What we would like our Doctors to know about Endometriosis

Presented at the 13th World Congress on Endometriosis - 2017

Findings suggest that endometriosis in locations distant from the pelvis may be more common than previously recognized.1

**Thoracic:**
- The most frequent thoracic finding is diaphragmatic implants
- The classic symptoms of diaphragmatic endometriosis are pain in the chest area (pleuritic, usually on the right side), shortness of breath (dyspnea), epigastric pain (upper GI pain), pain in the right shoulder, and upper abdominal pain (right or left side).1
- Right Side most prevalent but Left and Bilateral occur 4
- CT/MRI imaging increases sensitivity during symptomatic period. Compare imaging after symptom resolution. Negative imaging does NOT rule out presence of disease.5
- Cyclic chest pain is the most common symptom but Catamenial Pneumothorax (CP) is most common Clinical Manifestation 6
- Youngest documented case study CP – age 11 yrs 7

**Bowel:**
- Even when endometriosis does not occur directly on the bowel, it can cause bowel symptoms. Inflammatory mediators can affect the bowel and contribute to them.8
- Common complaints are frequently misdiagnosed as IBS
- Nausea / Vomiting associated with small and large intestines 9
- Bowel changes with cycle alternating Constipation and Diarrhea

**Urinary:**
- Women with urinary tract endometriosis have few or no symptom.
- Bladder involvement often presents like Interstitial Cystitis. Full-thickness lesions may cause blood in urine.10

**TERP - Thoracic Endometriosis Related Pneumothorax**
- 33% Lung Collaspse in females were the result of Endometriosis

**Catamenial Time Frame**
- 24 hours prior to CYCLE up to 72 hours after
- SPT outside of the Catamenial time frame DOES NOT rule out Endometriosis

**TERP can be severe. Please check symptoms with cycle**

Catamenial pneumothorax and thoracic endometriosis (TE) are still under diagnosed. Infertility and uterine procedures are significantly associated. Scapular or thoracic pain during menses often precedes the occurrence of pneumothorax and is highly specific for the diagnosis of TE.12

**Support though recovery is helpful:**

Recovery Time
Surgeries can take weeks or months to recover from. Societies’ support during this time is extremely important to healing.

Diet
Anti-inflammatory, organic unprocessed food helps with cycle symptoms. Start with no sugar, dairy and refined flours.

Physical Therapy
Patients educated about the neuroscience of pain are able to function better, exercise more and experience less pain.11

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**TE (Clinical Manifestations):**

**Catamenial Pneumothorax:**
- 70-80% Collapsed lung

**Catamenial Hemorrhax:**
- 14% Blood in chest cavity between the lung and chest wall

**Catamenial Hemoptysis:**
- 7% Coughing up blood
- 6% Patients have lung nodules

1 in 10 Women • 68% Misdiagnosed • 7-10 year Delay in Diagnosis

EndoStats.com
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Understanding the Cycle associated with Symptoms

GLOBAL SURVEY: Total number of 651 ladies | From 27 countries

Types of diagnosed endometriosis:
Reproductive: 96% Urinary 49% Digestive 55% Thoracic 14%

Cycle Signs and Symptoms that could be associated with Endometriosis

% Overall
74: PMS
70: Breast Pain
61: Migraines
76: Brain Fog
82: Mood Swings
80: Anxiety
95: Fatigue
63: Insomnia
60: Night Sweats
57: Feeling Cold

% Reproductive
93: Cycle Pain
84: Ovulation Pain
52: Irregular Cycles
65: Irregular Bleeding
63: Blood Clots
79: Painful Sex
39: Infertility

% Digestive
84: Pain with Bowel
83: Diarrhea / Constipation
67: Nausea / Vomiting

Urinary
60: Frequent Urgency
48: Urinary Pain

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30 Places endometriosis can grow or effect*

Although some are rare, let’s not overlook any area.