

About me

- Consultant gynaecologist at Plymouth Hospitals NHS Trust and Nuffield Health Plymouth Hospital
- Specialist in:
 - Pelvic Pain
 - Endometriosis
 - Advanced Laparoscopic (keyhole) surgery
 - General benign gynaecology

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Endometriosis Opinion

Endometriosis left me in agony. Now doctors



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Women with severe period pains should be checked for endometriosis

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Endometriosis

'Listen to women': UK doctors issued with first guidance on endometriosis

Disease, which causes crippling pain and can lead to infertility, affects 176 million women worldwide and currently takes seven to eight years to diagnose

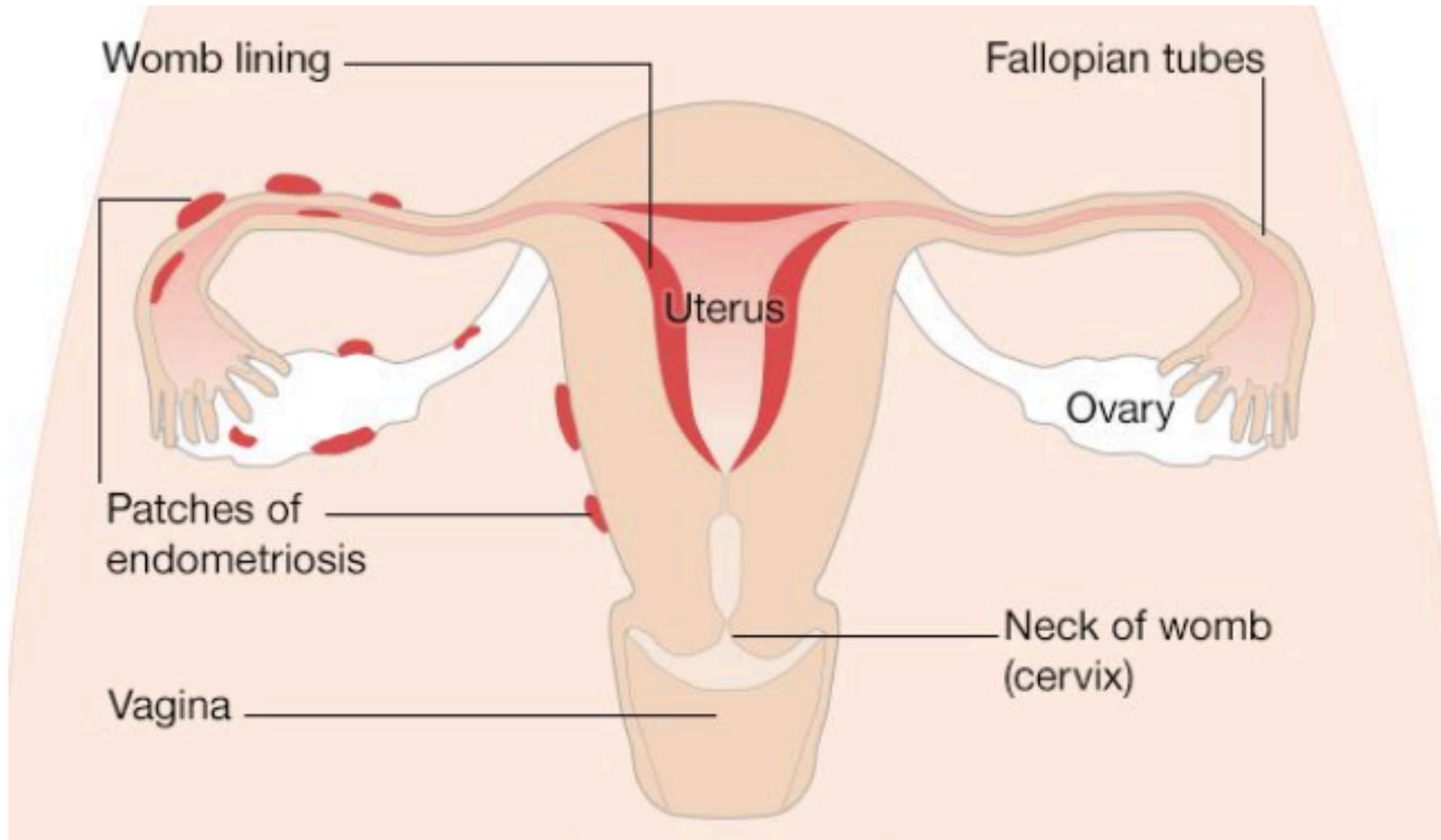
● [Years of pain, but no diagnosis: one woman's experience of endometriosis](#)

Endometriosis

- Affects 1.5 million women in the UK (as many as diabetes)
 - Prevalence up to 50% in women with subfertility
- Average of 7.5 years from onset of symptoms to diagnosis and treatment
- Cost to the UK economy £8.2bn annually
- Cause unknown and no definitive cure



What is endometriosis?



