



<p><b>English</b></p>	<p><b>Simplified Chinese (Mandarin) / 简体中文</b></p>
<p><b>Endometriosis</b></p> <p>Endometriosis is a long-term (chronic) condition where tissue similar to the lining of the womb is found elsewhere in the body. It's very common, affecting around 1 in 10 of those who menstruate. For some people, it can have a significant impact on their physical health, <a href="#">emotional wellbeing</a>, and daily routine.</p>	<p><b>子宫内膜异位症</b></p> <p>子宫内膜异位症是类似于子宫内膜的组织在体内其他地方生长的一种长期（慢性）疾病。十分常见，每 10 名行经女性中就有 1 人患此病。可能对有些人的身体健康、<a href="#">心理健康</a>和日常生活产生显著影响。</p>
<p><b>What are the symptoms?</b></p> <p>Symptoms can be different from person to person and month to month. Some people have no symptoms at all.</p> <p><b>Speak to your doctor if:</b></p> <p>You're experiencing:</p>	<p><b>子宫内膜异位症的症状</b></p> <p>症状可因人而异，也可因月而异。有些人根本没有症状。</p> <p><b>如果您有下述情况，请告诉医生：</b></p> <p>您出现：</p> <ul style="list-style-type: none"><li>• 下腹（腹部）、盆腔、腰部或腿部疼痛</li></ul>

<ul style="list-style-type: none"> <li>• pain in the lower abdomen (tummy), pelvis, lower back or legs</li> <li>• painful periods which affect your day to day life – for example, you can't go to school or work or take part in day to day activities that you enjoy</li> <li>• pain during ovulation</li> <li>• heavy or prolonged (long lasting) periods</li> <li>• spotting or bleeding between periods</li> <li>• pain during and after sex</li> <li>• pain or bleeding when going to the toilet (pain before or after peeing or pooing)</li> <li>• bleeding from your back passage (rectum)</li> <li>• blood in your poo (usually at the same time as your period)</li> <li>• persistent exhaustion and tiredness (fatigue)</li> <li>• difficulty getting pregnant</li> </ul> <p>These symptoms may be endometriosis, but could also be a number of other health conditions.</p>	<ul style="list-style-type: none"> <li>• 影响日常生活的痛经，例如，无法上学或上班，无法参加您喜欢的日常活动</li> <li>• 排卵期疼痛</li> <li>• 月经过多或经期延长（持久）</li> <li>• 非经期点滴出血或出血</li> <li>• 性交时和性交后疼痛</li> <li>• 如厕时疼痛或出血（排尿或排便前后疼痛）</li> <li>• 直肠出血</li> <li>• 便血（通常与月经同时发生）</li> <li>• 持续性疲惫和疲倦（疲乏）</li> <li>• 难以怀孕</li> </ul> <p>这些症状可能提示子宫内膜异位症，但也可能提示其他一些疾病。</p>
<p><b>Causes</b></p>	<p><b>病因</b></p>

<p>The exact cause of endometriosis is not known but it is sometimes believed to be genetic. That means, if someone in your family has the condition, it's more likely you may have it too.</p>	<p>子宫内膜异位症的确切病因尚不清楚，但有时认为是遗传所致。这意味着，如果您的家人患有此病，您也很可能患病。</p>
<p><b>Diagnosis</b></p> <p>It can be difficult to diagnose endometriosis because symptoms can vary a lot and many other conditions can cause similar symptoms. If you think you have symptoms of endometriosis, it's important that you speak to your doctor. Share as much information as possible during your first appointment. This'll hopefully help speed up your diagnosis.</p> <p>It can be helpful to <a href="#">keep a note of your period dates</a> and symptoms using a calendar, a diary or an app. You can then discuss this with your doctor to give them a better understanding of what you are experiencing.</p> <p>If you're seeing your doctor, there are some useful pieces of information to think about beforehand:</p> <ul style="list-style-type: none"><li>• the first day of your last period (when it started)</li><li>• how many days your period usually lasts</li><li>• what was the shortest time between your periods (from the first day of one period to the first day of the next)</li></ul>	<p><b>诊断</b></p> <p>子宫内膜异位症的症状可能有很大差异，并且许多其他疾病也可引起类似的症状，因此子宫内膜异位症可能很难诊断。如果您认为自己有子宫内膜异位症的症状，告诉医生很重要。首次约诊时，尽可能多分享一些信息。希望这有助于加速您的诊断。</p> <p>用日历、日记或应用程序<a href="#">记录您的经期</a>和症状可能会有帮助。这样，您就可以和医生讨论，让医生更好地了解您目前的情况。</p> <p>如果您要去看医生，需要事先考虑一些有用的信息：</p> <ul style="list-style-type: none"><li>• 末次月经的第一天（开始日期）</li><li>• 您的经期通常持续多少天</li><li>• 非经期的最短时间（某次月经第一天到下次月经第一天的时间段）</li><li>• 非经期的最长时间（某次月经第一天到下次月经第一天的时间段）</li><li>• 月经较多时您需要多久更换一次月经期用品？</li></ul>

- what was the longest time between your periods (from the first day of one period to the first day of the next)
- how often you need to change your period products on a heavy day
- if you are over 25, when you had your last smear test

When you see your doctor about your symptoms, they'll carry out what is called a pelvic examination. They will look at your vulva, vagina and cervix (the opening between the vagina and the womb). Sometimes other tests might be needed. Your doctor will discuss this with you and you can ask any [questions that you might have](#).

