

DIAGNOSING & TREATING ENDOMETRIOSIS IN TEENS

Solving a health concern starts with sharing your pain and experiences with someone (a family member or trusted adult) who can help connect you to the right health care providers.

Diagnosing Endometriosis

During your medical appointment, the health care provider may ask you questions about:

- **Your symptoms** – what are they and how bothersome they are
- **Your pain** – how bad does it get and where do you feel it
- **Your family history** – whether women in your family have had similar symptoms or were diagnosed with a gynecologic condition

The doctor may also perform a physical exam of your abdominal area and order an imaging test (ultrasound or MRI).

The traditional method to diagnose endometriosis is by **laparoscopy**—a surgical procedure that allows the doctor to view the organs inside your abdomen and collect tissue samples. However, most experts agree that your doctor can use the description of your symptoms, family history, physical exam, and imaging test results to presumptively diagnose and begin treatment for endometriosis.

Treating Endometriosis

While there is no cure for endometriosis, there are many options to help manage your symptoms and address bothersome lesions that have formed outside of the uterus. Treatment options include:

- **Pain Relief Medications** (over the counter or prescription) to reduce pain and inflammation
- **Hormone Therapies** to help relieve symptoms and reduce the growth of endometriosis lesions
- **Complementary Medicine Approaches** to manage symptoms and pain (e.g., heating pads, yoga, exercise, nutrition, meditation, and pelvic floor physical therapy)
- **Surgery** to treat or remove endometriosis lesions or surrounding tissue that has been affected by endometriosis

Your treatment plan may include a combination of approaches and will likely change over time. This plan should take into account your age, the severity of your symptoms, the progression of your disease, your lifestyle and activity levels, and your long-term family planning goals.

Not all types of treatment will work well for every person.
Try to be patient with yourself while you discover a regimen that works well for you.

Building Your Health Care Team

Your treatment plan may also require building a health care team from a variety of places and specialties. Some examples include:



LOCATIONS

- School health center
- Doctor's office
- Urgent care center
- Emergency room



HEALTH CARE PROVIDERS

- Doctor (MD, DO)
- Nurse practitioner
- Physician assistant
- Psychologist
- Physical therapist



MEDICAL SPECIALTIES

- Primary care
- Pediatrics
- Gynecology
- Gastroenterology
- Physical therapy
- Radiology
- Mental health
- Urology