

# Women in danger!!!

Women in India have made much progress in the past century but there is still a need for proper solutions to many problems. Apart from the social issues which are still rampant in the society there are many clinical disorders which need to be addressed. When we talk about women's health care, the first disease that comes to mind is probably breast cancer. But surprisingly, that's not the number one health care issue confronting women today. Women suffer from various health disorders. Out of these **Endometrioma** can be considered to be a health ailment which needs immediate attention. Recent information suggests that the disease is becoming more prevalent.

## What is Endometriosis?

**Endometriosis** is a common disorder that affects women of reproductive age. This disease occurs when normal endometrial tissue (the lining of the uterus) grows outside the uterus. Sooner or later this misplaced tissue may implant itself and grow anywhere within the abdominal cavity. This disease is highly unpredictable. Some women may have just a few isolated implants that never spread or grow, while in others the disease may spread throughout the pelvis. Many women who have **endometriosis** experience few or no symptoms. However, in some women, endometriosis may cause severe menstrual cramps, pain during intercourse, and infertility.

## Symptoms:

**Pain-** Pain in the pelvic region is a common symptom. Sufferer may experience severe pain while having intercourse or while urinating

**Painful Periods-** Women often report pain and cramps before and during their periods, extreme bleeding during periods, as well as bleeding between periods.

**Infertility-** Endometriosis can result in infertility. In fact, the disease is sometimes diagnosed in women who are undergoing infertility treatment. It has been found that 50 percent of women with endometriosis suffer problems in conceiving.

Treatment:

**Medication:** The disease is usually treated with medicines. Painkillers are often prescribed to relieve painful cramping. Hormones, including contraceptives such as pills, are also prescribed by the doctor. The goal of hormonal treatment is to simulate pregnancy or menopause.

**Surgery:** Surgery may also be used to physically remove the abnormal tissues and growths. Surgery is performed by using a viewing instrument called a laparoscope. Surgery is a good option for women with endometriosis who want to conceive.

**Endometriosis** symptoms aggravate with time. If one has any of the common symptoms associated with this disorder one should consider getting checked and diagnosed by a gynaecologist. Recently **Bollywood diva Katrina Kaif** was operated upon for endometriosis at the **Breach Candy hospital in Mumbai**. **Kaif** had been

complaining of gynaecological problems for sometime. After extensive investigations she was found to have endometriosis.

It has already been proved that **Endometriosis** can also affect fertility, and about 30% of the infertile women are found to have this ailment. The symptoms and problems related to endometriosis lead to the hospitalization of a substantial number of women every year. So keep a vigil and if you come across any of the said symptoms immediately consult a gynaecologist.