



Endometriosis

Endometriosis

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Another theory is that endometrial cells travel out of the uterus through the lymphatic system. Another theory claims that this may be due to a defective immune system that does not destroy the uterus' endometrial cells.

► Stages of endometriosis ◀

Endometriosis has four stages or types. It could be one of the following:

- Minimal
- Mild
- Moderate
- Severe

Various factors determine the stage of endometriosis. These factors can include the location, number, size, and depth of endometrial implantation.

► Step 1: Minimum

In minimal endometriosis, there are small lesions or wounds and shallow endometrial implants in the ovaries. There may also be inflammation in or around the pelvic cavity.

► Step 2: Mild

Mild endometriosis includes light lesions and shallow implants in the ovaries and pelvic lining.

► Step 3: Moderate

Moderate endometriosis involves deep implants covering the ovaries and pelvis. There may also be more lesions.

► Step 4: Severe

The most severe stage of endometriosis involves deep implantation in the pelvic and ovarian layers. There may also be lesions in the intestinal tubes.

► Diagnosis of endometriosis ◀

- Get a detailed history
 - Ultrasound
 - Laparoscopy



► Treatment of endometriosis ◀

Medical and surgical options are available to help reduce symptoms and manage any possible complications.

Treatment options include:

- Analgesics
- Hormone Therapy

Medroxyprogesterone injection (Depo-Provera) is also effective in stopping menstruation.

Nutrition and treatment regimen in endometriosis

Foods that may adversely affect endometriosis:

- A diet high in trans fats.
- Consume red meat
- Gluten

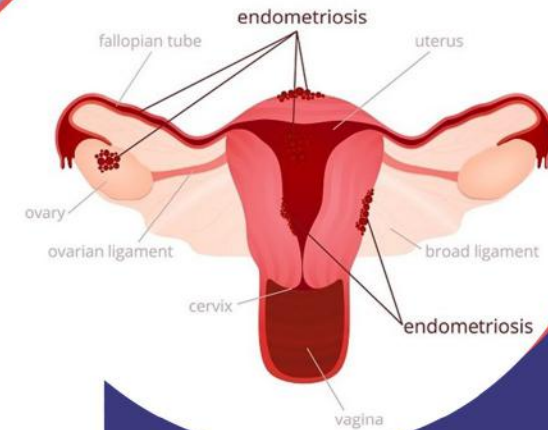
Also, foods that can affect hormone regulation, especially estrogen balance, can negatively affect endometriosis people.

Also, add the following to the diet to reduce pain:

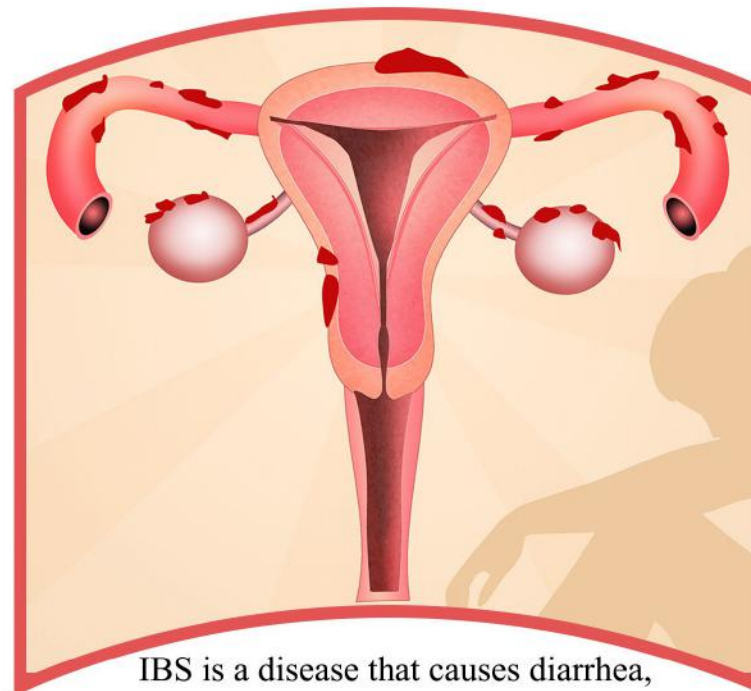
- Noodles such as fruits, vegetables, legumes, and whole grains
- Iron-rich foods, such as dark leafy vegetables, broccoli, beans, fortified cereals, nuts and seeds
- Foods rich in essential fatty acids, such as salmon, sardines, herring, walnuts, chia, and flaxseed
- Antioxidant-rich foods found in colorful fruits and vegetables, such as oranges, berries, dark chocolate, spinach, and beets.



ENDOMETRIOSIS



Endometriosis is sometimes confused with other conditions that can cause pelvic pain, such as pelvic inflammatory disease (PID) or ovarian cysts. It can also be mistaken for irritable bowel syndrome (IBS).



IBS is a disease that causes diarrhea, constipation, and abdominal cramps and can be associated with endometriosis, complicating the diagnosis.

► What causes endometriosis? ◀

One of the oldest theories is that endometriosis occurs due to a process called reversible menstruation. It happens when menstrual blood returns to the pelvic cavity through the fallopian tubes instead of leaving the body through the vagina. Another theory is that hormones turn extracellular cells into cells similar to the uterus's inner layers, known as endometrial cells.