

## Mayo Clinic Minute: When surgery for endometriosis is the answer

Endometriosis is a painful condition where there are cells similar to the lining of the uterus that are growing outside of the uterus. Most commonly it occurs in the pelvis, but it can really occur anywhere in the abdomen or pelvis.

[Dr. Megan Wasson](#), a Mayo Clinic medical and surgical gynecologist, says it's a quality-of-life issue, affecting approximately 1 out of every 10 reproductive aged individuals.

Video	Audio
Megan Wasson, D.O. Obstetrics and Gynecology Mayo Clinic	"Endometriosis can cause a large inflammatory process throughout the entire body that can result in fatigue, nausea. It can affect the bowels. It can really affect every single organ system."
	Most frequently, patients will experience pelvic pain or perhaps cramping with their menstrual periods.
	"They can also develop pain with intercourse, pain with bowel movements, pain with urination. It really can be a whole-body disease."
	Symptoms can be managed with over-the-counter medication, or medication to stabilize hormones but that doesn't cure the issue.
	"The only way to really get to the root of endometriosis is surgery."
	Laparoscopic surgery is a less-invasive option, commonly used to diagnose and treat endometriosis. With advanced technology, Dr. Megan Wasson says even more-severe cases of endometriosis can be managed with a minimally invasive approach.
	"If we remove the disease, if we get the endometriosis out of the body, it can improve those symptoms and improve quality of life."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.