What is endometriosis?



Why is it important

- Chronic Pain
- Fatigue
- Depression
- Problems with sex life and relationships
- Inability to conceive
- Difficulty in fulfilling work / social commitments

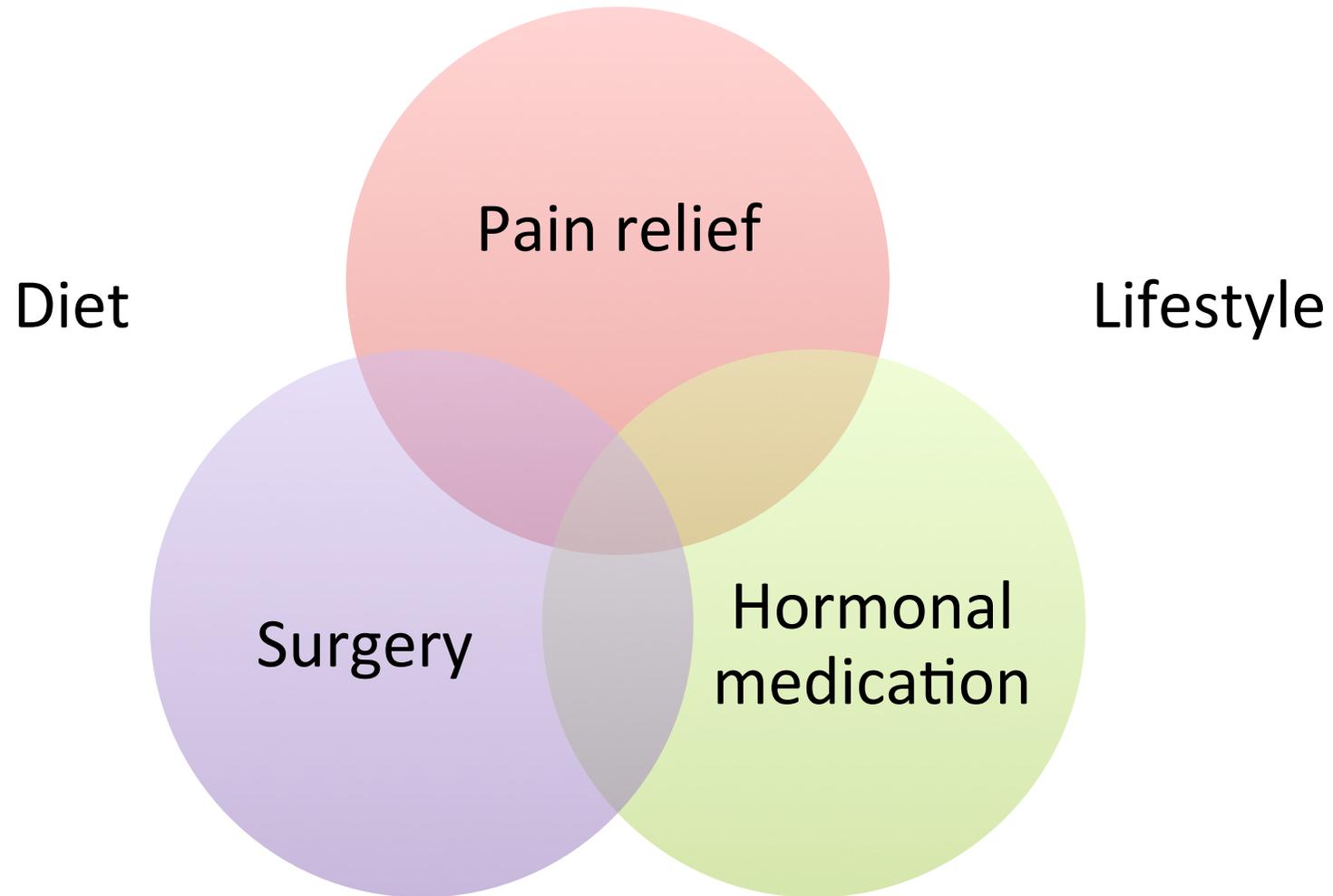
Why does it cause pain?



