Use of a multidisciplinary approach for the treatment of pain-related symptoms in endometriosis – A systematic review

Dymphana G. Fernando MD, Kati C. Buirksley BS, Karl Schmidt-Oliver MD 1, Benjamin D. Beiser MD 2
1. Department of Obstetrics and Gynecology – Aurora Sinai Medical Center, Milwaukee, WI
2. Department of Obstetrics and Gynecology – Medical College of Wisconsin, Milwaukee, WI

Introduction

Endometriosis is a chronic, inflammatory gynecologic condition characterized by the presence of endometrial-like glands and stroma outside the uterus, associated with severe, life-impacting symptoms including debilitating pelvic pain.

Methods

- Observational studies, case reports, case series, reviews, and meta-analyses were included.
- The search included citations written in English.
- A systematic review of the literature was performed.

Results

- Treatment Modalities: medical therapy, surgery, and lifestyle modifications.
- Pain severity was evaluated using the visual analog scale.

Conclusion

- Our systematic review of studies on endometriosis-related pain revealed that pain severity varies across studies.
- Most patients reported significant improvement in pain symptoms with a combination of medical and surgical treatments.
- Early diagnosis and prompt intervention with a multidisciplinary approach are essential for effective pain management.

- Figure: Improvement of pain-related symptoms with different treatment methods.