle. Certainly, there are various reasons that a woman could experience fatigue, but when it is coupled with several of these other symptoms, chances are that endometriosis is the cause.

E.G.

[www.health.facty.com](http://www.health.facty.com)  
Conditions Endometriosis