

## 英文

### Understanding Endometriosis

#### What is Endometriosis?

Endometriosis is a problem caused by the dislocation of endometrial cells. If endometrial cells grow in the ovary, it will destroy normal ovary cells. It is called "Endometriotic cysts." If endometrial tissues grow in myometrium, it is called "Adenomyosis." Endometrium is normal cells inside women's uterus. They help the embryo implanting when the woman is pregnant. It serves as a breeding ground for the embryo. Women's uterus are ready to breed a new embryo during each period. If the woman gets pregnant, her endometrium will continue growing. If not, the endometrium will fall off and turn into menstruation.

#### Clinical Symptoms and Complications

Endometriosis is a kind of chronic inflammation and abdominal organs will easily become adhesive. Endometrium is the most active during ovulation and menstruation. Therefore, most symptoms happened during these two periods of time, especially during menstruation. Generally, menstrual pain becomes the most serious during the first two days of menstruation. Serious endometriosis will cause both pain and adhesion, resulting in long-term chronic pelvic pain and gastrointestinal problems. Clinically, menstrual pain is a possible symptom for endometriosis. Common symptoms include: menstrual pain, infertility, pain during sexual intercourse, irregular periods, or too much menstrual blood.

## 中文對照說明

### 認識子宮內膜異位

#### 甚麼是子宮內膜異位症？

子宮內膜異位，就是子宮內膜組織跑到不該去的地方所造成的問題。若長在卵巢內，會破壞正常卵巢組織，則稱為「巧克力囊腫」，若長在子宮肌層，則稱為「子宮肌腺症」。子宮內膜是女性子宮內的正常組織，主要功能是在女性懷孕時讓胚胎著床，成為媽媽培育胎兒的溫床。每次的月經週期，女性的子宮都準備好要培育新的胎兒，如果懷孕了，子宮內膜就會進一步的發育生長，如果沒有懷孕，準備好的子宮內膜就會脫落，脫落的子宮內膜就形成女性的月經。

#### 臨床症狀及併發症

子宮內膜異位症是一種慢性發炎的狀況，在腹腔內的器官很容易發生沾粘的情形。子宮內膜最活躍的時段是在排卵與月經期，因此症狀大都在這兩個時期發生，尤以月經期最嚴重。一般經痛可能在月經前 2 天最為嚴重，嚴重的子宮內膜異位症會有疼痛與沾黏合併起來，造成長期的慢性骨盆腔疼痛及腸胃問題。臨床上的經痛都要懷疑罹患子宮內膜異位症的可能。常見症狀包括：經痛、不孕症、性交疼痛、月經前點狀出血或經血量過多。

## Treatment

1. Medical Treatment: Taking hormones to reduce the activeness of the foci and shrink the scale, including injection, oral, intra-uterine dosing.
2. Surgery: Completely remove all the foci, including laparoscopy, laparotomy.

## Releasing Menstrual Pain

1. Go to hot springs one week before the period, or take hot water bath, eat more hot food and less iced food.
2. Hot compressing lower abdomen during the period.
3. Meditation.
4. Doing some exercise properly, such as yoga, Taijiquan, jogging, weight training.
5. Massage, acupuncture, applying magnet patch, finger pressing massage.
6. Taking painkillers: On the day you expect to feel most painful, or take moderate dosing at the beginning of the pain.

## Conclusion

Although endometriosis cannot be cured easily and has 50% of possibility for relapsing, if one can undergo treatment as soon as possible, adapt herself in life, and have OPD patiently, it is not difficult to treat this disease.

## 治療

1. 藥物治療：使用荷爾蒙製劑，促使病灶活性降低並使範圍縮小，包括針劑、口服、子宮內投藥
2. 手術療法：徹底完全將所有病灶切除，包括腹腔鏡、剖腹

## 經痛自我調適

1. 月經前一週可泡溫泉、熱水浴、多熱食、少冰品。
2. 月經來可熱敷下腹部。
3. 靜坐冥思、觀想等方式自我調適。
4. 適度的運動，如：瑜珈、太極拳、慢跑、重量訓練。
5. 按摩法、針灸、貼磁石片、指壓法。
6. 止痛藥使用：預期疼痛當天或剛開始疼痛時適量的服用。

## 結語

子宮內膜異位雖然是不易治療的疾病，而且又有一半的機會復發，但是及早能就醫治療，平常多採取生活調適的方法，並耐心的門診追蹤，並非那麼難纏。