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.

If symptoms continue, your doctor may refer you to a gynaecologist.

- 如果您已经年满 25 岁，最近一次涂片检查是在何时？

当您去找医生咨询您的症状时，医生会进行盆腔检查。他们将检查您的外阴、阴道和子宫颈（阴道与子宫之间的开口）。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。

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。

如果症状持续，您的医生会将您转诊给妇科医生。

## Laparoscopy

The only way to confirm endometriosis is by a laparoscopy. This is an operation in which a camera (a laparoscope) is inserted into the pelvis via a small cut near the belly button. Sometimes it's possible to remove some endometrial tissue at the same time. After the

## 腹腔镜检查

腹腔镜检查是确认子宫内膜异位症的唯一方法，具体操作方法是通过对肚脐附近的一个小切口将摄像头（腹腔镜）插入盆腔。有时可能会同时切除一些子宫内膜组织。腹腔镜检查后，医生就能告诉您，

laparoscopy, the doctor will be able to tell you if you have endometriosis. This is known as a 'confirmed diagnosis'. It's also possible that no endometriosis is seen at laparoscopy. Your doctor will discuss the findings and any further treatment after laparoscopy.

Not everyone with endometriosis will need a laparoscopy if the symptoms can be managed. Your doctor will discuss your treatment options with you so you can decide what's best for you.

If you have a type of endometriosis that needs additional treatment, you might be referred to a specialist centre. These are located in Edinburgh, Glasgow and Aberdeen. Your doctor will discuss the best option for you.

Whether you're having, or have had a laparoscopy, you can access the [Recovering well patient information leaflet](#) for more information.

## Managing endometriosis

There is no cure for endometriosis but there are treatments that can help to control or improve your symptoms.

### Heat and comfort

A hot water bottle or hot bath may help to provide comfort and help you to feel a bit better.

