

Do You Have to Have Surgery for Endometriosis?

Not necessarily. There are medications that can be used to treat endometriosis. Here's what you need to know.



Endometriosis is a chronic disease that can cause:

- Severe pelvic pain
- Painful sex
- Infertility
- A reduced quality of life

Although endometriosis is one of the most common gynecological conditions, women often struggle to get a diagnosis.

6 years =

average time for women to get diagnosed



3 out of 5 women saw 3+ healthcare providers before getting diagnosed

The earlier the diagnosis, the better women can manage their disease.



To ease pain, women can start with medication, which can:



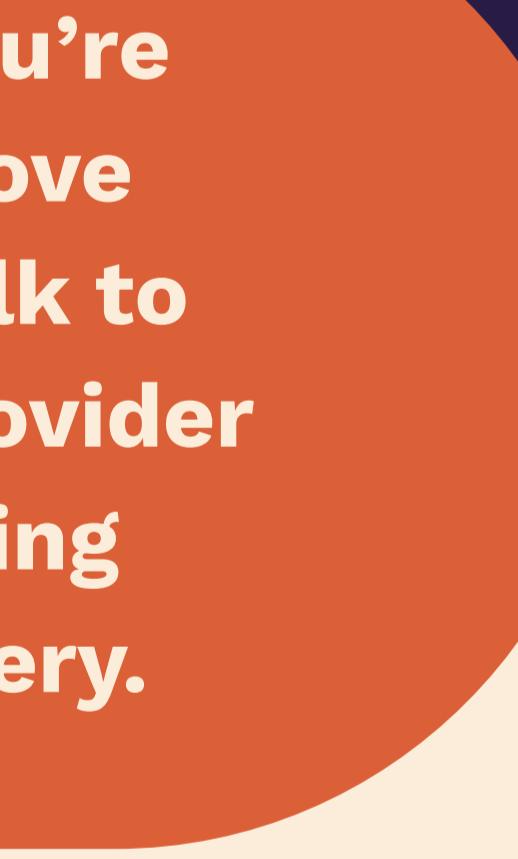
Decrease pain



Reduce inflammation



Stop hormone production



Reduce or stop menstruation

Medications for Endometriosis

	Treats pain	Treats disease	FDA-approved for endometriosis	Other details
Nonsteroidal, anti-inflammatory drugs (NSAIDS)	✓	✗	✗	
Combined oral contraceptives	✓	✗	✗	Contains progesterone and estrogen
Hormonal IUD	✓	✗	✗	Thins endometrium; stops period
Aromatase Inhibitors	✓	✓	✗	Decreases estrogen production, which decreases growth and number of lesions; used with progesterone; need more studies about safety and efficacy
Progestins (oral)	✓	✓	✓	
Progestins (implants/injectables)	✓	✗	✗	
Modified testosterone	✓	✓	✓	Decreases estradiol production; not often recommended
GnRH Agonist	✓	✗	✓	Injectable
GnRH Antagonist	✓	✓	✓	Shrinks lesions and shrinks pain, including pain during sex

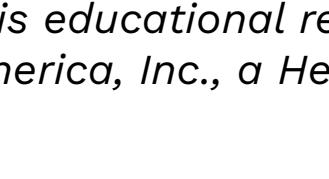


If the treatment you're using doesn't improve your symptoms, talk to your healthcare provider (HCP) about changing medication or surgery.

Surgical Options for Endometriosis

Ablation

Uses extreme cold, heat or high-energy radio frequencies to destroy the uterine lining and control heavy menstrual bleeding



Excision

Cuts out lesions and visible areas of disease

Lysis of adhesion

Cuts out adhesions (scar tissue)

Presacral neurectomy

Removes the nerves (presacral plexus) that send pain signals from the uterus to the brain

Hysterectomy with or without oophorectomy

Removes the uterus with or without the ovaries

There is no cure for endometriosis, but you can manage both the symptoms and the disease with the right treatments. It's important to talk to your HCP to find a treatment that works for you.

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