Do I have it?

- Painful or heavy periods
- Pain in the abdomen, pelvis or lower back
- Pain during and/or after sex
- Bleeding between periods
- Difficulty getting pregnant
- Pain between hips and the top of the legs
 - Tiredness and exhaustion, discomfort going to the toilet, bleeding from the back passage are less common symptoms

How can it be managed?



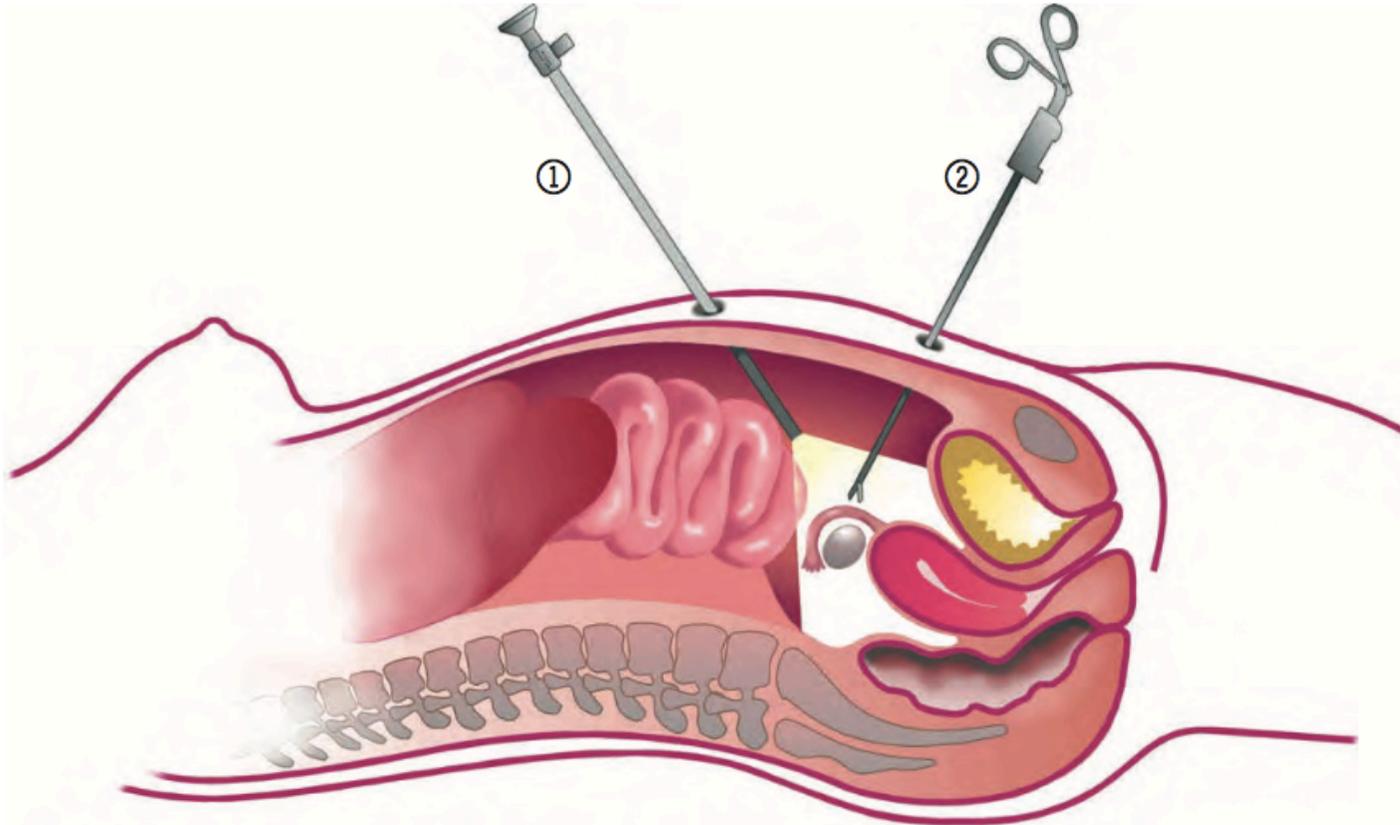
Pain relief

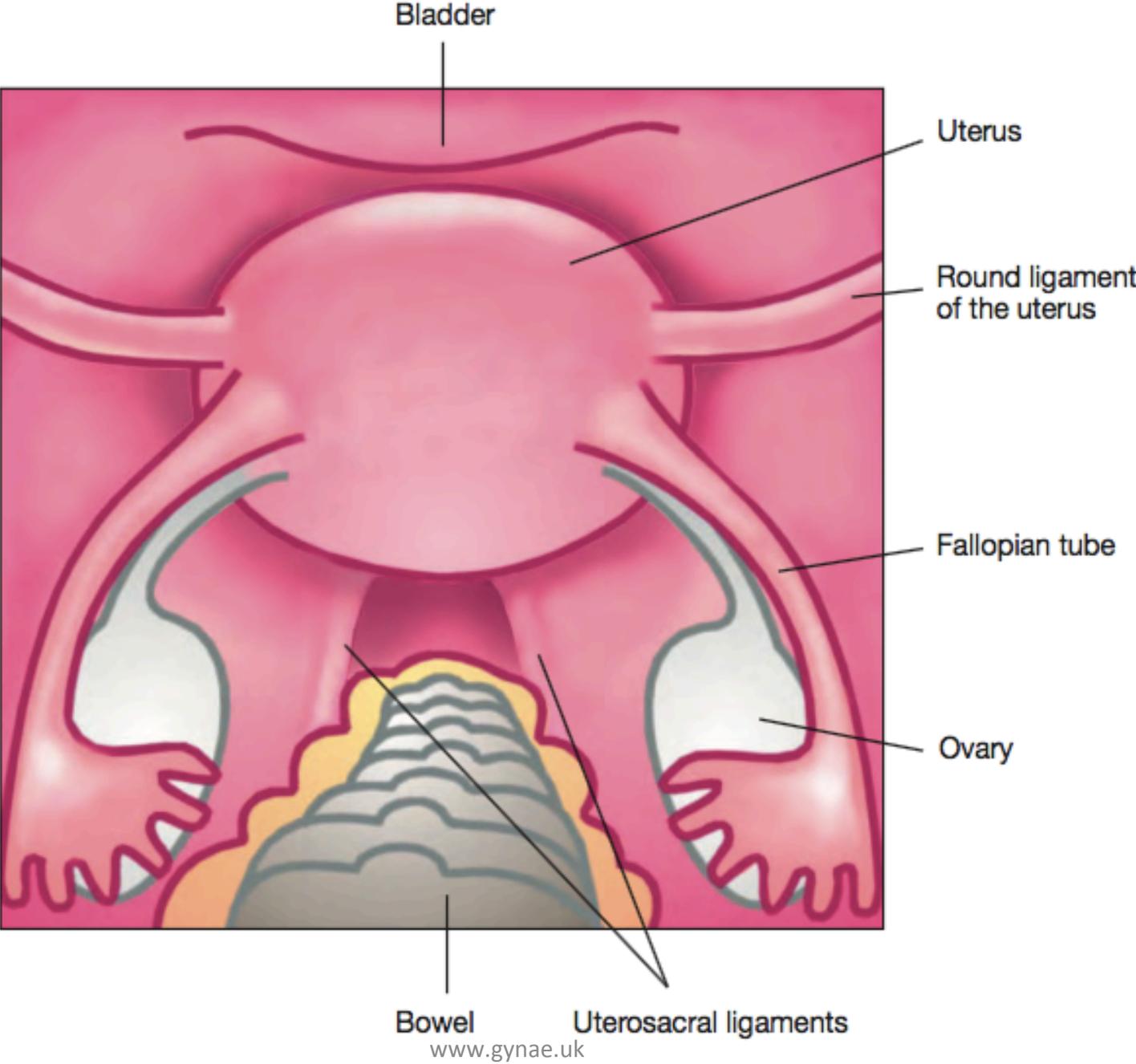
- Simple pain relief
 - Paracetamol
 - Ibuprofen (Nurofen)
- Stronger pain relief
 - Codeine
 - Naproxen
- Strongest pain relief
 - Strong opioids

