
Enough with the pain! Let's talk about Endometriosis

An Educational Public Forum brought to you by:





780 promenade Echo Drive, Ottawa, Ontario K1S 5R7
Tel/Tél.: 1-800-561-2416 or/ou (613) 730-4192 Fax/Téléc.: (613) 730-4314 www.sogc.org

Hello and welcome to the Endometriosis Public Forum,

Tonight's agenda is all about you and we are delighted that you were able to take the time to join us for this open discussion about endometriosis and the impact this disease can have on your health, your relationships, your fertility, your quality of life ... indeed, just about every part of your life.

Tonight you will hear from an expert in women's health, a physician who can help you understand endometriosis and provide you with tips, tools and strategies that we hope will empower you to seek help if you need it. Endometriosis is a challenging disease to diagnose because many of the symptoms that are associated with endometriosis are also related to other conditions. As a result many women feel as if it is taking far too long to get the help they need. But there is hope for everyone suffering from what can be a debilitating condition. New research and treatment options are being identified and you'll hear some of that information during the Forum.

This evening's free Endometriosis Public Forum is brought to you by the Society of Obstetricians and Gynaecologists of Canada, a non-profit professional organization whose Members are dedicated to women's health at every age, at every stage. For the SOGC, endometriosis is a priority. In addition to a series of public forums, SOGC has a dedicated website, endometriosisinfo.ca, focusing on evidence-based information about this disease. As well, SOGC sponsors continuing medical education about endometriosis to help make sure that health care professionals have the most recent information about endometriosis, its diagnosis and treatment options, so they are in a better position to help their patients.

Again, thank you for attending this evening's event.

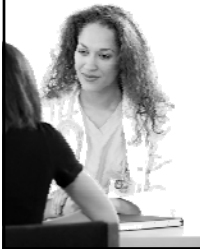
Sincerely,

Dr. Vyta Senikas
Associate Executive Vice President
SOGC

The Society of Obstetricians and Gynaecologists of Canada

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Before we begin ...

- The information presented this evening is based on guidelines on endometriosis recently developed by the SOGC.
- The information is not intended to replace the clinical consultations you have with your healthcare provider(s).




About the Society of Obstetricians and Gynaecologists of Canada

- One of North America's oldest organizations devoted to the specialty of obstetrics and gynaecology
- Advance the health of women through leadership, advocacy, collaboration, outreach and education
- The Society embraces values and beliefs that lead to improved patient care
- www.sogc.org

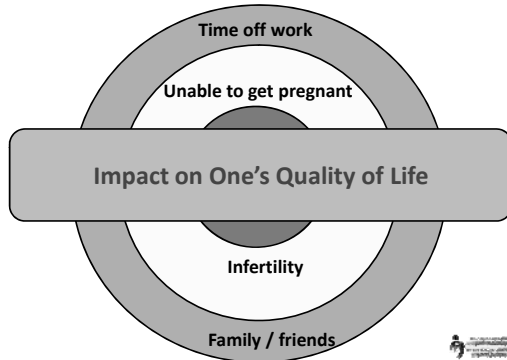


Tonight's agenda

- 1 What is endometriosis?
- 2 Myths about endometriosis
- 3 How can endometriosis be managed?
- 4 Endometriosis and infertility

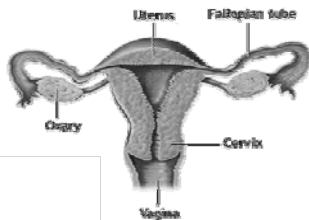


Endometriosis...



What is endometriosis?

- A condition where tissue, similar to the kind that lines the uterus, grows elsewhere in the body



Endometriosis is not ...

... an infection
... contagious
... cancer



Common symptoms of endometriosis

- Painful menstrual cramps
- Painful intercourse
- Chronic pelvic pain
- Painful urination during periods
- Bowel problems (e.g., diarrhea, constipation/pain)
- Difficulty conceiving



Diagnostic difficulties

- Physicians sometimes have trouble making the diagnosis
- Many other conditions may cause pelvic pain



How common is endometriosis?

- Up to 1 in 10 women of child-bearing age
- 3 in 10 women who are experiencing fertility problems
- 5 in 10 women who have chronic pelvic pain



What causes endometriosis?



- The actual cause of endometriosis is unknown
- There are several theories, but none fully explains why the condition occurs



What happens?

- Uterine tissue grows in the abdominal cavity and responds to the menstrual cycle:



- Each month, tissue builds up, breaks down and sheds
- Blood is trapped in the abdominal cavity
- Causes inflammation



Myths about endometriosis



Endometriosis UK is a registered charity (1130760) and a company limited by guarantee (02067689). It is a company registered in England and Wales. Registered office: 10, The Quadrant, London, W1R 0NS. Endometriosis UK is a registered charity (1130760) and a company limited by guarantee (02067689). It is a company registered in England and Wales. Registered office: 10, The Quadrant, London, W1R 0NS.

