



ENDOMETRIOSIS & ADENOMYOSIS

Endometriosis is a painful condition, caused by cells in the womb lining growing in the 'wrong' places, outside the womb, around ovaries, and in the abdomen. And in some cases, in the gastro-intestinal tract or thorax.

Adenomyosis is the same condition, but here, the womb lining stays in the muscle wall of the womb. It is possible to have both conditions at the same time and they are treated in the same way.

Treatment

These womb/endometrial cells grow with oestrogen and shrink with progesterone and pain is caused by inflammation when these cells grow and bleed at the time of the period. The aim of hormonal treatment is to ensure that there is balance between oestrogen and progesterone to control the growth of these womb lining cells and reduce the inflammation and pain.

The aim is for patients to experience no pain at all, but a significant reduction in pain is an excellent result.

Progesterone treatment

The hormone progesterone is anti-inflammatory, and reduces the bleeding and pain associated with endometriosis. It also treats the PMS and heavy bleeding that many women with endometriosis experience.

You will have been prescribed a lozenge, or sublingual melt with or without a capsule of progesterone, and been told to start slowly, taking the medication once a day.

Side effects

You may experience the following symptoms as you start progesterone:

- Breast tenderness
- Bloating
- Bleeding
- Pelvic discomfort

These symptoms are a sign that your body is getting used to being on progesterone.

What to do

Stop using progesterone as soon as you notice any of the listed side effects and wait until they have settled. Then try progesterone again but slightly more slowly, taking your medication on alternate days. If you feel well, then revert back to taking the medication daily. If you have been prescribed a twice a day dose you can move onto this after one week. Again, watch out for breast tenderness, bloating, bleeding, and pelvic discomfort and if you experience any of these side effects then follow the same instructions; pause, and then restart the medication once the symptoms have settled. As always, if you have any questions, contact your doctor. Once you are settled on

progesterone your dose and preparation may be changed, depending on your body's response.

You will be reviewed at regular intervals and your doctor will adjust your medication accordingly. You will also be asked to have a pelvic ultrasound if you have not had one recently.

Lifestyle issues

NUTRITION

We recommend a diet rich in foods that are anti-inflammatory, such as:

Fatty fish – salmon, sardines and tuna

Nuts and seeds – walnuts, chia seeds and flaxseed

Plant oils – canola oil, olive oil and flaxseed oil

If you would like further help with nutrition then contact our in-house nutritionist, [Jackie Mcuster](#).

EXERCISE

Being active can help patients with endometriosis by providing natural pain relief, boosting mental wellbeing, and strengthening the pelvic floor. For more information contact our in-house diet and exercise coach, [Jodi Montlake](#).