

What is Endometriosis?

A chronic condition where tissue similar to the lining of the uterus grows outside the uterus

Common symptoms of Endometriosis

Painful periods

dysmenorrhea: painful menstrual cramps and excessive bleeding

Chronic pain

Individuals can experience different kinds of pain including; lower back and pelvic pain, painful urination and bowel movements and pain during or after sexual intercourse.

Fatigue

Persistent tiredness resulting from the body's auto-immune response to try eliminate the tissue growing outside the uterus.

Infertility

Often detected and diagnosed in those seeking treatment for infertility where endometriosis can cause scar tissue on the uterus, ovaries and fallopian tubes.

Low Mood / Depression

The continual presence of chronic pain can lead to associated mental health issues such as depression, anxiety and low mood.

Digestive problems

Including diarrhea, constipation, bloating and nausea, especially during menstrual periods.



About Endometriosis

Endometriosis is a common and sometimes debilitating condition, affecting around 1 in 10 women of reproductive age in the UK. It occurs when pieces of the tissue that line the uterus (endometrium) are found outside the uterus in different parts of the body such as the fallopian tubes, ovaries, bladder, bowel, vagina, or rectum. The tissue responds to hormones that affect the menstrual cycle in the same way that endometrial tissue does. It swells and bleeds like endometrial tissue but has nowhere to go and can lead to pain, inflammation, scarring and the formation of cysts, resulting in changes to the reproductive organs. The cause of the disease is unknown, however, there are some theories that genetics, immune system dysfunction, reverse menstruation and endometrium cells spreading through the body, could be contributing factors.

Diet & Nutrition

Diet and Lifestyle support for Endometriosis

There are many ways to support Endometriosis with a personalised nutrition and lifestyle approach. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may contribute to an individual's symptoms and health concerns. There is no singular treatment for endometriosis, however it can be successfully supported with dietary and lifestyle recommendations to manage frequency and severity of symptoms and occurrence.

