



Harley Street at Home

Menopause

Endometriosis

Endometriosis: Tissue that lines your uterus/womb begins growing in other places, such as the ovaries.

Symptoms

- Painful menstruation
- Chronic pelvic pain
- Painful sex
- Painful urination
- Constipation
- Infertility

Treatment

- Painkillers
- Progestins (synthetic versions of progesterone)
- GnRH analogues (synthetic hormones which reduce oestrogen production)
- Levonorgestrel-IUD
- Aromatase inhibitors (increases oestrogen production within endometriosis)

Postmenopausal Endometriosis

- Low prevalence (2-4% of postmenopausal women)
- Endometriosis lesions may become malignant
- Surgery is the first line of treatment in post-menopause due to risk that endometriosis could become malignant if left behind. A diagnosis is made after surgery
- Can receive some of the same options as for premenopausal women
- Cannot take oral contraceptives or GnRH analogues



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HRT in Women with History of Endometriosis

- HRT could reactivate residual endometriosis and cause it to become malignant
- However, HRT can be beneficial - careful consideration must be made regarding HRT management
- Important to seek medical advice if experiencing endometriosis-like symptoms if using HRT
- It may be more appropriate to use a continuous combined oestrogen-progesterone HRT to help reduce the risk of residual endometriosis becoming malignant