



**Think
differently**

about Endometriosis with PPT

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What is endometriosis?

- Endometriosis is a disease in which tissue similar to the lining of the uterus grows outside the uterus. It can cause severe pain in the pelvis and make it harder to get pregnant. Endometriosis can start at a person's first menstrual period and last until menopause.
 - Endometriosis affects roughly 10% (190 million) of reproductive age women and girls globally.
 - It is a chronic disease associated with severe, life-impacting pain during periods, sexual intercourse, bowel movements and/or urination, chronic pelvic pain, abdominal bloating, nausea, fatigue, and sometimes depression, anxiety, and infertility.
 - There is currently no known cure for endometriosis and treatment is usually aimed at controlling symptoms.
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Symptoms



- Cysts
- Inflammations
- Endometrium
- Pain

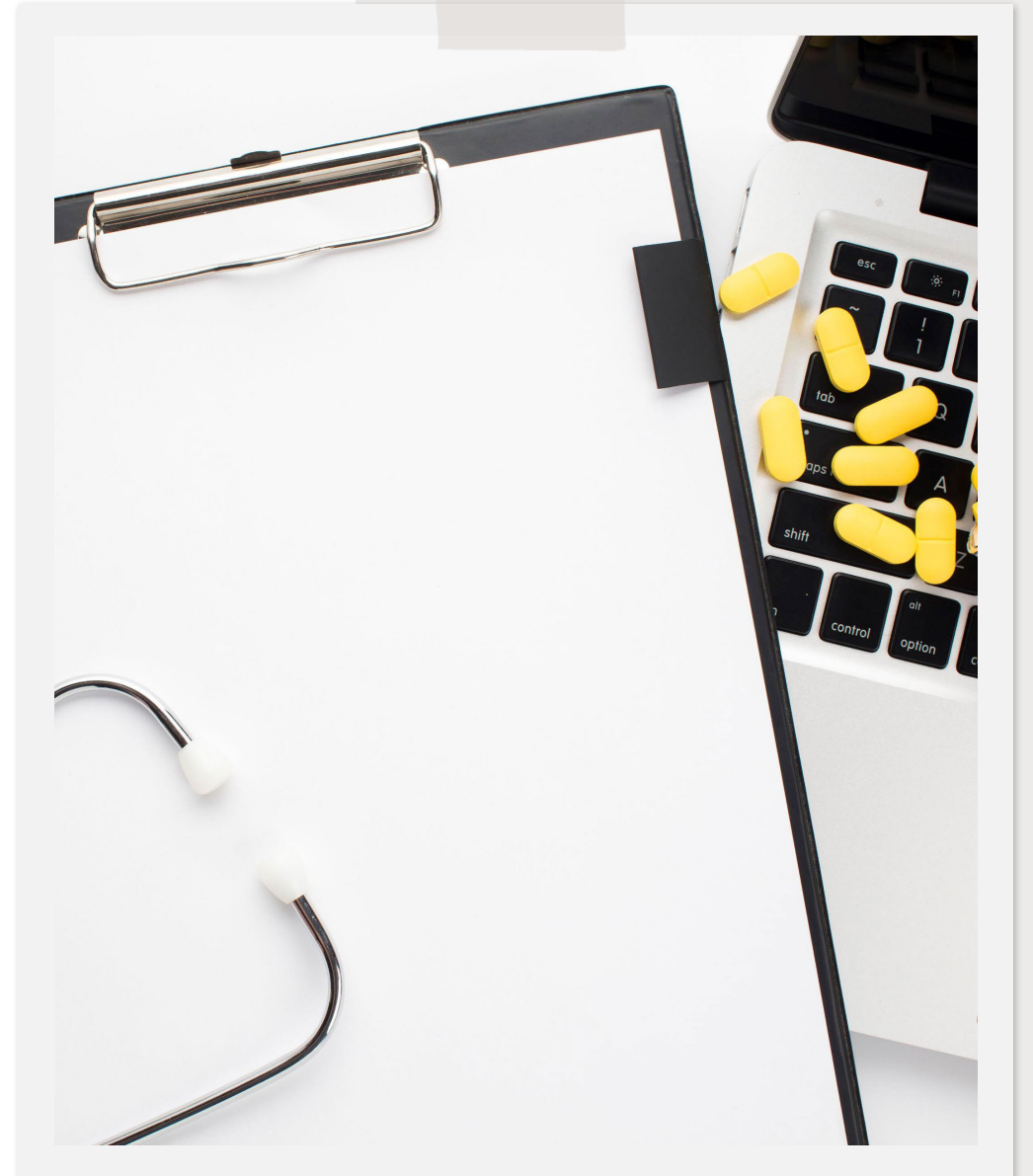
The Multifaceted Condition

- One of the biggest challenges that women suffering from Endometriosis face is how long it takes to get properly diagnosed.
- The cause of endometriosis is unknown. There is no known way to prevent endometriosis. There is no cure, but its symptoms can be treated with medicines or, in some cases, surgery.



