



<p><b>English</b></p>	<p><b>Simplified Chinese (Mandarin) / 简体中文</b></p>
<p><b>Adenomyosis</b></p> <p>Adenomyosis is a condition that causes the lining of the womb (the endometrium) to bury into the muscular wall of the womb.</p> <p>It can affect the whole womb or just one part of the womb.</p> <p>Adenomyosis is not a life-threatening condition, but the symptoms can have a big impact on your day-to-day life so it's important to get the support you need.</p>	<p><b>子宫腺肌病</b></p> <p>子宫腺肌病是子宫内衬组织（即子宫内膜）侵入子宫肌层引起的一种病症，</p> <p>可累及整个子宫或子宫的一个部分。</p> <p>虽然子宫腺肌病不会危及生命，但其症状会对您的日常生活产生很大影响，因此获得您所需的支持至关重要。</p>
<p><b>Symptoms</b></p> <p>It's possible to have adenomyosis and have no symptoms.</p> <p>Symptoms you might experience include:</p> <ul style="list-style-type: none"><li>• heavy periods that last for a long time</li></ul>	<p><b>症状</b></p> <p>您可能患有子宫腺肌病，但未表现出症状。您可能出现的症状包：</p> <ul style="list-style-type: none"><li>• 长时间月经过多</li></ul>

<ul style="list-style-type: none"> <li>• severe period pain</li> <li>• a feeling of pressure in your tummy</li> <li>• bloating (your tummy sticks out more than normal)</li> </ul>	<ul style="list-style-type: none"> <li>• 严重痛经</li> <li>• 腹部压迫感</li> <li>• 腹胀（腹部比平时突出）</li> </ul>
<p><b>Causes</b></p> <p>It's not known exactly why adenomyosis happens.</p> <p>Adenomyosis is not an infection and it's not contagious. It is benign (not cancerous).</p>	<p><b>病因</b></p> <p>目前尚不清楚子宫腺肌病发病的确切原因。</p> <p>子宫腺肌病不是感染，没有传染性，属于良性病变（不是癌症）。</p>
<p><b>Diagnosis</b></p> <p>When you see your doctor about your symptoms, they'll carry out what is called a pelvic examination. They'll look at your vulva, vagina and cervix (the opening between the vagina and the womb) to see if there is something that could be causing your symptoms. Sometimes other tests might be needed. Your doctor will discuss this with you and you can ask any questions that you might have.</p> <p>As this is an intimate examination, the doctor who performs it will have another person (chaperone) present. You can ask for a female doctor to carry it out. If there isn't a female doctor available, you can ask if there's a female health professional who could carry out the examination.</p>	<p><b>诊断</b></p> <p>当您去找医生咨询您的症状时，医生会进行盆腔检查。他们会检查您的外阴、阴道和子宫颈（阴道与子宫之间的开口），确定可能引起症状的原因。有时可能还需要做其他检查。医生将就此与您讨论，如果您有任何疑问，请咨询医生。</p> <p>盆腔检查是一项私密检查，医生进行检查时会有另一人（陪检人员）在场。您可以要求由女医生检查。如果没有女医生，您也可以询问是否可由女性医疗专业人员进行该项检查。</p> <p>可能会将您转诊给专科医生，进行更多检查。其中可能包括超声检查或磁共振成像（MRI）检查，医生可通过这些检查查看您的子宫状况。这也有助于排除任何其他疾病。</p>

<p>You might be referred to a specialist who'll carry out more tests. This might include an ultrasound or an MRI, which will allow a doctor to look at your womb. This can also help rule out any other health conditions.</p>	
<p><b>Treatment</b></p> <p>Depending on your symptoms, there are different options to treat adenomyosis, including:</p> <ul style="list-style-type: none"> <li>• anti-inflammatory medication to help relieve mild pain</li> <li>• treatment during your period to help reduce the amount of menstrual blood loss</li> <li>• hormone therapy such as the contraceptive pill, to help control heavy or painful periods</li> <li>• a hysterectomy (removal of the womb) - this would only be considered in extreme cases, where other treatments do not work and if you do not wish to become pregnant</li> </ul> <p>Your doctor will discuss this with you and you can ask any <a href="#">questions that you might have</a>.</p>	<p><b>治疗</b></p> <p>根据您的症状，可采用不同方案治疗子宫腺肌病，包括：</p> <ul style="list-style-type: none"> <li>• 抗炎药方案，有助于缓解轻度疼痛</li> <li>• 经期治疗方案，有助于减少月经失血量</li> <li>• 激素疗法方案（如避孕药），有助于控制月经过多或缓解痛经</li> <li>• 子宫切除术（切除子宫），只有其他治疗无效且不打算怀孕的极端情况下，才会考虑</li> </ul> <p>医生将就此与您讨论，<a href="#">如果您有任何疑问</a>，请咨询医生。</p>
<p>For more information about periods in Chinese (simplified) go to <a href="https://www.nhsinform.scot/translations/languages/chinese-simplified/">https://www.nhsinform.scot/translations/languages/chinese-simplified/</a></p>	<p>欲了解关于月经的更多信息（简体中文版），请访问 <a href="https://www.nhsinform.scot/translations/languages/chinese-simplified/">https://www.nhsinform.scot/translations/languages/chinese-simplified/</a></p>

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