

Suffering from Endometriosis ?



Patient Information

ELLA

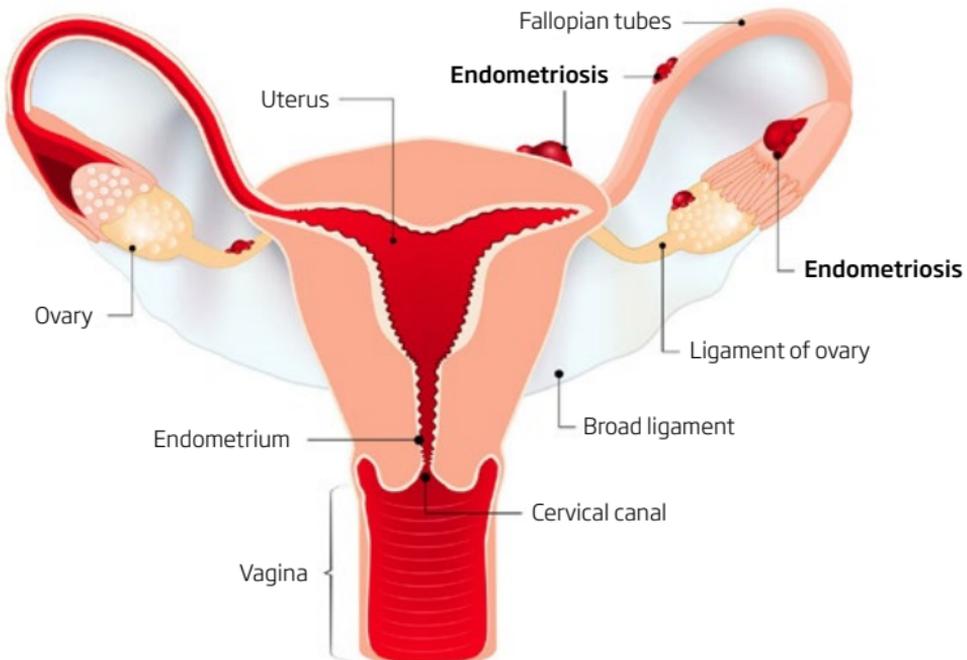
Minimally invasive laser therapy of Endometriosis

What is endometriosis ?

Endometriosis is a benign, chronic disease in which the uterine lining (endometrium) exits the uterus and implants itself in so-called endometriosis spots in the abdominal region. The spots are normally found on the peritoneum, ovaries and fallopian tubes or in the vagina or uterus muscles. More rarely, organs such as the intestine, ureter, bladder or pelvic nerves may be affected. The endometriosis foci respond to hormonal influences just like the uterine lining. They grow during the menstrual cycle and bleed during menstruation.

It is estimated that 8 - 15% of all sexually mature women are affected. Since the disease is relatively complex and unknown, years often pass before it is recognized.

Possible endometriosis localizations



About **8 - 15%** of all sexually mature women are affected, nevertheless years often pass before the disease is recognized.

Causes

The exact cause of endometriosis is not yet known. There seems to be a genetic disposition, i.e. more frequent occurrence within affected families. Causes suspected by physicians include proliferation of endometrial cells via menstrual bloodflow into the abdominal cavity (retrograde menstruation) and environmental toxins.

Symptoms

Women suffering from endometriosis are especially affected by the following symptoms:

- In some cases very painful and pronounced menstrual bleeding
- Lower abdomen and back pain
- Pain during intercourse, defecation and urination
- If intestine and/or bladder are affected bleeding during menstruation is possible
- Ovarial cyst formation
- One in two women with an unfulfilled desire to have children have endometriosis

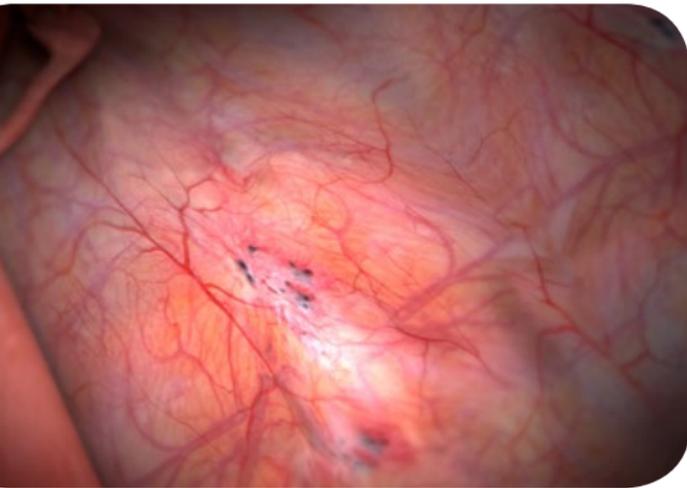
Diagnostic

Only large endometriosis spots can be diagnosed using ultrasound. A palpation examination can reveal initial signs. Actual confirmation of an endometriosis diagnosis requires a laparoscopy procedure. This involves small incisions in the umbilical region through which the abdominal cavity can be viewed and a tissue sample taken. If necessary, a direct therapeutic intervention can be included in the procedure as well.

What treatment options are there ?

Treatment

Endometriosis is a chronic disease, i.e. the likelihood of relapse is very high and repeated treatment may be required. The aim of treatment is the relief of the symptoms. Whether the treatment is medical or surgical depends on the patient`s age, family planning and the location and size of the endometriosis spots. The symptoms do not disappear until the onset of menopause and hormonal shift.



Endometriosis foci on the peritoneum
(abdominal wall lining)

The ideal form of treatment depends on many different criteria.

Medical procedures

Gestagens, “the pill”, GnRH analogs, hormone-releasing intrauterine devices - The objective of all hormonal treatment methods is lowering estrogen levels to reduce proliferation of both the endometriosis foci and the bleeding. Suppressing menstrual bleeding by taking contraceptives also alleviates the symptoms. Hormonal therapy is usually used to supplement surgical treatment as well as reducing the spots prior to surgery - especially if the woman wants to have children.

Hormonal therapy is associated with side effects such as the menopausal symptoms hot flashes, bone loss, loss of libido and mood swings.

Surgical procedures

Hysterectomy - Removal of the uterus may be useful in cases of extensive endometriosis infestation and concluded family planning.

Laparoscopy - Endometriosis spots, cysts and adhesions to the uterus and ovaries are cut out or cauterized in a laparoscopy procedure (abdominal endoscopy) using electric current or laser techniques.

ELLA minimally invasive laser therapy

In ELLA (endometriosis laparoscopic laser application) procedures, endometriosis spots, as well as any ovarian cysts and adhesions, are removed during laparoscopy. The light-conducting glass fiber enables very precise focusing of the laser light and prevents damage to healthy tissue and organs.

The very gentle application of laser energy reduces levels of deep tissue damage. The surface of the treated tissue is rendered smooth, thus leading to reduced scarring and prevention of subsequent adhesions.

A comparative study confirms preservation of the ovarian reserve with ELLA laser therapy as opposed to treatment with the bipolar instruments. The probability of a pregnancy is thus significantly increased.

Advantages of ELLA laser therapy

- Minimally invasive procedure
- Tissue-conserving, especially important for women who want to have children
- Low level of scarring
- No known side effects
- Rapid return to everyday life
- Proven preservation of the ovarian reserve



You are looking for a doctor who treats endometriosis with the ELLA laser procedure? We will be pleased to help: Call us at +49 6172 27159 11. Medical information is available directly from your treating doctor.

Your local physician

For more information, please visit:
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