Medical Options

- Endometriosis symptoms are variable and broad, meaning that healthcare workers may not easily diagnose it. Individuals with symptoms may not be aware of the condition.
- Treatments to manage endometriosis can vary based on the severity of symptoms and whether pregnancy is desired. No treatments cure the disease.
- Non-steroidal anti-inflammatory drugs (NSAIDs) and analgesics (painkillers) like ibuprofen and naproxen are often used to treat pain.
- Surgery is sometimes used to remove endometriosis lesions, adhesions and scar tissues. Laparoscopic surgery (using a small camera to visualize inside the body) allows doctors to keep incisions small.

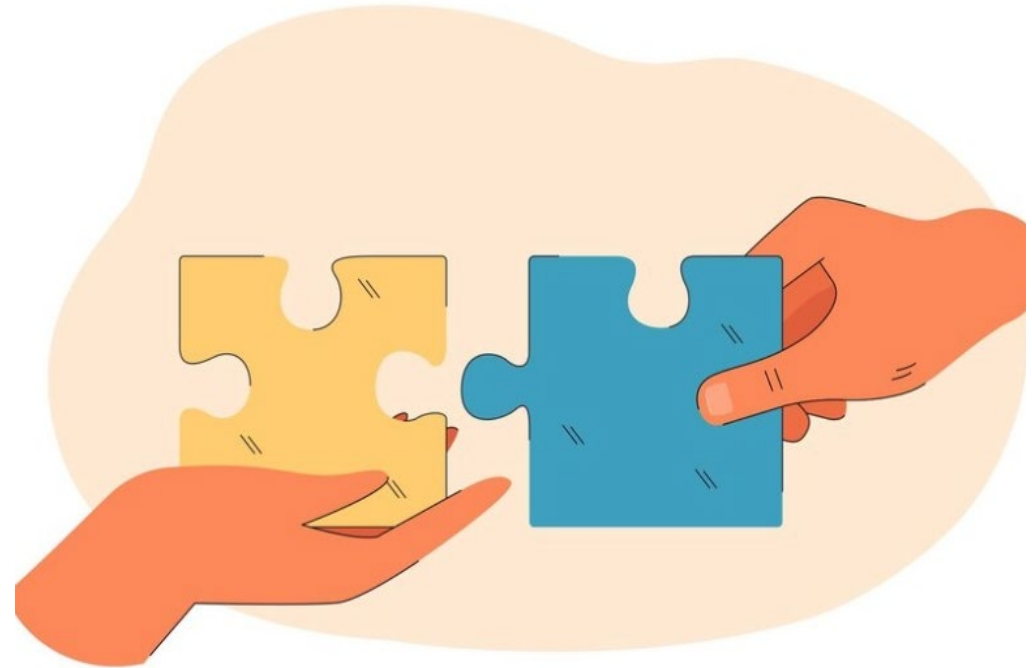


Consequences

- Endometriosis has significant social, public health and economic implications. It can decrease quality of life due to severe pain, fatigue, depression, anxiety and infertility.
- Some individuals with endometriosis experience debilitating pain that prevents them from going to work or school. Painful sex due to endometriosis can lead to interruption or avoidance of intercourse and affect the sexual health of affected individuals and their partners.
- Addressing endometriosis will empower those affected by it by supporting their human right to the highest standard of sexual and reproductive health, quality of life and overall well-being.
- At present, there is no known way to prevent endometriosis. Enhanced awareness, followed by early diagnosis and management may slow or halt the natural progression of the disease and reduce the long-term burden of its symptoms, including possibly the risk of central nervous system pain sensitization. Currently there is no cure.

Collaboration

- **Medical Approach** - regular medical examinations, observations by a physician in the person of a gynecologist-surgeon
- **Psychotherapeutic Support** - individual psychotherapy sessions as well as support groups for women with endometriosis



