

Mayo Clinic Minute: When to seek care for pelvic pain

Editor's note: *May is National Women's Health Month*

Pelvic pain is common, affecting 15% of women of reproductive age. Pinpointing its cause, whether it's endometriosis, ovarian cysts or musculoskeletal issues, can be a challenge.

Dr. Megan Wasson, a gynecologic surgeon who specializes in minimally invasive procedures at Mayo Clinic, says it's important to seek medical help if pelvic pain starts affecting your quality of life or if there are signs of a serious underlying condition.

Video	Audio
	"If you know 10 women, you know at least one woman who's suffering with chronic pelvic pain."
	Mayo Clinic's Dr. Megan Wasson says chronic pelvic pain means having ongoing pain for at least six months. It can be connected to various underlying issues.
Megan Wasson, D.O. Gynecologic Surgery Mayo Clinic	"It can be pain with menstrual cycles or pain with your period, it can be pain with intercourse, pain with urination, pain with bowel movements, pain with certain activities."
	Identifying the cause of pain starts with discussing your medical history with your healthcare team.
	"That will guide the next steps, whether that is checking for a urine infection, getting an ultrasound, getting advanced imaging, like a pelvic MRI, or looking at the vasculature. It is really guided by that history."
	Dr. Wasson says the best time to seek care is when the pain starts to affect your quality of life.
	"We don't want to ignore pelvic pain. We want to have that thorough evaluation to make sure that there isn't anything that requires more urgent intervention."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan