Endometriosis: Update

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Endometriosis
- Defined as the presence of endometrial glands and stroma outside the uterus

Incidence of Endometriosis
- General Population: 7-10%
- Infertile Population: 30-50%
- Genetic: 7-15%*

*Heterofacial: risk if first degree relative is affected
EPIDEMIOLOGY OF ENDOMETRIOSIS

- 12 YEARS - MENOPAUSAL
- AFFECTS ALL RACES
- UPPER SOCIOECONOMIC CLASSES
- INFERTILITY

Detection

- History
- Clinical Exam
- Operative Visualization
- Operative Palpation
ENDOMETRIOSIS

ETIOLOGY

- RELATED TO DELAYED CHILDBEARING
- GENETIC FACTORS
- IMMUNOLOGIC FACTORS
- THEORIES
  - RETROGRADE MENSTRUATION
  - COELOMIC METAPLASIA
  - HEMATOGENOUS/LYMPHATIC SPREAD
  - DIRECT TRANSPORTATION
SITES OF INVOLVEMENT

- OVARIES
- POSTERIOR CUL DE SAC AND UTEROSACRAL LIGAMENTS
- ANTERIOR CUL DE SAC
- FALLOPIAN TUBES
- OTHER (GI TRACT, BLADDER, LUNGS)
OPERATIVE LAPAROSCOPY - ADVANTAGES

1. IMMEDIATE THERAPY
2. DECREASED COST

ENDOMETRIOSIS
INDICATIONS FOR SURGICAL THERAPY

- ANATOMIC DISTORTIONS NOT TREATABLE MEDICALLY
- ADVANCED DISEASE/ENDOMETRIOMA
- FAILED MEDICAL THERAPY WITH PROGRESSION/RECURRENT
- PAIN UNRESPONSIVE TO MEDICAL THERAPY
TREATMENT OPTIONS FOR ENDOMETRIOSIS

- Observation
- Surgery
- Medical
  - Oral Contraceptives
  - Progesterones
  - Danazol
  - GnRH Agonists
- Combination of medical and surgical intervention

GnRH 30His-30Trp-30Ser-30Gly-Leu-Arg-Pro-Gly-NH₂

Leuprolide
  - D-Ala
  - D-Ala
  - NHEt

Buserelin
  - D-Leu
  - NHEt

Nafarelin
  - D-Ser(But)
  - aza-Gly

Histrelin
  - D-His(But)²
  - NHEt

Goserelin
  - D-Ser(But)
  - aza-Gly

The structures of commonly used GnRH agonist

Study 1 – Efficacy Results

- Dysmenorrhea
- Pelvic Pain
- Pelvic Tenderness

Percentage of patients showing improvement at final study visits.
Average % change from baseline in bone mineral density of lumbar spine at 6 and 12 months.