

Endometriosis



OBSTETRICS &
GYNECOLOGY

Understanding, Managing, and Living Beyond the Pain

Endometriosis is a condition in which tissue similar to the lining of the uterus, called the endometrium, begins to grow outside the uterus. This tissue can be found on the ovaries, fallopian tubes, the outer surface of the uterus, and other organs within the pelvis.



Endometriosis is a condition of the reproductive years, meaning it can occur from menarche (beginning of menstrual cycle) to menopause (end of menstrual cycle).

Endometriosis occurs in about 1 in 10 women of reproductive age.

Key Points about Endometriosis:

1. Symptoms:

- **Pelvic Pain:** Often associated with menstrual periods, but may also occur at other times.
- **Heavy Periods:** Some women experience heavy menstrual bleeding or bleeding between periods.
- **Infertility:** Endometriosis can make it more difficult to conceive.
- **Pain During Intercourse:** Discomfort during or after sexual activity is common.
- **Other Symptoms:** Can include fatigue, diarrhea, constipation, bloating, and nausea, especially during menstrual periods.

2. Causes:

The exact cause of endometriosis is unknown, but possible explanations include retrograde menstruation (where menstrual blood flows backward through the fallopian tubes), genetic factors, and immune system issues.

3. Diagnosis:

- Endometriosis can be an elusive condition, making it difficult to diagnose. Common methods include pelvic exams, ultrasound, magnetic resonance imaging (MRI), and laparoscopy, where a doctor can directly observe the endometrial tissue.

- Laparoscopy is the only sure way to diagnose endometriosis where gynecological laparoscopic surgeon directly visualises the pelvis for endometriotic implants.
- The laparoscopic procedure also enables the surgeon to take the biopsy of the tissue for histopathology diagnosis.

4. Treatment:

- **Medication:** Pain relief can be managed with NSAIDs. Hormonal therapies, such as birth control pills, gonadotropin-releasing hormone (GnRH) agonists, and others, are often used to reduce symptoms.



- **Surgery:** surgery may be recommended to remove endometrial tissue to relieve pain or to enhance the fertility

- **Lifestyle and Home Remedies:** Regular exercise, heat application, and dietary changes may help manage symptoms.

5. Impact on Fertility:

- Endometriosis is associated with infertility, and about 30-50% of women with endometriosis may experience difficulties conceiving. Treatment options for those who wish to conceive include fertility medications, assisted reproductive technologies like IVF, and sometimes surgery to remove endometrial growths.

6. Living with Endometriosis:

- It is a chronic condition and progressive condition.
- It affects the "Quality of Life" because of its nature of symptoms. Though there is no cure, symptoms can be managed.
- Many women with endometriosis lead full and active lives with the right combination of treatments and lifestyle modifications.
- Get knowledge about endometriosis and let us fight endometriosis together.



Dr. Malgorzata Sinclair
MD, MBChB, MMed (Ob/Gyn),
Dip OBST (SA), ASCCP, FCCS
Consultant & Head of
Obstetrics & Gynecology



Dr. Talat Masroor
MBBS, MRCOG (London),
FRCOG (London)
Consultant - Obstetrics
& Gynecology



Dr. Lalitha Kamini
MBBS, DGO, MD,
FRCOG (London)
Specialist - Obstetrics
& Gynecology



Dr. Vidya Shendre
MBBS, MD
Specialist - Obstetrics
& Gynecology



Dr. Nazli Tariq
MBBS, MCPS (PAK) FCPS (PAK)
Specialist - Obstetrics
& Gynecology



Dr. Aliya Khurram
MBBS, FCPS (Pakistan)
Specialist - Obstetrics
& Gynecology



Dr. Nilesha Chitre
MBBS, DGO, DNB
Specialist - Obstetrics
& Gynecology



Dr. Faiza Nawaz
MBBS, FCPS-Ob/Gyn (Pakistan),
MRCOG (UK)
Specialist - Obstetrics & Gynecology

News

UAE doctors raise concern over spike in cases of eye disorders due to screen time

Individuals are urged by experts to practice ergonomics by positioning their screens 15-20 degrees below their direct line of sight



Khaleej Times - 10 August 2024

What is CVS?

According to doctors, cases of Computer Vision Syndrome also known as Digital Eye Strain are on the rise universally among both adults and children due to increasing digital device usage, leading to significant health concerns.

Dr Archana Sood, specialist ophthalmologist and head of the department at RAK Hospital, underscored the urgency of addressing this issue. "The extensive use of devices has severely impacted eye health intensifying CVS symptoms such as dryness, burning eyes, ocular pain, eye strain, light sensitivity, and headaches," said Dr Sood.

Can chewing facial fitness gum give you a chiselled jawline?



The National - 6 August 2024

"The masseter muscle aids in the closure of the lower jaw and helps in chewing and clenching," says Dr Anurag Singh, specialist oral and maxillofacial surgeon, RAK Hospital, Ras Al Khaimah. "However, overusing this muscle typically results in hypertrophy, which causes the muscle to look bulky. In slimmer individuals, this becomes more prominent compared to individuals who have chubby faces."

