



HOW CAN YOU ACHIEVE PREGNANCY WITH ENDOMETRIOSIS?

Endometriosis is a condition that results from the appearance of endometrial tissue outside the uterus and causes pelvic pain, especially associated with menstruation in women. It may happen that during menstruation, some of the tissues backs up through the fallopian tubes into the abdomen, involving a sort of "reverse menstruation", where it attaches and grows.

Symptoms :

- Pain: Usually caused during ovulation, menstruation or intercourse.
- Stomach upset
- Pain in the lower abdomen and/or lower back that can radiate to the legs
- Pain before and during periods.
- Mid-cycle pain as a woman's monthly egg ruptures through the ovary (ovulation pain)
- Irregular periods with spotting before a period begins
- Fatigue
- Suppressed immune system.

How Endometriosis affects fertility?

Endometriosis affects a woman's reproductive and surrounding organs when uterine lining (endometrium) grows outside of the uterus and into other areas of her body such as: ovaries, abdominal cavity and pelvis, fallopian tubes and surrounding ligaments. Women with endometriosis are three to four times less likely to be infertile.

Successful Treatments for Endometriosis :

- Freezing your eggs
- Intrauterine Insemination
- In Vitro Fertilization (IVF)

Improve your chances to keep away from endometriosis

- Keeping a healthy weight.
- Eating nutritious food like fruits, lean protein and vegetables.
- Doing exercise on daily basis.

At Genome the Fertility Centre, we provide an all-around fertility care for all fertility related issues and needs that would cater to couples facing difficulties in achieving normal pregnancy.