Treating the Big Picture of Endometriosis

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# Symptoms of Endometriosis

**N=3020**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dysmenorrhea or pain</td>
<td>96.2%</td>
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<tr>
<td>Dyspareunia</td>
<td>59.6%</td>
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<tr>
<td>Infertility</td>
<td>44.4%</td>
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<tr>
<td>AUB</td>
<td>65.3%</td>
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<tr>
<td>Family h/o cancer</td>
<td>50%</td>
</tr>
<tr>
<td>IBS symptoms</td>
<td>79.0%</td>
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<tr>
<td>Dizziness or HA’s</td>
<td>59.0%</td>
</tr>
<tr>
<td>Fatigue, exhaustion</td>
<td>82.1%</td>
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<tr>
<td>Low-grade fever</td>
<td>29.4%</td>
</tr>
<tr>
<td>Low resistance to infection</td>
<td>39.1%</td>
</tr>
<tr>
<td>Allergies</td>
<td>65%</td>
</tr>
<tr>
<td>Autoimmune diseases</td>
<td>15%</td>
</tr>
<tr>
<td>Family history of diabetes</td>
<td>42%</td>
</tr>
</tbody>
</table>

*Endometriosis Association Research Registry*
Perceptions of Endometriosis

**Physicians**
- A disease of black spots that must be excised, vaporized or suppressed
- Treatment options:
  - Surgery
  - Hormonal suppression
  - Hysterectomy

**Patients**
- Pain
- Fatigue
- Bloating
- Allergies & sensitivities
- Other health problems
- Treatment options:
  - Surgery
  - Hormonal suppression
  - Hysterectomy
Current Issues with Endometriosis Treatment

- Limited array of treatment options
- Treatment directed at eradicating implants
- Cost of treatment
- Side effects of treatment
- Recurrence of pain
- Systemic nature of disease
Recurrence After Surgery

- **Shaw, 2003:**
  - 23% at 12 months
  - 44% at mean of 19.7 months

- **Vercellini et al, 1999:**
  - 21.4% at 12 months
  - 36.5% at 24 months

- **Howard, 2000**
  - Pain relief of 6 mos or more can be expected in only 40-70%

- **Sutton et al, 1997**
  - 38% of patients reported no relief from surgery (Stage I & II)
  - 10% recurrence at 12 mos
GnRHa vs OCP’s: Return of Nonmenstrual Pain

Dvercellini et al, Fertil Steril 60, 75, 1993
Results- Diagnoses n = 40

- Hernia 27
- Deep fibrotic endo 14
- Trigger points 12
- Pelvic congestion 7
- Ovarian remnant 6
- Interstitial cystitis 5
- Adhesions 4
- Gall bladder disease 3
- Sx uterine retroversion 3
- Hydrosalpinx 2
- Extrapelvic endo 1
- Rectocele 1
- Residual ovary 1
Results - Quality of Life

- At initial visit: 2.93
- After treatment: 1.67 (p<0.05)

To what extent are the following 20 areas of your life affected in a negative way by your pain?

- 0 - not affected
- 1 - rarely affected
- 2 - occasionally affected
- 3 - frequently affected
- 4 - regularly affected
- 5 - not able to do
Immune Alterations in Endo

- Higher prevalence of allergies
- Higher prevalence of vaginal yeast infections
- Greater percentage of activated macrophages
- Increased T-helper to T-suppressor ratio
- Decreased T-suppressor activity
- Decreased natural killer activity
- Higher proportion with autoimmune diseases
- Increased risk for all types of cancer
Retrograde Menstruation

Endometrial tissue

Cut-away view of uterus and fallopian tube
Endometriosis Association Poll-1998

- 87% of patients (n=4000) with endometriosis report fatigue severe enough to limit activities
- 25% of women in general report fatigue (Chen, 1986)
- The economic and quality of life consequences were similar to those reported by patients with major medical illnesses (Kroenke et al, 1988).
Fatigue work up

- CBC w/ diff
- Sedimentation rate/CRP
- ANA
- Kidney function tests
- Liver function tests
- TSH, free T4, free T3, Thyroid antibodies
- Hepatitis C
- HIV
- AM/PM cortisol
- Urine heavy metal testing
- Lyme Western Blot
- Mycoplasma IgG
- EBV panel
- GTT w/ insulin & glucose levels
- H. pylori
- Celiac panel
- Ferritin
- Vitamin B12
- LH, FSH, E
- Testosterone, DHEAS
Findings in Women with Endo Hormone Abnormalities

• Thyroid 54%
• GH deficiency 13%
• Cortisol 29%
• Insulin resistance 73%
Findings in Women with Endo Allergies

- Environmental allergies 97%
- Hormone allergies 87%
- Food allergies 96%
Findings in Women with Endo Infections

- Mycoplasma 70%
- H. pylori 15%
- EBV 97.5%
- Lyme disease
  - General lab 17%
  - Specialty lab 89.5%
Fish Oil and Dysmenorrhea

Menstrual symptom score

Baseline  Fish oil  Placebo

Fish oil first  Placebo first

Harel et al, 1996
Vitamins C & E

• Randomized placebo controlled trial: Vit C and E significantly reduced pain from endo

Murphy et al, 2004
Altered Bowel Flora in Endometriosis

- Significant reduction in Lactobacillus
- Significant increase in gram negative aerobes and facultative anaerobes
- Increased inflammation

Bailey & Coe, 2002
Matthias et al, 1998
Endometriosis & IBS

- Stress reduction
- Low glycemic diet (Sugar Busters)
- Elimination of dietary sensitivities
- Omega-3 fatty acids
- Digestive enzymes
- Probiotics
- Antimicrobials

Mathias et al, 1998
Components of an Integrated Approach

- Low glycemic diet (Sugar Busters)
- Nutritional supplements
- Assessment for additional sources of pain
- Surgery for specific indications by an expert
- Diagnosis & management of fatigue/fibromyalgia
- Desensitization of allergies
- Pain management
- Diagnosis & treatment of IBS sx
- Disease risk management
- Psychological support
- Network of medical specialists and CAM providers
Endometriosis: The Four Pillars of Healing

- Hormonal Rx
- Surgery
- Immunotherapy
- Other diagnoses