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 2
- 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).3
- 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**

<table>
<thead>
<tr>
<th>Recovery Time</th>
<th>Diet</th>
<th>Physical Therapy</th>
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<tbody>
<tr>
<td>Surgeries can take weeks or months to recover from. Societies’ support during this time is extremely important to healing.</td>
<td>Anti-inflammatory, organic unprocessed food helps with cycle symptoms. Start with no sugar, dairy and refined flours.</td>
<td>Patients educated about the neuroscience of pain are able to function better, exercise more and experience less pain.</td>
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**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

**ENDOSTATS.COM**
1 in 10 Women • 68% Misdiagnosed • 7-10 year Delay in Diagnosis

**EndoStats.com**
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Types of diagnosed endometriosis:
Reproductive: 96% Urinary 49% Digestive 55% Thoracic 14%

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

Cycle Signs and Symptoms that could be associated with Endometriosis

% Overall
76: 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
56: Irregular Bleeding
61: Blood Clots
79: Painful Sex
39: Infertility

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

% Thoracic
35: Chest Pain
34: Shortness of Breath
29: Rapid Heartbeat
38: Shoulder Pain
50: Up Abdominal Pain
34: Pain Lying Down
44: Dizziness
05: Pneumothorax (collapse lung)
02: Pleural Effusion
03: Coughing Up Blood

% Sciatic
81: Low Back Pain
65: Pain Down Leg/Knees

% Immune System
50: Seasonal Allergies
52: Food Intolerance

% Nutrient Deficiency
18: Low Blood Sugar
19: Low Magnesium
47: Low Iron

In collaboration with Endometriosis Supporters Worldwide: 176 Million+ bringing awareness to the World Congress on Endometriosis

We hope to spread awareness to the medical community, society and women who may be suffering from Endometriosis. We provide support from experiences and links to factual and accurate websites, research publications and articles that synthesize and condense recent research progression from evidence-based studies. This is for education purposes only. We are not here to diagnose or treat health conditions.

For support group information: Wendy Bingham, DPT: wendybinghamdpt@gmail.com | EndoStats: Julie Prilling: julie@endostats.com

Footnotes:
1. Micrometastisis of endometriosis to distant organs in a murine model. Elham N. Samani1, Ramanaiah Mamillapalli1, Fei Li1, Levent Mutlu1, Demetra Hufnagel1, Graciela Krikun1, Hugh S. Taylor1
   www.impactjournals.com/oncotarget/index.php?journal=oncotarget&page=article&op=view&path%5B%5D=16889&path%5B%5D=54040


8. Channabasavaiah A, Joseph JV. Thoracic endometriosis revisiting the association between clinical presentation and thoracic pathology based on thoracoscopic findings in 110 patients. Medicine (Baltimore) 2010;89:183-188.