Myths about endometriosis

Menstrual pain is mostly in your head

- Endometriosis is a complicated, painful disease
- Involves physical and emotional pain



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Myths about endometriosis

Endometriosis is a career woman's disease

- It is found in every socio-economic class and in every ethnic group



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Myths about endometriosis

Pregnancy cures endometriosis

- Symptoms may improve during pregnancy
- Symptoms often return after pregnancy




Myths about endometriosis

Hysterectomy cures endometriosis

- Removal of uterus alone may help pain but does not cure endometriosis
- Pain can return if ovaries are left in place




How do I know if I have endometriosis?

Talk to your doctor if you have:

- Painful periods affecting your quality of life
- Frequent pelvic pain lasting more than 3 months
- If you haven't become pregnant after one year of trying
- Worsening pain ...
 - just before or during your period
 - when you go to the bathroom
 - when you have sexual intercourse




Diagnosis of endometriosis

Your doctor might:

- Ask you about your pain and ask you to keep a 'pain diary' to track symptoms
- Examine abdominal areas or perform a vaginal exam to locate where the pain is coming from
- Order a pelvic ultrasound
- Perform a procedure called a laparoscopy



What is a laparoscopy?



- Small incisions are made on the belly
- Small telescope is inserted
- Doctor can view pelvic organs and treat endometriosis



What can be done for endometriosis?

Available treatments aim to:

- Reduce pain symptoms
- Shrink or slow endometriosis growth
- Enhance fertility

The goal:
Improve your quality of life



Will I need treatment?

- The decision about treatment may depend on several factors:

- Your age
- How severe your symptoms are
- If you want to have children
- Extent of the disease



What treatments are available?

- Medications
- Surgery
- Alternative approaches
- Combinations of the above



Pain Management: Medication

- Anti-inflammatory drugs
- Birth control pills
- Progestins: oral, IM, IUS
- Hormonal suppression



Birth control pill

- Often used without a break to prevent periods from happening
- Effective in reducing pain
- Simple to use because it is easy to take
 - Often first treatment suggested by doctors
 - There are few side effects



Progestins

- Suitable for pain reduction
- Few side effects
- The intrauterine contraceptive device can conveniently be left in place for five years



Hormonal Suppression

- No period = no pain
- Helps treat pain during
 - Periods
 - Sex
- Given by injection or nasal spray
- Known as GnRH agonist – very effective
- Can cause symptoms similar to menopause



What is add-back therapy?

- Used with GnRH agonists
- Adds some estrogen back into the body
- This helps relieve menopause-like symptoms
- Prevents loss of bone mineral density
- Enables women to take GnRH agonist for longer



Will I need surgery ?

If medical therapies fail ...

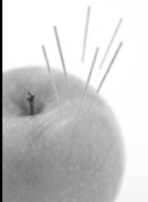


- Laparoscopy to remove endometriosis
 - May return within 5 years in 20-40% of women
 - Medical therapy may still be needed if pain returns
- Hysterectomy (+/- ovaries)



Alternative treatments

- Dietary changes
- Vitamins and herbs
- Physiotherapy / biofeedback
- Massage
- Acupuncture



Can I still get pregnant?

- **Yes** - most women with endometriosis will get pregnant
- **However**, it may be more difficult to become pregnant
 - Reasons not well understood
- Treatment options available



Summary

Endometriosis is a common cause of pelvic pain

There are many treatments to help relieve pain

Most women can still become pregnant but it may take longer



Question Period

For more information, consult:

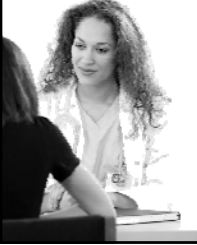
- sogc.org
- endometriosisinfo.ca
- endometriosis.ca

Thank You!



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THE SOCIETY OF OBSTETRICIANS
AND GYNAECOLOGISTS OF CANADA

LA SOCIÉTÉ DES OBSTÉTRICIENS
ET GYNÉCOLOGUES DU CANADA

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Mission Statement

To promote excellence in the practice of obstetrics and gynaecology and to advance the health of women through leadership, advocacy, collaboration, outreach and education

We believe that...

- women should have equitable access to optimal, comprehensive health care provided with integrity and compassion;
- women should have the information they need to make choices about their health;
- Society members have the right to practice in a safe and supportive environment;
- the practice of obstetrics and gynaecology must be based on the best scientific evidence available;
- the Society has a responsibility to facilitate change in relation to health system issues affecting the practice of obstetrics and gynaecology;
- the Society has a responsibility to continue promoting patient safety throughout health care systems;
- the Society has a responsibility to be visible through advocacy efforts in support of women's health globally.

For more information on the SOGC, visit www.sogc.org

Spread the
word
not the
disease

hpvinfo.ca

Spread the word not the disease.

Information for all Canadians on prevention, screening, diagnosis and treatment of the human papillomavirus (HPV) and related health issues. Be the one with the right facts.

endometriosisinfo.ca

Restore the peace within...

Facts about symptoms, diagnosis and treatments, prepared by physicians for women who may be suffering with chronic pelvic pain and infertility.

menopauseandu.ca

Your change. Your life. Take charge.

Reliable, comprehensive and current information compiled by physicians for Canadian women approaching or in menopause or perimenopause.

Sexualityandu.ca

Knowledge is sexy. Want some?

The latest credible information for teens, adults, parents, teachers and health professionals about contraception, sexually transmitted infections, safer sex and relationships.

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