

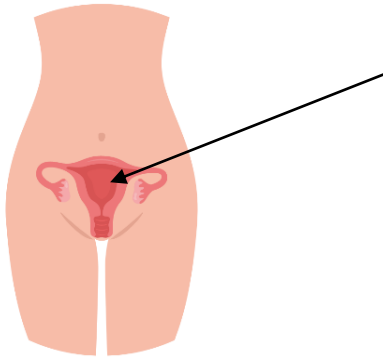
# Adenomyosis



# Adenomyosis

It is said as: ah-den-o-my-oh-sis.

Adenomyosis is a condition that makes the lining of the womb bury into the wall of the womb.



It can affect the whole womb or just one part of the womb.

Your womb is the part of your body where a baby grows if you are pregnant.

The **symptoms** of adenomyosis can have a big impact on your life.



A **symptom** is a sign that you have an illness.

It is possible to have adenomyosis and have no symptoms.

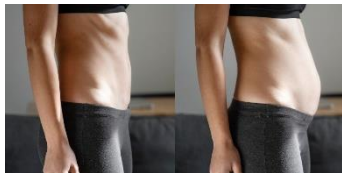
Adenomyosis is not an infection and you cannot catch it from other people.

You will not die if you have adenomyosis.



It is important to speak to your doctor and get the support you need.

# Symptoms



Symptoms can be:

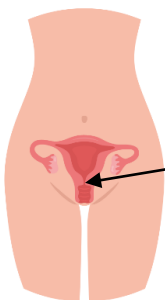
- heavy periods that last for a long time
- very bad period pain
- a feeling of pressure in your tummy
- bloating - when your tummy sticks out more than normal

# Diagnosis - how they decide what your illness is



When you see your doctor about your symptoms, they will give you a pelvic examination.

This mean they will look at your vagina and **cervix** to see if there is something that could be causing your symptoms.



Your **cervix** is the opening between the vagina and the womb.



As this is an intimate examination, the doctor who does it will have another person there.

You can ask for a female doctor or a female health professional to do the examination.

If you need other tests your doctor will discuss this with you and you can ask questions.



You might be referred to a specialist who will do more tests like an ultrasound or an MRI, which will allow a doctor to look at your womb.

## Treatment



There are different ways to treat adenomyosis including:

- anti-inflammatory medication to help relieve mild pain



- treatment during your period to help reduce the amount of menstrual blood loss



- hormone therapy like the contraceptive pill, to help control heavy or painful periods



- a hysterectomy – an operation to remove the womb

This would only be done if other treatments do not work and if you do not want to be pregnant.



Your doctor will discuss treatments with you and you can ask [questions](#).