Hormonal therapy

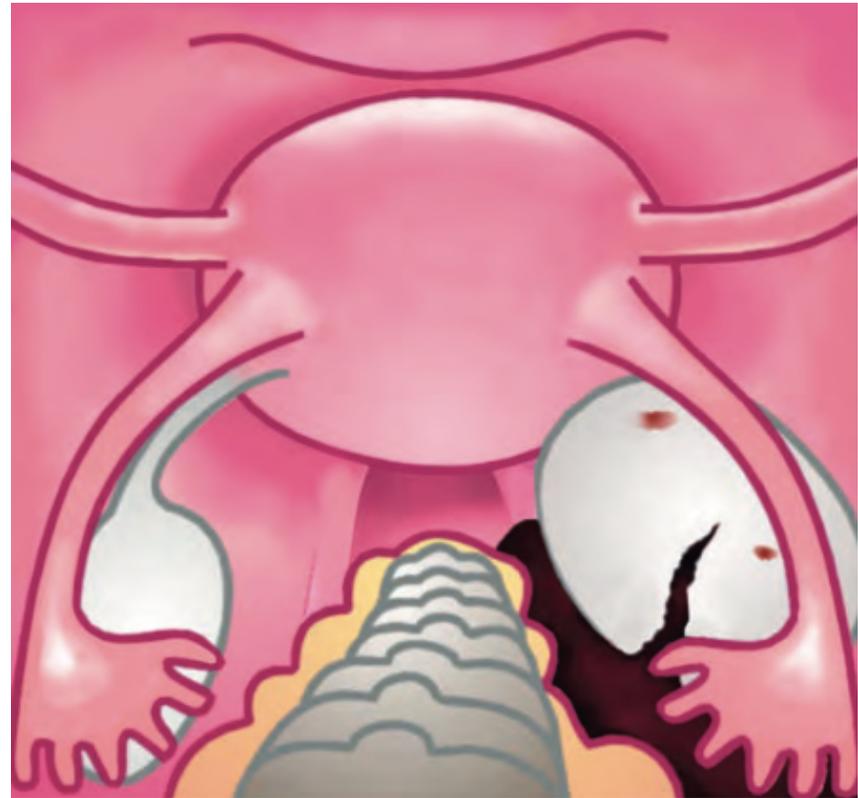
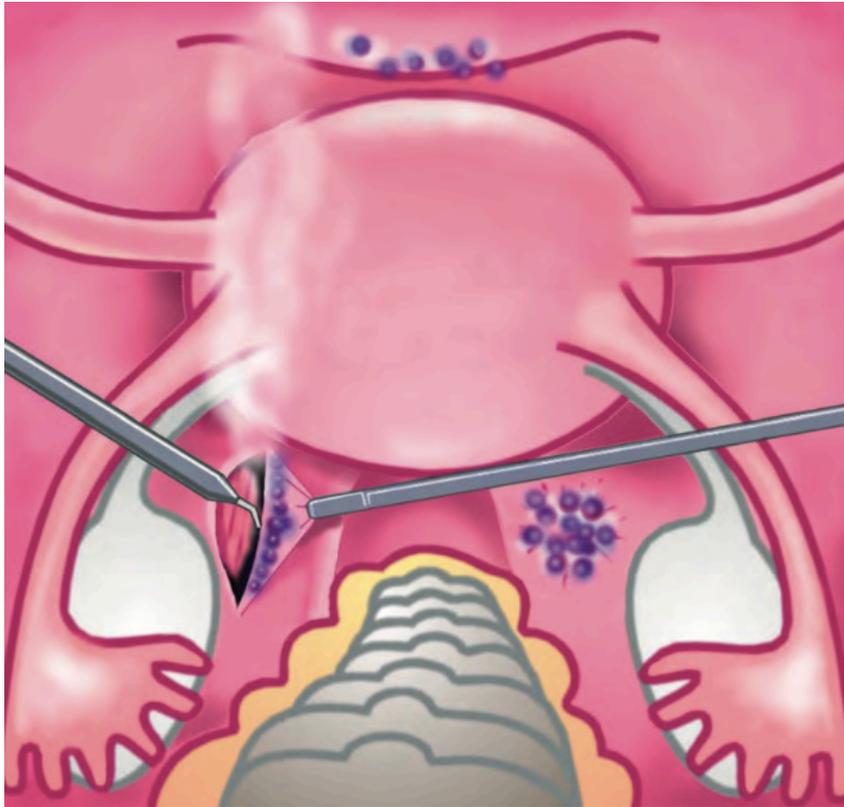
- Many hormonal contraceptive methods can improve endometriosis symptoms
- Combined Pill (“The pill”)
- Progestogen only pill (“The mini pill”)
- Progestogen injection
- Progestogen implant
- Progestogen IUS (“Mirena Coil”)

Surgery





Surgery



What if I want to get pregnant?

