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## Endometriosis – Why do women get it? What can they do about it?

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Endometriosis is a condition in which endometrial tissue that normally lines the inside of the uterus, grows outside the uterus and attaches to the ovaries, fallopian tubes, or other organs in the abdominal cavity. Blood flow from the endometrial tissue is restricted and can cause inflammation and form scar tissue, which can affect female fertility by blocking the fallopian tubes or interfere with ovulation.

Who usually gets endometriosis? About five million women in the United States have endometriosis. This makes it one of the most common reproductive – and overall – health problems for women. In general, women with endometriosis:

- get their monthly period
- are 27-years-old on average
- have symptoms for two to five years before finding out they have the disease

Women who have gone through menopause (when a woman stops having her period) rarely still have symptoms.

What can raise my chances of getting endometriosis?  
You are more likely to develop endometriosis if you:

- began getting your period at an early age
- have heavy periods
- have periods that last more than seven days
- have a short monthly cycle (27 days or less)
- have a close relative (mother, aunt, sister) with endometriosis

How can I reduce my chances of getting endometriosis?  
Some studies suggest that you may lower your chances of developing endometriosis if you:

- exercise regularly
- avoid alcohol and caffeine

Call FVRM at 920-560-5585 or your personal primary care physician with questions or for the most appropriate treatment option for your situation.