



Wellbeing Clinic Newsletter

Today's Focus:

ENDOMETRIOSIS

We have previously published a newsletter explaining how Traditional Chinese Medicine can be helpful with a wide range of women's health problems. Today, we would like to focus on Endometriosis, a condition estimated to affect 1.5 million women in the UK. Endometriosis is complex and often misunderstood by the medical community. Since its symptoms can be easily mistaken for other problems, it is notoriously difficult to diagnose in spite of being one of the most common gynaecological conditions. Conventional medical treatment options for this condition are also limited. We therefore consider it important to explain why Traditional Chinese Medicine has potentially a significant role to play in treatment of this debilitating problem.

What is Endometriosis?

Endometriosis is a long-term condition in which tissue similar to the lining of the uterus grows outside of the uterus. It's not clear what causes this condition, it is believed that genetic predisposition or immune system problems may contribute to the development of this illness.

The symptoms can include pelvic pain, bloating and heavy periods. Untreated, endometriosis can cause significant pain, digestive distress, excess menstrual bleeding ovarian cysts and infertility or reduced fertility. The endometriosis tissue growing outside of the uterus can also affect other organs, in particular the ovaries and other reproductive organs, causing significant pain and inflammation during the menstrual cycle and leading to serious health complications including:

- pregnancy and childbirth complications;
- bladder and bowel problems including incontinence, trouble urinating, bowel movement, pain;
- chronic inflammation throughout the body;
- chronic pain;
- it is also believed that chronic inflammation caused by endometriosis may be likely to lead to an increased risk of other serious diseases including cancer and heart disease.

What conventional medical treatments are available for Endometriosis?

Conventional medicine offers no cure for endometriosis. Treatment focuses on

managing the symptoms, slowing down progress of the disease and reducing the risk of serious complications.

Conventional treatments for endometriosis include painkillers, hormone medicines and surgery to remove the endometriosis tissue. It is important to understand that painkillers and hormonal medications carry a risk of significant, long-term side effects whilst surgery on female reproductive organs is in general very difficult, with a high risk of complications including internal bleeding, permanent damage to ovaries or permanent scarring of uterus tissue.

How Endometriosis is treated in TCM?

Traditional Chinese Medicine also provides no permanent cure for the condition, however **TCM is very effective in naturally managing the symptoms and reducing the progression of the condition, without the risks associated with the conventional treatment.** In Traditional Chinese Medicine acupuncture and herbal medication are used to achieve the following therapeutic results:

- reduction and progressive elimination of pain;
- control of excessive bleeding;
- treatment of inflammation;
- treatment of ovarian cysts;
- improvement of reproductive health/ increased fertility;
- treatment of digestive and urinary disorders and other complications linked to the condition.

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