News

Over 5,000 Participants Ready to Transform their Lives through RAK Diabetes Challenge 2024



Pan Time Arabia Business Lifestyle - 15 August 2024

Dr. Raza Siddiqui, Executive Director of RAK Hospital, stated, "This initiative is not just about reducing numbers; it's about changing lives and creating a healthier future for our community. Being overweight or obese is a major risk factor for developing diabetes, a reality we've consistently observed across our past and current editions, where the majority of participants with high HbA1c levels are either overweight or obese.

Ozempic alternatives for weight loss: Oats, vinegar and now rice water - but do they work?



The National - 16 August 2024

According to Ruba Elhourani, a senior dietitian and head of the nutritional department at RAK Hospital, oats are not only incomparable with Ozempic and its pharmaceutical iterations, but overconsuming them carries a risk of too much fibre, especially for people with insulin and colon conditions. She says it can "cause a spike followed by a drop in blood sugar that is harmful for diabetics and people with insulin resistance".

Events

RAK Hospital is delighted to announce the launch of our highly anticipated Level 2 Neonatal Intensive Care Unit (NICU).

This state-of-the-art facility is designed to provide specialized care for our tiniest patients born at or after 32 weeks of gestation, ensuring they receive the best possible start in life.



RAK Bank Celebrates World Humanitarian Day!

RAK Bank took a moment to reflect on the commitment to making a difference in the lives of those who need it most. Our team came together to distribute thoughtful gifts, bringing smiles and a little extra joy to our community members.



Events

Insightful session on mental well-being and stress management at RAK ICC

Ms. Zobia Amin, our clinical psychologist, shared practical tips to boost mental health.



Cardiac Awareness Session with Dr. Tarek Jarkas

How can I prevent the coronary artery disease?

Get enough sleep
7-9 hours at night

Stop smoking

Manage your blood pressure
< 140 systolic
< 90 diastolic

Control your Lipids
and take suitable medication if you have high levels

Eat better

Move more
150-300min mild
75-150min high intensity

Control Your blood sugar
Fasting glucose < 100mg/dl
HbA1c < 5.7%

Keep your weight healthy
20-25
Weight (kg)/ height² (meter)

Dr. Tarek Jarkas

On 15th August 2024, Dr. Tarek Jarkas conducted a highly informative Cardiac Awareness Session for RAK ICC Human Resources. This engaging online event, attended by over 50 employees, focused on essential heart health knowledge and prevention strategies.

Training Workshop and Comprehensive Presentation on Surfcath, Umbilical Catheter, and Neonatal PICC: Enhancing Our NICU Practice.

Our recent workshop on Surfcath, Umbilical Catheter, and Neonatal PICC was a great success! The session provided in-depth training and valuable insights, enhancing our NICU practices.



Events

Felicitating Our Resuscitation Team: Celebrating Excellence in Patient Care

Honored our resuscitation team for their exceptional expertise and teamwork, which played a crucial role in a remarkable patient outcome. Their dedication not only saved a life but also reaffirmed our belief in the power of medical excellence.



Promotions

<p>Are you struggling to WALK COMFORTABLY?</p> <p>It might indicate a SERIOUS ORTHOPEDIC PROBLEM!</p> <p>Consult our experts to lead a PAIN-FREE LIFE</p> <p>ORTHOPEDICS & JOINT REPLACEMENT</p> <p>For Appointments WhatsApp or Call +971 7 207 4444</p>	<p>Bringing New Life into the World with Care & Comfort!</p> <p>Book your first complimentary gynaecology consultation today!</p> <p>EXPERIENCE PREMIUM BIRTHING AT RAK HOSPITAL</p>	<p>Centre for BONE & JOINTS</p> <p>Excellence in Orthopedic Care!</p> <ul style="list-style-type: none"> ▶ KNEE & HIP REPLACEMENT ▶ ARTHROSCOPY ▶ TREATMENT OF BONE DISORDERS ▶ SPORTS MEDICINE & REHABILITATION <p>ORTHOPEDICS & JOINT REPLACEMENT</p> <p>For Appointments WhatsApp or Call +971 7 207 4444</p>	<p>Choose RAK Hospital for a Safe Delivery</p> <ul style="list-style-type: none"> ▶ Expert Team of Obstetricians & Pediatricians ▶ Comprehensive Care ▶ Painless Delivery Options (Entonox & Epidural) ▶ Advanced Level 2 NICU Care <p>Book your first complimentary gynaecology consultation today!</p> <p>EXPERIENCE PREMIUM BIRTHING AT RAK HOSPITAL</p>
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Al Qusaidat, PO Box 11393, Ras Al Khaimah, UAE. Tel: +9717 207 4444, mail@rakhospital.com

www.rakhospital.com @RakHospital

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