- If fertility is a priority, then hormonal treatment is not appropriate as it works as a contraceptive!
- Surgical management via laparoscopy is recommended to remove mild / moderate endometriosis or ovarian cysts (endometriomas) to improve spontaneous conception rates
- Severe endometriosis is different

Do I need a hysterectomy?

- It may be helpful as a last resort
- It may be combined with treatment for endometriosis if heavy periods are also a problem
- Oophrectomy (removal of ovaries) may be suggested
 - Medicine can be given to ‘switch off’ cyclical hormones to mimic life without ovaries

When should I see a gynaecologist?

- If simple pain relief does not provide adequate symptom control
- If hormonal treatment is not effective, not tolerated or contraindicated
- If fertility is a priority
- For severe, persistent or recurrent symptoms
- If there are symptoms consistent with deep endometriosis

How can I prepare for my appointment?

- Consider
 - What are your symptoms and their impact on day to day life?
 - What would 'better' look like?
 - If fertility is important to you? Imminently or some time in the future?
 - What sort of treatment you would prefer? Is surgery an option?
- Complete a symptom diary

Pain & symptom diary

Keeping a record of your pain and symptoms can help you and your doctor to manage your symptoms, could help with a diagnosis and also could be used when submitting information for evidence e.g. when claiming for benefits, for work or for school/university.

This first part of this form is a list of questions. Over the page is a diary for one week. Please copy this diary if you need to record your symptoms for more than one week. Please answer as honestly as you can – your answers will be invaluable for your doctor. Don't just answer 'yes' or 'no' but try to provide as much information as you can. You may not think that it is relevant – but it could be.

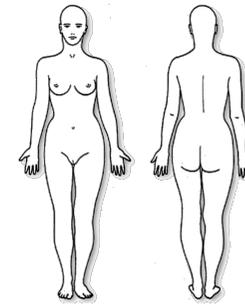
General questions

Date of last period:	
1.	What age were you when you started your periods?
2.	Are your periods regular e.g. every month? Y/N If not, how regular are they?
3.	How long does your typical period last?
4.	Would you describe it as light, medium, heavy or very heavy?
5.	Do you bleed between periods?

Pain

1.	Do you get pain during your period?
2.	Do you get pain at other times of the month? Y/N If so, when?
3.	Where do you get this pain? Can you mark on the diagram overleaf exactly where you experience pain? Please do include back, leg and chest pain if applicable

3.



4.	Do you get pain during or after intercourse?					
5.	Does anything (walking, exercise, stress etc) make this pain worse?					
6.	How would you describe the pain? (<i>Please circle all that apply</i>)					
	Stabbing	Spasm	Burning	Dull	Aching	Sharp
	Constant	Throbbing	Random	Agonising	Shooting	Cramping

Symptoms

1.	Do you have pain or bleed when you have a bowel movement? Y/N If so, is this worse during your period?
2.	Do you have pain or bleed when you urinate? Y/N If so, is this worse during your period?
3.	Do you feel bloated? Y/N If so, is this worse during your period?
4.	Are you physically tired? Y/N If so, do you get more tired during your period?
5.	Do you feel sick, vomit or faint during your period?



Week beginning DD / MM / YY	Are you on your period?	Describe your pain* and where it is	How does it feel** and how long does it last? e.g. 3 hours	Do you have any other symptoms? e.g. bloating, bleeding, bowel or urinary problems	Did you take or do anything to help with the pain or symptoms? If so, what did it help?	What affect did it have on you?***
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						
Sun						

* Please rate your pain on a scale of 1-10. Where 1 = tolerable and 10 = the worst pain imaginable

** Please use the words listed on question 6 under "pain", or add your own

*** Please state whether these symptoms affected your work, education, relationships, social activities, sleep, exercise, food intake, sex life, stress levels, quality of life that day

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Where can I go for more information?

- www.gynae.uk - my website
- www.endometriosis-uk.org
- <https://www.nice.org.uk/guidance/ng73/informationforpublic>
- <https://www.nhs.uk/conditions/endometriosis/>

Any Questions?



endometriosis uk

1 in 10 women
suffers from
endometriosis.

Don't suffer in silence.

**IT'S OK
TO TALK.
PERIOD.**

WWW.ENDOMETRIOSIS-UK.ORG

Design Kaye Sedgwick / ohhhkaye



Thank you for listening

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