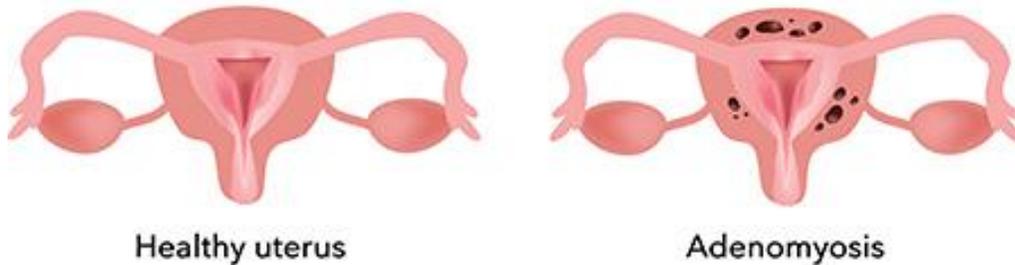




ADENOMYOSIS

Adenomyosis is a condition where the endometrium (endometrial lining) breaks through the muscular wall of the uterus, and can occur throughout the uterus, or to a specified location. Although this condition causes heavy bleeding and pain, it is not considered to be life-threatening and can typically be treated with medication to diminish associated symptoms.

Adenomyosis



Healthy uterus

Adenomyosis

SYMPTOMS

While some women diagnosed with adenomyosis have no symptoms, others may experience:

- **Heavy, prolonged menstrual bleeding**
- **Severe menstrual cramps**
- **Abdominal pressure and bloating**

CAUSES

Though the cause of adenomyosis isn't known, studies have suggested that hormones and other factors may trigger the condition, including:

- **Estrogen, Progesterone, Prolactin, and FSH**
- **Invasive tissue growth (c-section)**
- **Development of uterus formed in fetus**
- **Uterine inflammation related to childbirth**
- **Bone marrow stem cells:**

DIAGNOSIS

The following techniques are used to determine if adenomyosis is suspected:

- **Signs and symptoms**
- **A pelvic exam that reveals an enlarged, tender uterus**
- **Ultrasound imaging of the uterus**
- **MRI of the uterus**

TREATMENT

Various treatment options for adenomyosis can help decrease associated symptoms and include:

- **Anti-inflammatory drugs (Ibuprofen, Advil, or Motrin for pain)**
- **Hormone medications (such as birth control, to decrease heavy bleeding)**
- **Hysterectomy (when all other treatment routes fail, but isn't necessary)**

Other options to help ease pelvic pain and cramping related to adenomyosis include:

- **Soak in a warm bath**
- **Use heating pad on abdomen**