

## عنوان مقاله:

Endometriosis in young women

## محل انتشار:

سومین کنگره بین المللی روش های کم تهاجمی زنان و مامایی ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

Introduction: Endometriosis is a common disease among women of reproductive age, which causes severe pain and stiffness in their abdominal organs. In this disease, the endometrial tissue is formed outside its original location, the uterus, which is one of the main causes of infertility among women. Discussion: According to statistics, 176 million women in the world suffer from endometriosis, and 30 to 40 percent of these women are prone to infertility. Endometriosis means the growth of the uterine tissue somewhere outside the uterus. The pelvis is the most common site of endometriosis, where ovaries, fallopian tubes, ileum, colon, rectum, appendix, and bladder are most commonly affected. Endometriosis is not only a physical and biological disease, but also a social and psychological condition, which change the quality of life. The common symptom of the disease is menstrual pain and often worse, which can't be overcome by taking medication. Other symptoms include irregular and severe bleeding, blood in the urine and stool, nausea, vomiting, constipation, and dyspareunia. Researches has demonstrated that there is a high cancer risk for the tissues involved with endometriosis. Conclusion: With increased awareness, increased cases of early detection and improvements in treatment, the progression of the disease can be prevented. Based on the diagnosis of specialists, drug treatment is carried out, and in case of failure, surgery is the best treatment. Suggestions: Women aged 25 to 40 years should go to the health centers for periodic examination and testing. Given the high incidence and lack of complete knowledge of women about the risk factors for this disease; medical advices on behavioral changes including proper diet, quit smoking, maintaining proper weight and adequate .mobility, could help to prevent early onset of the disease

## کلمات کلیدی:

Endometriosis, Uterus, Pregnancy, Menstruation

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