

# ENDOMETRIOSIS

## Description

- A painful disorder in which the tissue that normally lines the uterus grows outside the uterus.
- Commonly involves the ovaries, bowel or tissue in the pelvis.

## Symptoms

1. Heavy bleeding or bleeding between periods.
2. Infertility
3. Fatigue, diarrhea, nausea constipation, or bloating.
4. Pelvic Pain
5. Pain with period far worse than usual cramps.
6. Pain increases over time.
7. Dysmenorrhea (painful period, including back and abdominal pain)
8. Pain with intercourse.
9. Pain with bowel movements.

## Causes &

### Risk Factors

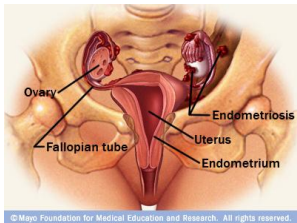
- Caused by retrograde menstruation (menstrual cells flow back through fallopian tubes)
- Cells attach to pelvic organs, and grow, thicken and bleed during cycle.
- Areas of abdominal lining turns into endometrial tissue.
- Never giving birth
- Family history.
- Blocked passage of normal flow.

## Diagnosis & Treatment

- ❖ Pelvic Exam
- ❖ Ultra sound w/transducer
- ❖ Laparoscopy to look inside abdomen
- ❖ Medication/Hormone Therapies

## Prevention

- ≡ Since the cause is unknown, no definite techniques have been developed to reduce risk.
- ≡ Giving birth may lower chances of development



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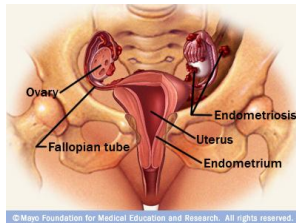
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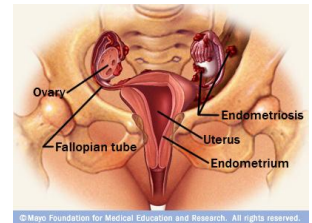
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## INGUINAL HERNIA

### Description

- Occurs when soft tissue, usually part of the intestine, pushes through a weak point or tear in the lower abdominal wall.
- The resulting bulge can be painful when coughing, bending over or lifting heavy objects.

### Symptoms

1. May be no symptoms.
2. A bulge on either side of the pubic bone.
3. Burning, gurgling or aching sensation.
4. Pain or discomfort in groin when bending over, coughing or lifting.
5. Weakness/pressure or heavy/dragging sensation in groin.
6. Occasionally, in men, pain and swelling in scrotum when the protruding intestine goes into scrotum,
7. In infants, may show when crying, coughing or straining.

### Causes & Risk Factors

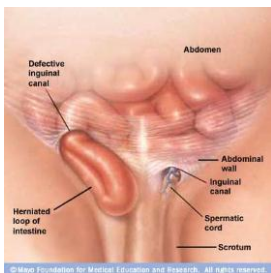
- Caused by increased pressure in abdomen.
- Pre-existing weak spot in abdominal wall.
- Pregnancy/Excess weight
- Straining during urination or bowel movements.
- Heavy lifting
- Family history,
- male,
- premature birth.

### Diagnosis & Treatment

- ❖ Physical exam usually diagnoses
- ❖ May be asked to stand, cough or strain as part of exam
- ❖ Laparoscopy/surgical repair

### Prevention

- ≡ Maintain healthy weight
- ≡ High fiber diet to prevent constipation
- ≡ Stop smoking to limit cough



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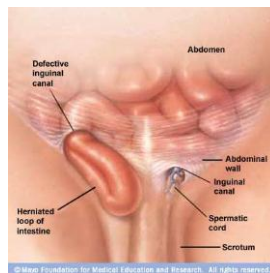
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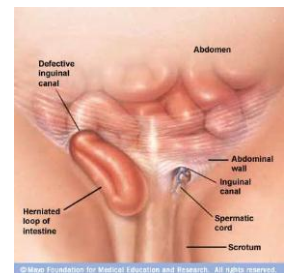
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# BREAST CANCER

## Description

- Usually occurs in women, but can occur in men. There are many types, but the most common begins in the milk ducts.
- Second most common cancer in women after skin cancer.

## Symptoms

1. Lump of thickening that feels different than surrounding tissue.
2. Bloody discharge from nipple.
3. Change in size or shape.
4. Dimpling of skin.
5. Inverted nipple.
6. Peeling, or flaking of the skin in area.
7. Redness or pitting of the skin.

## Causes & Risk Factors

- Beginning period before age 12 or menopause after 55.
- Drinking alcohol (more than one per day)
- Hormonal therapy postmenopausal.
- Family history or inherited genes with link.
- Radiation exposure when young.
- First child born after age 35.

## Diagnosis & Treatment

- ❖ Self Exam
- ❖ Mammogram
- ❖ Ultrasound
- ❖ Biopsy
- ❖ MRI (Magnetic resonance imaging)
- ❖ Surgery and Treatment based on stage and individual patient

## Prevention

- ≡ Limit alcohol to one drink per day.
- ≡ Control your weight. Overweight or Obese increases risk..
- ≡ Get plenty of physical activity.
- ≡ Breast-feed
- ≡ No long term hormone treatment



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