



Endometriosis

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Endometriosis is commonest among women in their 30s and 40s. The ladies at highest risk include those that haven't had children; whose menstrual cycles last longer than seven days; or who have a mother, sister, or aunt with the condition.

The name springs from endometrium, the tissue lining the uterus, which is usually shed during menstruation. But when the liner grows on the ovaries, fallopian tubes, cervix, bladder, or other places within the body where it doesn't belong, it can cause immense discomfort within the form of:

- menstrual cramps that become more debilitating over time
- chronic lower back and pelvic pain
- painful sex
- painful bowel movements

If you're diagnosed with endometriosis, options for relief do exist. Here are a number of the most ones: Hormonal contraceptives. This feature could also be worth trying if symptoms are mild to moderate and you aren't getting to become pregnant soon. Hormonal contraceptives include the methods mentioned above also as hormonal (not copper) intrauterine devices.

- Gonadotropin-releasing hormone agonists. For ladies who also don't want to become pregnant immediately, this is often a kind of prescription medication that stops the body from making the

hormones liable for ovulation, the cycle, and therefore the growth of endometriosis. This treatment causes a short lived menopause, but it also helps control the expansion of endometriosis. Your cycle returns once you stop taking the medication, but you'll now have a far better chance of getting pregnant.

- Over-the-counter pain medication. Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Advil and Motrin) or naproxen (Aleve) may help relieve mild symptoms.

One of the chief and most distressing effects of endometriosis is that it can make it difficult for a lady to become pregnant. Indeed, anywhere from 20 to 50 percent of endometriosis patients struggle to conceive. Growths can block fallopian tubes, cover or grow into ovaries, create adhesions that bind reproductive organs together, or form connective tissue which will render conception difficult. The brighter news: Once a lady does conceive, her symptoms often temporarily abate.

