

## **Prevalence of Endometriosis and its symptoms among young adult females with chronic pelvic pain refractory to conventional therapy**

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### **Abstract**

Background: Young adult females with chronic pelvic pains (CPP) refractory to conventional medical therapy is still a big dilemma for gynecologists. Endometriosis is a turmoil wherein tissue like the tissue that shapes the coating of your uterus becomes outside of your uterine hole. The coating of your uterus is known as the endometrium.

Endometriosis happens when endometrial tissue develops on your ovaries, entrail, and tissues coating your pelvis. It's abnormal for endometrial tissue to spread past your pelvic locale, yet it's certainly feasible.

Endometrial tissue becoming outside of your uterus is known as an endometrial embed.

The hormonal changes in your menstrual cycle influence the lost endometrial tissue, making the region become excited and agonizing. This implies the tissue will develop, thicken, and separate. After some time, the tissue that has separated has no place to go and gets caught in your pelvis.

This tissue caught in your pelvis can cause:

- bothering
- scar development
- bonds, in which tissue ties your pelvic organs together
- extreme torment during your periods
- richness issues

Endometriosis is a typical gynecological condition, influencing up to 10 percent of ladies. You're not the only one in the event that you have this issue.

Endometriosis indications

The indications of endometriosis differ. A few ladies experience gentle side effects, however others can have moderate to extreme side effects. The seriousness of your agony doesn't demonstrate the degree or phase of the condition. You may have a gentle type of the ailment yet experience anguishing torment. It's additionally conceivable to have an extreme shape and have next to no inconvenience.

Pelvic torment is the most well-known side effect of endometriosis. You may likewise have the accompanying side effects:

- excruciating periods
- torment in the lower mid-region previously and during feminine cycle
- cramps half a month around period
- substantial menstrual draining or seeping between periods
- barrenness
- torment following sex
- uneasiness with solid discharges
- lower back agony that may happen whenever during your menstrual cycle

You may likewise have no side effects. It's significant that you get normal gynecological tests, which will permit your gynecologist to screen any changes. This is especially significant in the event that you have at least two indications.

**Study Objective:** To study the prevalence and clinical manifestations of endometriosis in young adult females with CPP refractory to conventional medical therapy.

**Design:** Prospective clinical study.

**Setting:** General and private hospitals in the city of Al-Karak/Jordan.

**Participants:** A total of 28 females aged  $\leq 21$  years who had CPP refractory to conventional medical therapy underwent laparoscopy during the years 2010–2014 were identified. Endometriosis was staged according to the ASRM classification.

**Results:** The mean age of participants was 18.4 years (range 15-21). Endometriosis was found in 20/28 cases (71.4%). Stage I: 9/20 (45.0%). stage II: 8/20 (40 %), stage III: 2/21 (10 %), stage IV: 1/21 (5 %). Notably, 16/28 (57.1 %) of all cases reported cold intolerance, and 14/20 (70 %) with those with endometriosis and in 2/8 (25%) of those without endometriosis (Chi-square 4.725, df-1, p- 0.03). There was no association between stage of disease with age distribution ( $\leq 18$  and  $>19-21$  years)  $p = 0.700$  nor with duration of symptoms ( $\leq 2$  and  $>2$  years) and the presence of cold intolerance  $p > 0.05$ . However, severity of pain symptoms ( $<7$  vs  $\geq 7$ ) was associated significantly with the stage of the disease  $p = 0.011$ .

**Conclusions:** High prevalence of endometriosis among young adult females with CPP refractory to conventional therapy mainly the in mild stage. Cold intolerances highly associated with endometriosis.

**Key Words:** Diagnosis; Endometriosis; Chronic pelvic pain; Young adult females; Cold intolerance