



ENDOMETRIOSIS

BETTER RESEARCH = BETTER OUTCOMES

Endometriosis is an inflammatory disease that's affected by hormones but is not caused by hormones. Recent research has discovered that it is more of a disease of immune dysfunction.

WHAT IS ENDOMETRIOSIS

Endometriosis is a disease in which tissue that is similar to the endometrial tissue grows outside the uterus and can cause pain and other symptoms. The endometrial lesions are either laid down before birth or arrive there via retrograde menstruation.

DIAGNOSIS

Diagnosis cannot generally be determined by standard imaging (ultrasound) as often the lesions are so deep, infiltration can be determined by a Gynaecological sonographer, of which there are only 20-30 in Australia.

Laparoscopy is the gold standard for diagnosis, a type of keyhole surgery used to inspect and operate on the organs inside the abdominal and pelvic area.

Laparoscopy views the internal organs and takes tissue samples and is often used to excise and remove endometrial lesions at the same time. Performed under general anaesthesia, by a gynaecologist.



COMMON SIGNS & SYMPTOMS

- Pain:
 - On or around period & Ovulation
 - During or after sex
 - With bowel movements
 - Urination
 - In your pelvic region
 - In lower back or legs
- Frequent urination & urgency
- Heavy or irregular bleeding
- Dark blood with clotting
- Fatigue



NatMed



ENDOMETRIOSIS

Endometriosis Pain & Nervous System

Endometriosis pain is particularly complex because your brain places high importance on looking for threat or danger in your pelvic area, which houses essential reproductive and sexual organs and the bladder and bowel.

The nerves that supply your bladder, bowel and reproductive tract are all connected and share common pathways which allow these organs to 'talk' to each other, which can also contribute to endometriosis-related pain.

The presence of endometrial lesions may cause inflammation of the pelvic nerves. Over time, if this persists, the nerves in both your pelvis and your entire nervous system (the brain, spinal cord, and other nerves) may become extra sensitive. For someone with endometriosis and an extra sensitive nervous system, doing something that is safe, like going for a walk, can result in increased pain.

It is also common for women with endometriosis to experience other conditions commonly linked with sensitisation. These include irritable bowel syndrome, painful bladder syndrome, chronic fatigue syndrome, fibromyalgia, migraines or tension headaches, anxiety or panic attacks and depression.

TARGETS FOR NATURAL TREATMENT

- SURGERY IS A TREATMENT BUT NOT A CURE

- Target Immune Dysfunction & Autoimmune Genotype
- An antimicrobial approach to knock back LPS toxins and SIBO. It is crucial to target the digestive system first before we can target the endo.
- Following the autoimmune dietary guidelines to reduce inflammation and modulate the immune system.
- Practitioner Grade Supplements, Herbal Medicines and anti-inflammatory nutrients to modulate oestrogen levels which has a role in promotion of endometrial lesions, using foods, herbal medicines, and nutrients.
- Natural anti-inflammatory supplements which reduce pain and reduce the symptoms of flare up.

