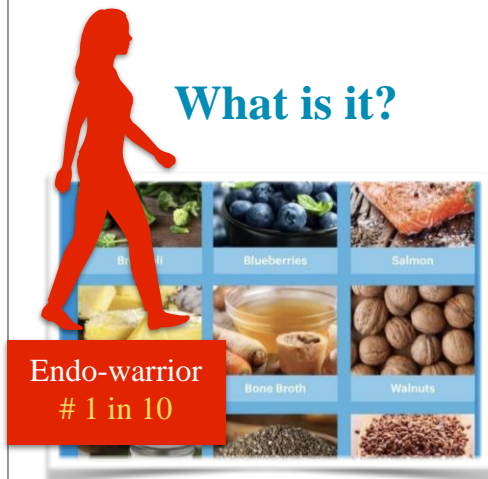


# ENDOMETRIOSIS ? GET THE FACT:

By dr. khushbu dubey

To be a gynaecologist

## What is it?



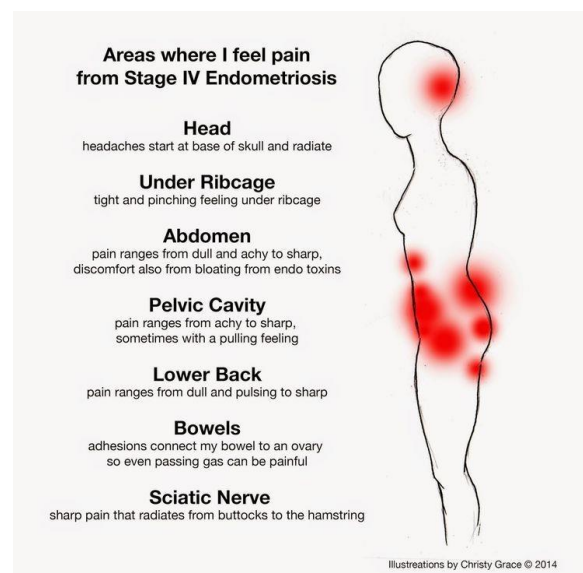
- endometriosis is a disorder in which tissue that normally lines the uterus (the endometrium) **grows outside her uterus.**
- The displaced endometrium tissue continues to act as it normally would -it thickens, breaks down & bleeds with each menstrual cycle. This displaced tissue becomes **trapped inside the body.**

## How many & who has it ?

**One is ten** women of reproductive age group have endometriosis & even more due to misdiagnosed & lack of awareness.

## Clinical presentation ?

- **Painful & massive vaginal bleed** associated with periods .
- **Pain during urination & defecation during periods .**
- **24-50% women suffering from Infertility have endometriosis.**
- **Pain during or after coitus .**
- **However endometriosis maybe asymptomatic.**



☞ All places endometriosis is found | some are very common| while others are rare| we need a cure| killer cramps aren't normal| fight like a girl| 1 in 10| spread awareness| invisible illness| chronic pain| **endo-warrior.**

## Factors responsible ?

### FACTORS THAT INCREASE RISK :

Periods started at **age 11.**

### FACTORS THAT LOWERS THE RISK :

Periods starting **late in adolescence.**

Monthly cycles less than 27 days.	Pregnancy
Menstrual cycle : heavy & more than 7 days	Low amount of body fat
Family history ; rises the history 6 fold	Regular exercise (more than 4 hours per week )

## Top 5 foods for endometriosis :

To help manage the endometriosis symptoms;

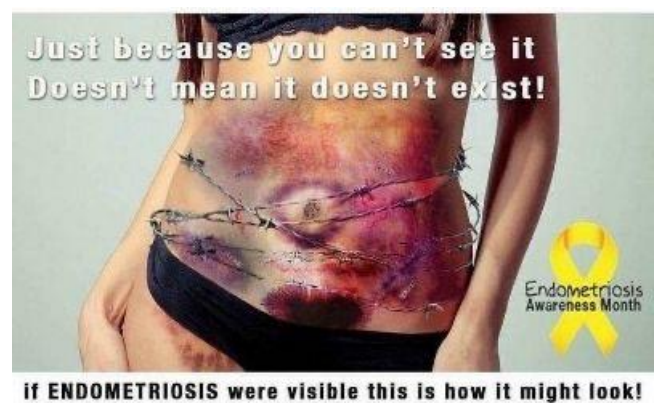
**Turmeric** : helps to deal with inflammatory markers like cytokines . Start grating innyo soups, curries or smoothies

- **Chia seeds**: an omega 3 fatty acids source which is the building block of healthy hormones & helps build inflammatory compounds. Try chia seeds pudding for breakfast or some chia jam.
- **Berries** : rich in anti-oxidants which can help with the pain associated endometriosis .
- **Cruciferous vegetables**: vegetables such as broccoli, cabbage, cauliflower & turnips . Can support the immune system & help to detoxify excess oestrogen.

Whole-grains, eggs, & legumes : are rich in vitamin B 12 which supports conversion of fatty acids which supports production of anti-inflammatory compounds.

## Diagnosis :

- Detailed history taking
- Pelvic examination
- Ultrasonography
- Diagnostic laparoscopy is the only way to confirm diagnosis .



- Lets end the silence & talk about endometriosis

*Patient may not look sick, but if you see inside out they would tell different stories.*

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