您是否患有子宫内膜异位症。这被称为“确诊”。腹腔镜检查也可能未见子宫内膜异位症。您的医生将与您讨论腹腔镜检查结果和任何进一步治疗方案。

如果症状可以控制，并非所有子宫内膜异位症患者都需要做腹腔镜检查。您的医生将与您讨论治疗方案，以便您决定最适合自己的治疗方案。

如果您患有某种子宫内膜异位症且需额外治疗，可能需要转诊到专科中心。在爱丁堡、格拉斯哥和阿伯丁均设有此类专科中心。您的医生将讨论最适合您的治疗方案。

不论您是否将要做腹腔镜检查或已经做过腹腔镜检查，都可以索取 [Recovering well \(顺利康复\) 患者信息手册](#)，了解更多信息。

## 管理子宫内膜异位症

子宫内膜异位症尚无治愈方法，但有一些治疗可以帮助控制或缓解您的症状。

### 保暖与舒适

热水瓶或热水浴可能有助于提供舒适感，让您感觉舒服一点。

<p><b>Pain relief</b></p> <p>Paracetamol and non-steroidal anti-inflammatories (NSAIDs), such as ibuprofen and naproxen, can help reduce your pain.</p> <p><b>Hormone treatment</b></p> <p>Hormone treatment can be used to help thin the womb lining, causing periods to become shorter and lighter easing the symptoms of endometriosis such as heavy menstrual bleeding</p> <p>Hormone treatments include:</p> <ul style="list-style-type: none"> <li>• <a href="#">contraceptive pill (“the pill”)</a></li> <li>• <a href="#">contraceptive patch</a></li> <li>• <a href="#">contraceptive injection</a></li> <li>• <a href="#">intrauterine system (IUS)</a></li> </ul>	<p><b>疼痛缓解</b></p> <p>对乙酰氨基酚和非类固醇类抗炎药物（NSAIDs；如布洛芬和萘普生）有助于减轻疼痛。</p> <p><b>激素治疗</b></p> <p>激素治疗可有助于减小子宫内膜的厚度，从而缩短经期，减少月经量，减轻子宫内膜异位症的症状（如经血过多）</p> <p>激素治疗包括：</p> <ul style="list-style-type: none"> <li>• <a href="#">避孕药（“the pill”）</a></li> <li>• <a href="#">避孕贴</a></li> <li>• <a href="#">避孕针</a></li> <li>• <a href="#">宫内节育器系统（IUS）</a></li> </ul>
<p><b>Surgery</b></p> <p>Some people will have surgery to help treat or remove areas of endometriosis. Not everyone who has endometriosis will need surgery. It depends on where in the body the endometriosis is and how much.</p>	<p><b>手术</b></p> <p>有些人会采用手术方式辅助治疗或切除患子宫内膜异位症的部位。并非所有子宫内膜异位症患者都需要手术治疗。这取决于子宫内膜异位症的部位和程度。</p> <p>即使做过手术，子宫内膜异位症也可能复发，因此有些人可能需要再次手术。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>Even after surgery, the endometriosis may grow back so some people may need further surgery. Your doctor will discuss this with you and you can ask any <a href="#">questions that you might have</a>.</p>	
<p><b>Laparoscopy</b></p> <p>The only definitive way to confirm or exclude endometriosis is by a laparoscopy. This is called a ‘confirmed diagnosis’. A laparoscopy is a procedure where a camera (a laparoscope) is inserted into the pelvis via a small cut near the belly button. The doctor will discuss with you any findings and any course of treatment. Sometimes it is also possible to remove some endometrial tissue during the laparoscopy.</p> <p>If you have a more complex type of endometriosis that needs additional treatment, you might be referred to a Specialist Centre. These are located in Edinburgh, Glasgow and Aberdeen and your doctor will discuss the best option for you.</p> <p>However, not everyone with endometriosis will need a laparoscopy. Your doctor will discuss your treatment options so you can decide what’s best for you.</p> <p><b>Laparotomy</b></p> <p>During a laparotomy, the surgeon makes a cut in the tummy so that endometriosis can be removed.</p>	<p><b>腹腔镜检查</b></p> <p>腹腔镜检查是确定是否患有子宫内膜异位症的唯一方法。这被称为“确诊”。腹腔镜检查是通过肚脐附近的一个小切口将摄像头（腹腔镜）插入盆腔的一种操作。医生将与您讨论腹腔镜检查结果和治疗过程。有时，在腹腔镜检查过程中也可能切除一些子宫内膜组织。</p> <p>如果您患有某种较复杂的子宫内膜异位症且需要额外治疗，可能需要转诊到专科中心。在爱丁堡、格拉斯哥和阿伯丁均设有此类专科中心，您的医生将讨论最适合您的治疗方案。</p> <p>然而，并非所有子宫内膜异位症患者都需要做腹腔镜检查。您的医生将与您讨论治疗方案，以便您确定最适合自己的治疗方案。</p> <p><b>剖腹手术</b></p> <p>剖腹手术时，外科医生在患者腹部开一道切口，以便切除子宫内膜异位症组织。</p> <p><a href="#">关于子宫内膜异位症治疗的更多信息</a></p>

<p><a href="#">Further information about endometriosis treatment</a></p>	
<p><b>Adhesions and ovarian cysts</b></p> <p>Endometriosis can also cause:</p> <ul style="list-style-type: none"> <li>• adhesions – scar tissue that can fuse organs together</li> <li>• <a href="#">ovarian cysts</a> – fluid-filled cysts in the ovaries that can sometimes become very large and painful</li> </ul> <p>Both of these complications can be treated with surgery but may come back if the endometriosis returns.</p> <p><a href="#">Read information about treating ovarian cysts</a></p>	<p><b>粘连和卵巢囊肿</b></p> <p>子宫内膜异位症还可导致：</p> <ul style="list-style-type: none"> <li>• 粘连——可将器官融合在一起的瘢痕组织</li> <li>• <a href="#">卵巢囊肿</a>——卵巢中充满液体的囊肿，有时可变得非常大且伴有疼痛。</li> </ul> <p>这两种并发症均可通过手术治疗，但若子宫内膜异位症复发，这些症状也会复发。</p> <p><a href="#">了解有关卵巢囊肿治疗的信息</a></p>
<p><b>Endometriosis and fertility</b></p> <p>Many people with endometriosis are able to get pregnant naturally. However, more severe cases of endometriosis can cause scar tissue (adhesions) making it more difficult to get pregnant.</p> <p>If you're having difficulty getting pregnant, your doctor or specialist may suggest extra support or treatments that can help. Your doctor will discuss these with you and you can ask any <a href="#">questions that you might have.</a></p>	<p><b>子宫内膜异位症与生育力</b></p> <p>许多子宫内膜异位症患者都能自然怀孕。但是，较严重的子宫内膜异位症可导致瘢痕组织（粘连），使患者更难怀孕。</p> <p>如果您很难怀孕，您的医生或专科医生可能会建议您接受额外支持或治疗，这样可能有所帮助。医生将与您讨论这些额外支持或治疗，<a href="#">如果您有任何疑问，请咨询医生。</a></p>



<p><b>Additional help and support</b></p> <p>Sometimes it can feel hard to talk about endometriosis and the symptoms you're experiencing. Hearing from other women in Scotland, discussing their experiences with endometriosis within <a href="#">online Support Networks</a> or in real life can really help. There might be peer support groups near you or other local groups where you can hear other women's stories, and share your own.</p>	<p><b>其他帮助和支持</b></p> <p>讨论子宫内膜异位症以及您出现的症状，有时可能让您觉得难以启齿。听听苏格兰的其他女性怎么说，她们通过<a href="#">线上帮助网络</a>或在现实生活讨论她们患上子宫内膜异位症的经历，这对您将很有帮助。您可以在附近的同行互助组织或其他当地组织听听其他女性的故事，并分享您自己的故事。</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>欲了解关于月经期的更多信息（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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