

# ENDOMETRIOSIS ACTION PLAN

Endometriosis symptoms vary from one woman to another. There are a number of options that may help you manage your disease and its symptoms. It's important to follow your action plan as closely as possible for the best results.

PATIENT NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_

## Recommended action plan

TODAY'S DATE	____/____/____	
GOALS	Short-term _____ _____	Long-term _____ _____
CURRENT RECOMMENDED MANAGEMENT	_____ _____ _____	

If goals are not met with current management:

FUTURE MANAGEMENT OPTIONS	1 _____ 2 _____ 3 _____
FOLLOW-UP VISIT DATE	____/____/____
NOTES	_____ _____

## Management options for endometriosis:

### Medications<sup>1</sup>:

NSAIDs  
Contraceptive therapy  
GnRH agonist  
Modified testosterone

### Surgery:

\_\_\_\_\_

### Other:

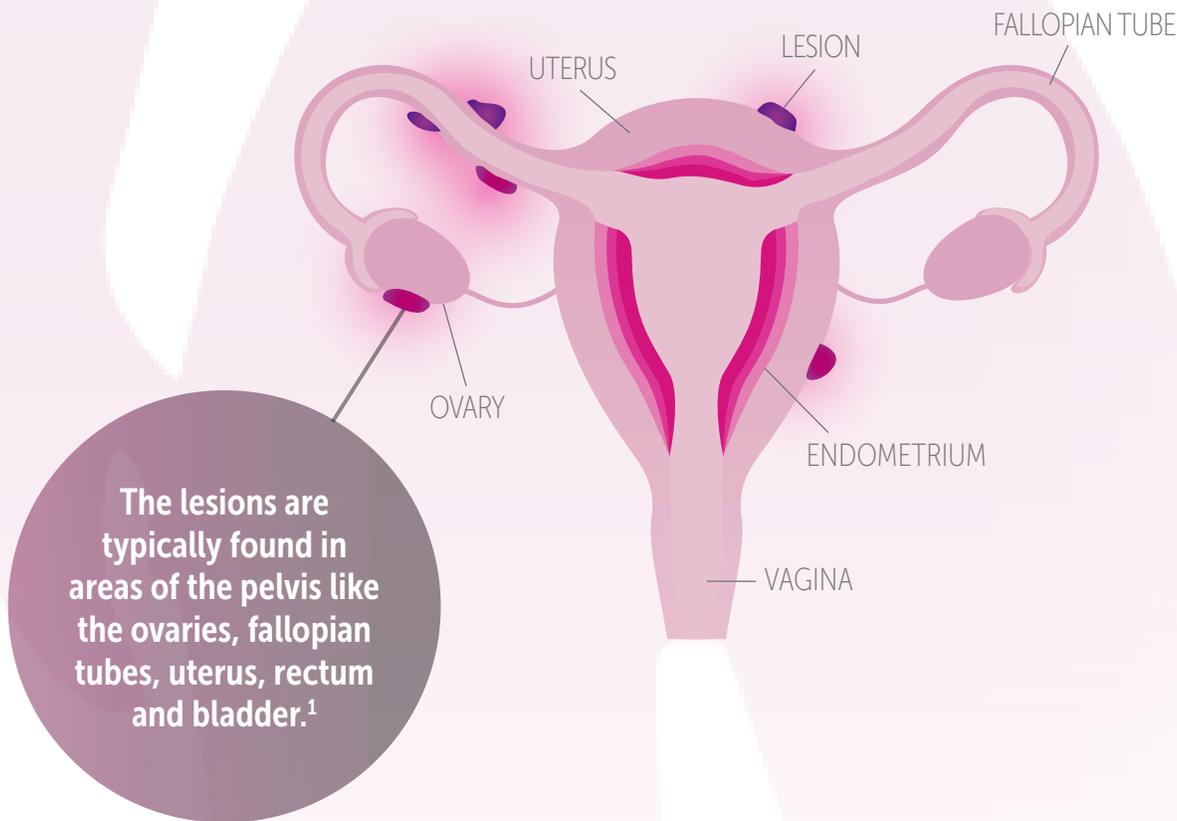
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### Contact your doctor's office if:

- You have new or worsening pain
- You have new or worsening symptoms

# HOW ENDOMETRIOSIS WORKS

Endometriosis occurs when endometrial tissue grows in places outside of the uterus, forming lesions.<sup>1,2</sup>



When **estrogen** tells the endometrium to thicken, it also signals the lesions to grow, which can cause **inflammation and pain**. Depending on the location of the lesions, different types of pain and symptoms may develop.<sup>1-4</sup>

Your body is producing varying levels of estrogen at any given time, that's why there may be pain regardless of your period.<sup>2</sup>

## There are several ways to control estrogen levels:<sup>5</sup>

- a. Reduce the amount of estrogen the ovaries produce
- b. Reduce the signal the pituitary gland sends to the ovaries
- c. Surgical procedure to remove the ovaries

### References:

1. Association of Professors of Gynecology and Obstetrics. Diagnosis & Management of Endometriosis: Pathophysiology to Practice. Educational Series on Women's Health Issues. 2. Bulun SE. Endometriosis. *N Engl J Med*. 2009;360(3):268-279. 3. Brzyski RG, Knudtson J. Female Reproductive Endocrinology. Merck Manual website. <http://www.merckmanuals.com/professional/gynecology-and-obstetrics/female-reproductive-endocrinology/female-reproductive-endocrinology>. Updated April 2013. Accessed July 27, 2016. 4. Practice Committee of the American Society for Reproductive Medicine. Treatment of pelvic pain associated with endometriosis: a committee opinion. *Fertil Steril*. 2014;101(4):927-935. 5. Endometriosis. In: Becker K. *Principles and Practice of Endocrinology & Metabolism*. 3rd ed. Philadelphia, PA: Lippincott Williams & Wilkins; 2001. <http://ovidsp.tx.ovid.com.proxy.cc.uic.edu/sp-3.20.0b/ovidweb.cgi>. Accessed August 3, 2016.