



17 FACTS EVERY MAN SHOULD KNOW ABOUT ENDOMETRIOSIS!

Endometriosis is complicated.

Endometriosis is a condition where tissue similar to the lining of the womb starts to grow in other places, such as the ovaries and fallopian tubes.

Endometriosis needs estrogen to grow.

Researchers say that women with endometriosis have a problem with estrogen dominance. They have a higher-than-usual amount of estrogen.

It isn't an autoimmune disease.

The autoimmune disease causes the body to attack itself as if it were a foreign invader. That's not the case for endometriosis.

Nobody knows the cause.

And so the question remains... Endometriosis is also known as "invisible illness" or "ghost disease", but the pain is very real!

Pain is the main symptom.

Endometriosis can cause different kinds of pain such as stabbing, sharp, dull, wavy, twisting. I saw my wife jump out of nowhere countless times.

The severity doesn't correlate with the pain.

The depth and volume of pain don't correlate with pain, which is thought to be related to the location of endometriosis rather than its volume.

It's not just a painful period.

Periods themselves do not hurt, it is due to the hormones that are released during the period and they cause the uterus to contract.

Endometriosis is hard to diagnose.

It can be difficult to diagnose endometriosis because her symptoms can vary considerably and differ from other women's symptoms.

It affects every woman differently.

Endometriosis affects every woman differently meaning that there's no one treatment that will work for every woman.

Not every woman is diagnosed.

The only way to diagnose her endometriosis is with a surgery - "laparoscopy", which is done by a skilled specialist who knows what to look for.

There is no cure for endometriosis.

Gents, not only was there no cure, but it is certainly a lifetime of pain for her, hormonal insanity, systemic inflammation, chronic fatigue, even fertility issues.

Pregnancy and hysterectomy aren't a cure.

Hysterectomy is not a cure for endometriosis. If one doctor tells you this - run and get a second opinion. Pregnancy is not a cure for endometriosis either.

She isn't infertile.

It's estimated that normal couples have a 15-20% fertility rate but in women, with endo, this may only be 2-5%. That means, your partner is still infertile.

Financial costs of endometriosis.

Endometriosis is costly but it doesn't just cost dollars... The quality of her life doesn't accurately capture the toll endometriosis has on women.

Not all surgeries are equal.

What types of surgery are used to treat endometriosis? There are three kinds of surgery - laparoscopy, laparotomy and hysterectomy.

Forget about her core!

If she has chronic pelvic pain, her pelvic floor could be overactive rather than weak, her core itself is tight like a vice.

The couch is not her friend.

Research showed that as little as 20 to 30 minutes a day of activity, such as walking or swimming, can have anti-inflammatory effects.