



YOU ARE NOT OVARY REACTING

PART 2: PELVIC PAIN,
ENDO & ADENO

WHAT IS A PERIOD-RELATED PAIN CONDITION?



Period pain affects around 70% of people who menstruate. There are two types of period pain, or dysmenorrhoea (dis-men-uh-ree-uh) - primary and secondary.

Primary dysmenorrhoea is most commonly felt in the days leading up to and during a period, and may feel like a constant ache, heaviness, and/or a cramping, gripping pain. There's no underlying condition causing it, and can be treated with over-the-counter pain medications.

Secondary dysmenorrhoea is caused by an underlying condition/s such as Endometriosis, Adenomyosis, pelvic pain, pelvic inflammatory disease and uterine fibroids. These conditions can cause severe pain before, during and after periods, and are often chronic (meaning continuing for a long time) and does not have a cure but can be treated and managed.

This post includes descriptions of some conditions and videos of people sharing their lived experience.

ENDOMETRIOSIS



Endometriosis occurs when endometrial tissue grows outside of the uterus (eg. on the ovaries, fallopian tubes, the gastrointestinal tract, or the uterosacral ligament that connects the uterus, via the cervix, to the spinal cord). It can cause lesions and scarring to the areas it grows on, even before being surgically removed.

Common symptoms include severe pelvic and period pain, bloating and nausea, heavy bleeding, fatigue, digestive issues, fertility difficulties, and pain during/after sex.

Endometriosis is a chronic condition that can be managed, and some people report experiencing improvements following menopause. Early intervention and treatment can slow or stop the natural progression of the condition. The most common treatments for endometriosis include hormonal medications (eg. the pill), fertility treatments, pain medications (eg. NSAIDs and anaglesics). Surgical treatments include the removal of endometrial tissue, and a hysterectomy (surgical removal of the uterus).



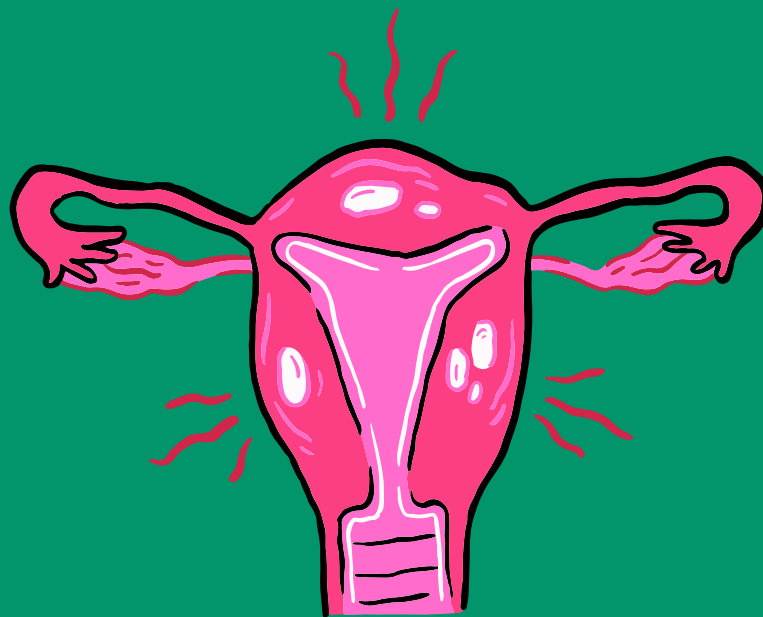
ADENOMYOSIS



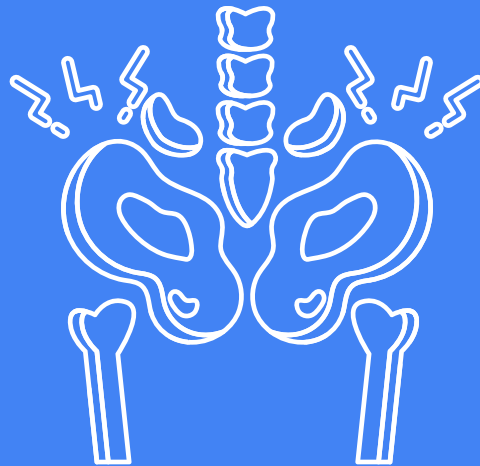
Adenomyosis occurs when endometrial tissue grows into the muscular walls of the uterus, causing scarring, inflammation, and thickening of the endometrium (uterus lining).

Common symptoms include heavy or prolonged periods, severe cramping and period pain, tenderness around the lower abdomen, bloating and nausea, pain during/after sex, and spotting.

Adenomyosis is often treated using hormonal contraceptives, surgery, and non-steroidal anti-inflammatory drugs (NSAIDs) or other pain medications.



PELVIC PAIN



Pelvic Pain can be caused by many things, and is a common symptom of period pain conditions. Pelvic pain describes most pain felt from below the belly button to the mid thigh, and can feel like anything from dull aches, sharp jobs and cramping, or a deep pressure or heaviness.

Pain can occur during or after sex, when you have to sit or stand for long periods of time, and can cause bloating, issues with bowel movements and spotted bleeding.

Pelvic pain is often a chronic condition, can be managed through pelvic floor physical therapy, pain medications, using heat packs.