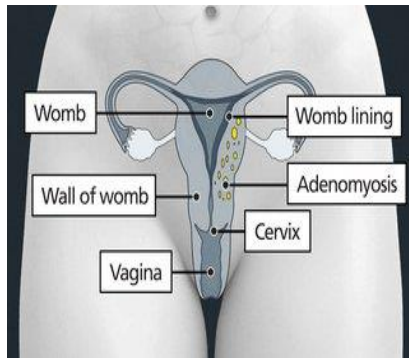


Adenomyosis

Adenomyosis is a condition where the lining of the womb (uterus) starts growing into the muscle in the wall of the womb. It is not known what causes it although prior Caesarean section, genetic, hormonal and immunological factors can play a role.

Adenomyosis is more commonly diagnosed in women over the age of 30. It can affect anyone who has periods though.



Symptoms of adenomyosis

Some symptoms of adenomyosis affect your periods, such as:

- painful periods – the pain may be severe and stop you from doing your usual activities they are often central / cramp like and can give symptoms similar to urinary tract infections or abdominal bloating / IBS symptoms
- heavy bleeding during your period
- miscarriage / premature labour

Other symptoms can happen any time in your menstrual cycle, such as:

- pelvic pain (pain in the lower part of your tummy)
- bloating, heaviness or fullness in your tummy (abdomen)
- pain during sex

Some people with adenomyosis have no symptoms.

[Endometriosis](#) is a different condition where tissue similar to the lining of the womb grows in other places, such as the ovaries or fallopian tubes or peritoneum (like a cling film that normally covers our inner abdominal organs).

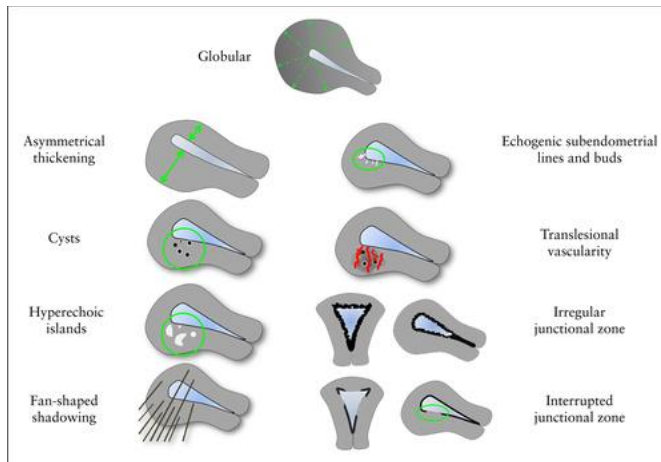
Tests may include:

- [ultrasound scan](#)
- [MRI scan](#)

Diagnosis is notoriously difficult as there is no international approved staging system universally adopted. The most up to date systems suggest adenomyosis can take different appearances on scans, hence it is important that you see an accredited endometriosis specialist with expertise in radiological imaging

Some classification systems score the degree of adenomyosis as adenomyosis < 25% of myometrium (muscle layer) as mild, 25-50% as moderate and >50% as severe.

Sometimes a junctional zone (the area between the lining of the womb and muscle of the womb that is >12 mm is considered diagnostic, however grey zones lie between 8-12mm) along with sonographic features as below.



Treatments for adenomyosis

If you're diagnosed with adenomyosis, there are treatments that can help ease your symptoms. Many of the medications are not specifically licenced for use with adenomyosis, however often conditions such as endometriosis co-exist in 80% of cases.

Treatments include:

- the [IUS](#) (intrauterine system, also called Mirena or hormonal coil), which thins the womb lining, making your periods lighter and less painful
- other types of hormonal contraception if you cannot or do not want to have an IUS, such as the [progestogen-only pill](#), the [combined pill](#) or the [contraceptive patch](#) or Ryeqo or Ysely
- medicines such as [tranexamic acid](#) or [NSAIDs](#)

If these treatments do not work, you may need surgery.

This could be a [hysterectomy](#), or surgery to remove the lining of your womb (endometrial ablation) or uterine artery embolization.

How to ease symptoms of adenomyosis

There are things that can help with period pain or pelvic pain caused by adenomyosis.

- use a heat pad or hot water bottle wrapped in a tea towel on your tummy
- try a [TENS machine](#) – a small device that uses mild electrical impulses to reduce pain
- take painkillers like [paracetamol](#) or [ibuprofen](#)