



Endometriosis in India: What Every Woman Needs to Know

Painful periods are often ignored as normal, but they may indicate endometriosis a condition where tissue like the uterine lining grows outside the uterus, commonly affecting the **ovaries, fallopian tubes, pelvic lining**, and sometimes the **bowel and bladder**, leading to **inflammation, chronic pain, scar tissue, and fertility issues**; it affects millions of women in India and is often diagnosed late, making early awareness essential to prevent complications and protect fertility.

Causes & Risk Factors

- Retrograde menstruation
- Weak immunity
- Family history
- Hormonal imbalance
- Early periods / late menopause
- Heavy or frequent periods

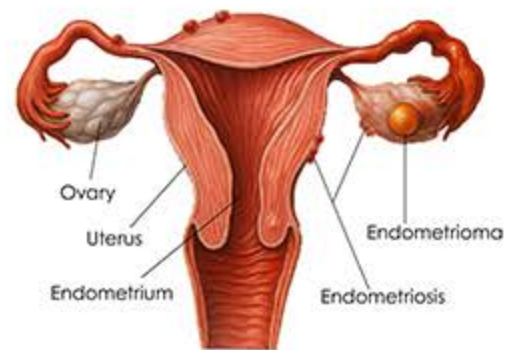
Common Signs

- Severe period pain
- Pelvic pain
- Pain during intercourse
- Heavy or irregular periods
- Difficulty conceiving

When to See a Doctor

- Pain that interferes with daily activities
- Period pain not relieved by medication
- Persistent pelvic discomfort
- Difficulty getting pregnant

Endometriosis



Treatment Options

- Hormonal therapy
- Pain relief medicines
- Laparoscopic surgery
- Fertility treatments (IUI/IVF)
- Multidisciplinary care

Prevention & Management Tips

- Do not ignore severe period pain
- Maintain a healthy weight
- Exercise regularly
- Limit alcohol and caffeine intake
- Track menstrual symptoms
- Seek early medical advice

Endometriosis is a serious yet often overlooked condition that affects both quality of life and fertility. Early diagnosis and timely treatment can make a significant difference. If you notice persistent symptoms, do not ignore them early care is essential.