

Endometriosis And Menopause

Although menopause alleviates the symptoms of **endometriosis** for most women, some will continue to experience symptoms or even develop endometriosis after menopause.

5% OF ENDOMETRIOSIS PATIENTS ARE POSTMENOPAUSAL

As a woman gets older, her ovaries produce less of the hormone **estrogen** and her **menstrual cycle** begins to change and eventually stops, resulting in menopause. Menopause is the point in time 12 months after a woman's last menstrual cycle, typically in her late 40s or 50s.

This drop in estrogen typically results in relief from endometriosis symptoms. However, because the body still produces small amounts of estrogen, some women continue to have symptoms after menopause.



Surgical procedures that remove or damage your ovaries (e.g., oophorectomy or hysterectomy) can also result in the onset of menopause, regardless of age.

Hormone replacement therapy is commonly used to treat menopausal symptoms by supplementing the estrogen that the body has stopped making. However, this may reactivate pain and other endometriosis symptoms. In this case, your doctor may prescribe alternative hormonal therapies through oral contraceptives or an IUD to manage symptoms. Aromatase inhibitors are medications that can also provide symptom-relieving effects by blocking estrogen production.



Just like patients in any other life stage, the most important aspect to treating postmenopausal endometriosis is tracking symptoms and talking to a health care provider about any changes or pain experienced.

Common symptoms in postmenopausal women

Pelvic pain

Gastrointestinal dysfunction

Ovarian cysts



Case studies have indicated that up to 19% of perimenopausal and postmenopausal women over 40 with unclear pelvic pain may have endometriosis.

There is thought to be a higher risk for malignancy in endometriosis that appears after menopause. If you experience abnormal symptoms after menopause, consult your doctor and discuss a treatment plan that is appropriate for your age and lifestyle.