



Adenomyosis

Adenomyosis is a condition in which the glands from the endometrium (lining of the uterus) grow into the muscular wall of the uterus.

Women with adenomyosis may have heavier periods and more severe menstrual cramps. Symptoms generally start in the late 30's after childbirth. The uterus can enlarge to 2-3 times its normal size and can be tender immediately before and during menstruation.

Both adenomyosis and uterine fibroids cause an enlarged uterus and similar symptoms. An ultrasound can usually distinguish between the two conditions.

Treatment of adenomyosis depends on the severity of symptoms. Mild symptoms are treated with anti-inflammatory medications or oral contraceptive pills. If severe pain or bleeding persists despite the use of oral contraceptive pills, a hysterectomy is the treatment of choice.