

# To Know More About Endometriosis

## 認識子宮內膜異位

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Many women experience painful periods. In some of the cases, this can be caused by endometriosis, which is a condition in which small pieces of the womb lining grow outside the womb. Scar tissue called adhesions may form, resulting in painful periods and pelvic pain. This may reduce the chance of becoming pregnant and affect the bowel and bladder function.

The diagnosis of endometriosis is made by diagnostic laparoscopy which examines the pelvic organs by using a laparoscope. The treatments aim to remove the endometriosis and the scarred tissue. Analgesics can help to relieve the pain and hormonal treatment (oral contraceptive pills, Danazol, GnRH analogue) can help to shrink the endometriosis. Laparoscopic surgery also helps to remove endometriosis and may help some patients who have fertility problem.

很多女士在經期來臨時會感到疼痛，有些女士可能是因子宮內膜異位而引起的。子宮內膜異位是指有部份子宮內膜長於子宮外，生長在卵巢、輸卵管及其他盆腔位置導致經期前、後腹痛，形成黏連，引致疼痛或不育及影響大小便功能。

其診斷方法是用腹腔鏡檢查盆腔。治療方法的目的是清除黏連及子宮內膜異位，減少經痛情況。一般止痛藥物可減少經期痛楚，而激素治療(避孕藥、Danazol、促性腺激素釋出因子 GnRH)可縮小子宮內膜異位。腹腔鏡手術可清除子宮內膜異位及幫助一些輕度黏連引致的不育情況。