

## Endometriosis in Poland

### **lack of awareness of this disease**

among doctors and nurses

### **myths concerning menstruation**

*period must hurt*

*menstruation pain will pass after pregnancy*

*femininity hurts*

*such is your beauty*

### **lack of complex programme of treating endometriosis financed by the state**

### **lack of valuation of procedures**

in case of operations involving many organs

### **availability of specialists in endometriosis in Poland:**

check our list on:

[pokonacendometrioze.pl/gdzie-leczyc/](http://pokonacendometrioze.pl/gdzie-leczyc/)

## Support us

Account number:

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## About foundation

The foundation was established in 2018 to provide help for women suffering from endometriosis and their families as well as to cooperate with private and state institutions providing access to modern programmes of treating endometriosis, popularization of awareness of this disease and the implementation of any educational, social, and cultural initiatives..

*You never know how strong you are until being strong will not become the only solution you have.*

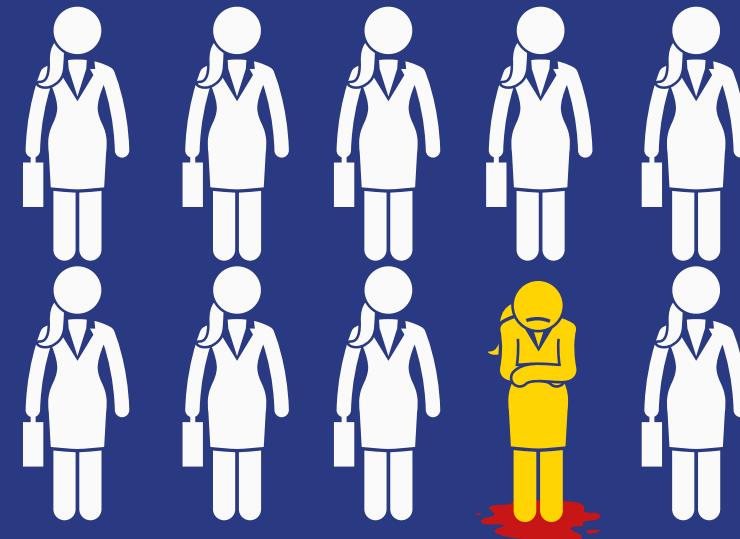


Fundacja  
Pokonać  
Endometriozę



# ENDOMETRIOSIS

## Basic facts



## What is endometriosis?



This is a hormonal-immunological disease. It is based on the occurrence and hyperplasia of tissue similar to endometrium in the areas different from its physiological location (uterus).

### Symptoms

Endometriosis may be related to a wide range of ailments, painful in different regions, sometimes it may be asymptomatic, although the focal points may reach considerable sizes.

It may occur through:

- temporally intensifying severe pain occurring in the perimenstrual period,
- substantial and irregular menstrual bleeding,
- painful ovulation,
- dyspareunia,
- chronic pain in the region of pelvis minor,
- pain located in the spine sacral region,
- pain of intestines and painful defecation during menstruation,
- pain in the region of urinary system and painful urination, especially during
- menstruation,
- constipations and diarrhoeas,
- chronic tiredness,
- infertility.



**It is estimated that there are approx. 200 million ill women in the world, in Poland even 2 million!**

## Reasons for occurrence of endometriosis

It is known since 18 th century, however the reasons for its occurrence remain inexplicable, and its common occurrence was confirmed by scholars only in 20 th century. There are many theories, which explain some of its factors, but the examinations conducted so far do not expressly confirm it.

**The average time of endometriosis diagnosis amounts to 7-12 years!**



### Diagnostics

- detailed medical history,
- expert gynaecological examination,
- transvaginal and transrectal USC examination,
- MR and CT imaging,
- in justified cases – laparoscopy, laparotomy,
- histopathological examination.

Correct and early diagnosis is the most important factor in treating endometriosis. The type of treatment is selected based on the stage of endometriosis, always individually after an insightful diagnosis.

**Exploratory laparoscopy stops being applied!**

## Treatment

Treatment aims to:

- mitigate / reduce pain symptoms;
- remove lumps, infiltrations, implants;
- preserve or restore fertility;
- prevent / delay recurrence of disease.

The following treatment is distinguished:

- pharmacological,
- surgical (laparoscopy),
- pain,
- physiotherapy,
- psychotherapy,
- anti-inflammatory, vegetarian, vegan diet,
- alternative.



The supplementary options of endometriosis treatment may comprise: traditional Chinese medicine, nutritional approach, homeopathy, allergy treatment and immunotherapy.

### The aftermaths of endometriosis for the ill person and their relatives:

- worse quality of life, chronic pain;
- infertility and sterility; problems with maintaining pregnancy;
- depression; anxiety states, deprivation of needs;
- low self-esteem and self-confidence;
- painful sexual life and worse quality of sexual life;
- expensive treatment, decrease of financial status, taking credits for surgeries;
- disability; inability to work; loss of job.