

What?

Endometriosis is a chronic condition in which **tissue similar to the lining of the uterus grows in other places**, such as the ovaries and fallopian tubes.¹

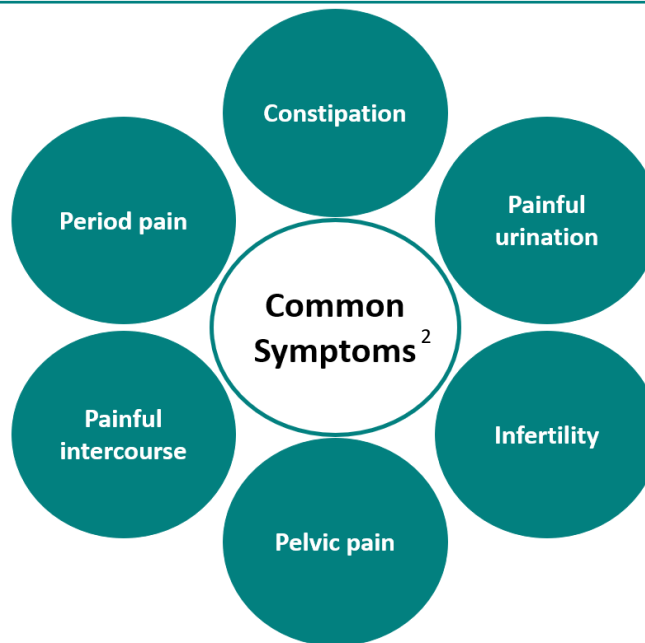
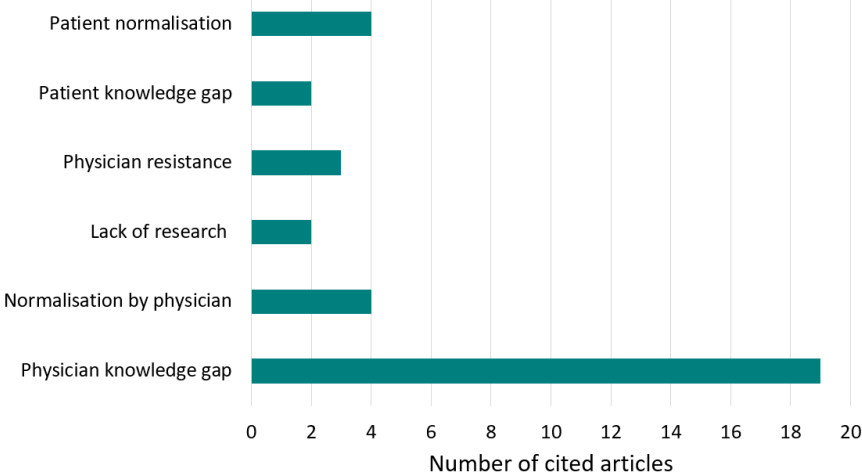
The cause is not fully understood, and **no curative treatments** currently exist.²

Why?

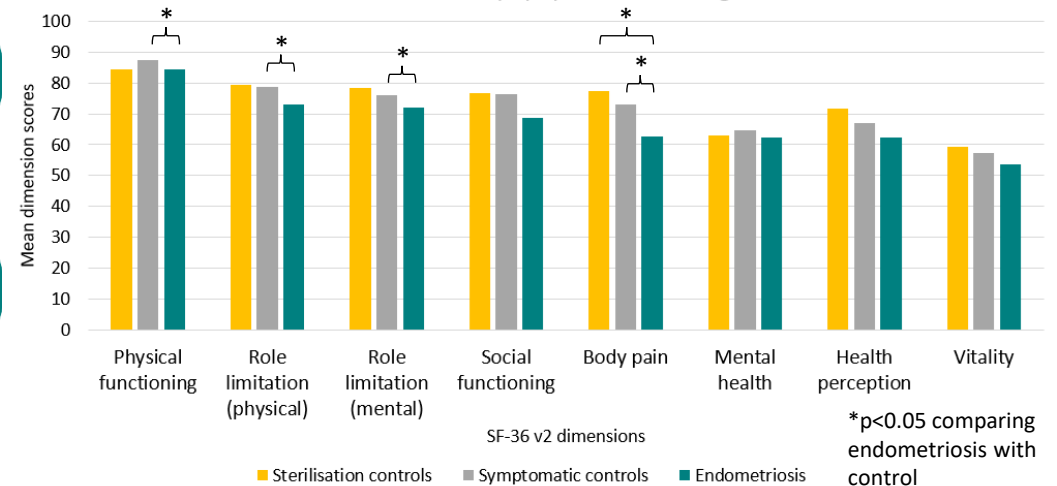
The variable and broad spectrum of symptoms mean it is **difficult to diagnose** and **patients have limited awareness** of their condition.²

Patients often experience **delay in diagnosis (6.7 ± 6.3 years)** and **diminished health-related quality of life (HRQoL)**.³

Six reasons for the diagnostic delay of endometriosis in adolescents identified through a systematic literature review⁴



Women with endometriosis (n=745) had poorer HRQoL scores compared with symptomatic controls without endometriosis (n=587) and sterilisation controls without endometriosis (n=86) in all Short Form-36 version 2 (SF-36 v2) dimensions except physical functioning³



Who?

The condition **affects approximately 10%** (190 million) of girls and women of reproductive age worldwide.²

Case series have identified endometriosis in:

- 40 to 50% of women with persistent pelvic pain²
- 30 to 40% of women with infertility²

Author Comments

Diagnostic delay of endometriosis highlights the **need for increased health literacy**, specifically the **education** of young females and health care providers to reduce gaps in knowledge, prevent normalisation and encourage additional research. An **earlier diagnosis may result in better management** of symptoms and **improved quality of life**.

References:

1. NHS. Endometriosis. Available at: <https://www.nhs.uk/conditions/endometriosis/> (Accessed: March 29, 2023).
2. Catherine A, et al. Diagnosis and management of endometriosis. CMAJ Mar 2023, 195 (10) E363-E371; DOI: 10.1503/cmaj.220637.
3. Nnoaham KE, et al. Impact of endometriosis on quality of life and work productivity: a multicenter study across ten countries. Fertil Steril. 2011 Aug;96(2):366-373.e8. doi: 10.1016/j.fertnstert.2011.05.090. Epub 2011 Jun 30. PMID: 21718982; PMCID: PMC3679489.
4. Simpson CN, Lomiguen CM, Chin J. Combating Diagnostic Delay of Endometriosis in Adolescents via Educational Awareness: A Systematic Review. Cureus. 2021 May 20;13(5):e15143. doi: 10.7759/cureus.15143. PMID: 34164243; PMCID: PMC8214575.