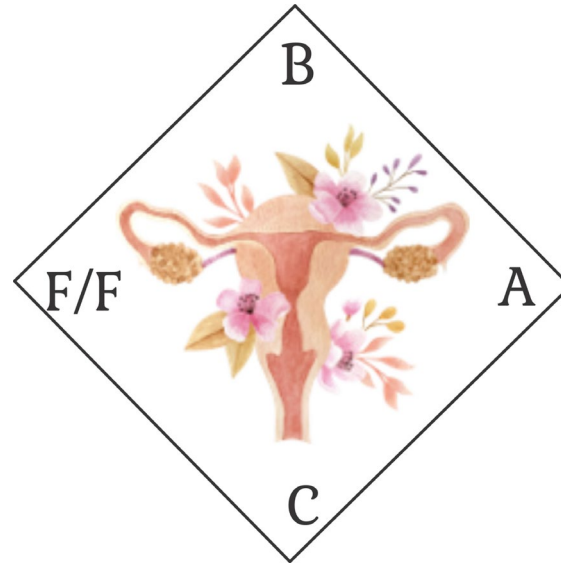
Authors' study

PURPOSE	Differences between women who have received psychotherapeutic support and women who haven't with regard to how they cope with the diagnosis
OBJECT	Women diagnosed with Endometriosis
SUBJECT	Ways of coping with the diagnosis and the connection between being diagnosed and the patient's reactions
STUDY SUBJECTS	88 women ages 18 to 42 (TWO GROUPS)
	Brief COPE Questionnaire (Carver, 1997) for measuring the positive and negative ways for coping with the diagnosis
METHOD	

Examples of Positive and Negative Coping Strategies

- I take alcohol and sedatives to feel better
- I pray and/or mediate

- I learn to live with the condition
- I give up when I try to cope



- I try to come up with a strategy on what to do
- I find something to do to distract myself

- I try develop a strategy for going forward
- I blame myself.

PSYCHODYNAMIC

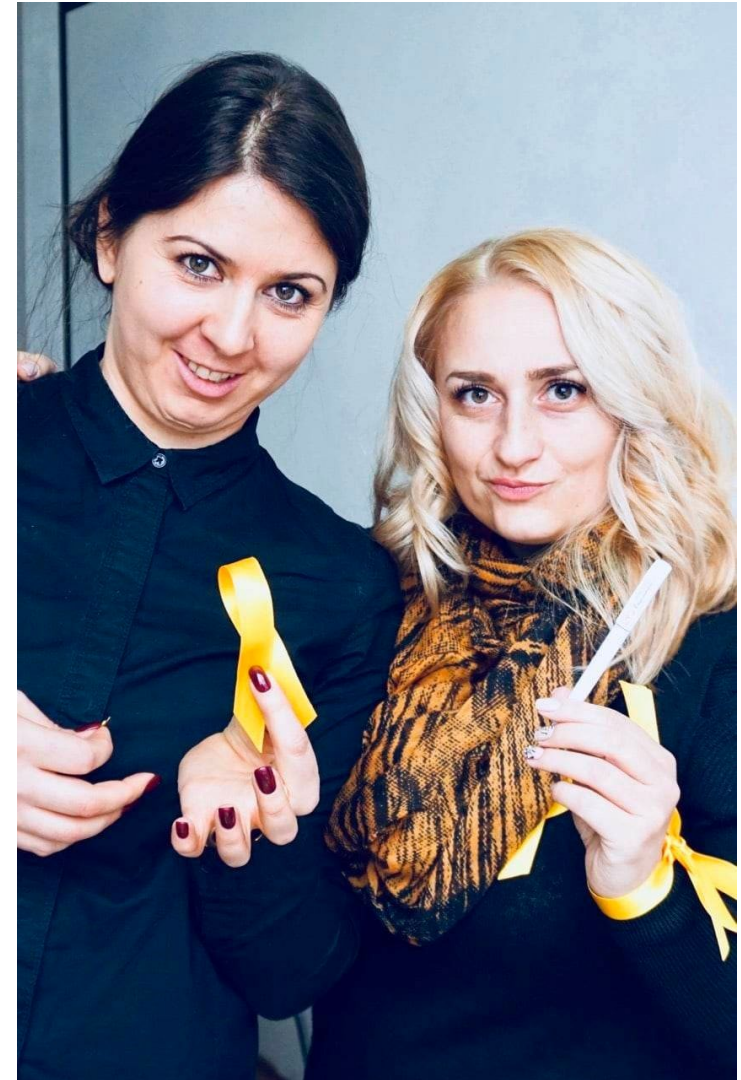


Symbolically, Endometriosis can be viewed as a part of the woman who needs to merge with an important person she loves where the inability to do so leads her to satisfying and switching to counter dependent behavior. The above is visible through the capabilities demonstrated by the women studied. Most of the ladies in both groups are professionally successful women of strongly developed capabilities – over – responsible, with great self-control, disciplined, result oriented, domineering, strong-willed, highly anxious and resilient.

Hollistic Approach

Accepting the diagnosis and living with Endometriosis always leads to challenges on three levels:

- ❖ Physical
- ❖ Psychoemotional
- ❖ Social



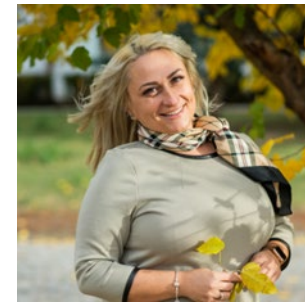
Thank you for attention!



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WAPP International Conference on PPT – Istanbul 2024



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