

What is Uterine Adenomyosis?

Uterine adenomyosis causes painful, heavy periods. It is when cells that normally line the uterus grow in the walls of the uterus instead. This causes the uterus to get bigger.



What are the signs of uterine adenomyosis?

Common signs or symptoms are:

- Heavy periods
- Painful periods
- Pain in the lower belly area

People with uterine adenomyosis may have other problems that affect the uterus, like endometriosis. Endometriosis causes the cells that are normally inside the uterus to grow outside of the uterus.

How do I know if I have uterine adenomyosis?

There are no tests that can tell you for sure whether you have uterine adenomyosis. To find out what may be causing your symptoms, your doctor may order:

- An **ultrasound or MRI** to get a picture of your uterus. This will help your doctor see if the uterus is larger than normal, or if there are signs of adenomyosis in the walls of the uterus.

How is uterine adenomyosis treated?

Hysterectomy (surgery that removes the uterus) is the only proven treatment for adenomyosis.

Treatments to help with heavy bleeding:	Treatments to help with painful periods:
<p>IUDs are a type of birth control that your doctor puts in your uterus. IUDs that release the hormone progesterin may help with heavy bleeding.</p> <p>Endometrial ablation is a surgery that causes scarring in the lining of the uterus, which helps to make periods less heavy.</p> <p>Uterine artery embolization is a surgery that blocks the blood supply to the uterus.</p>	<p>Pain medicines, like Ibuprofen (brand names: Advil, Motrin).</p> <p>Birth control pills.</p> <p>Leuprolide (brand names: Lupron, Eligard). This is a medicine that causes your ovaries to stop making these hormones:</p> <ul style="list-style-type: none">• Estrogen• Progesterone

What if I want to get pregnant?

If you want to get pregnant, you **should not** get a hysterectomy, endometrial ablation, or uterine artery embolization. **Talk with your doctor about treatment options that work best for you.**