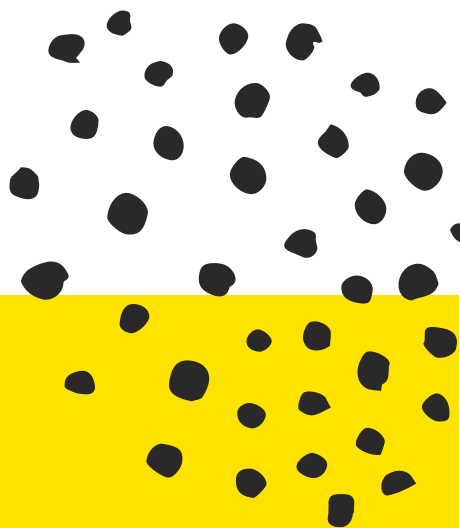


Medical Expenses & Payment Tracker

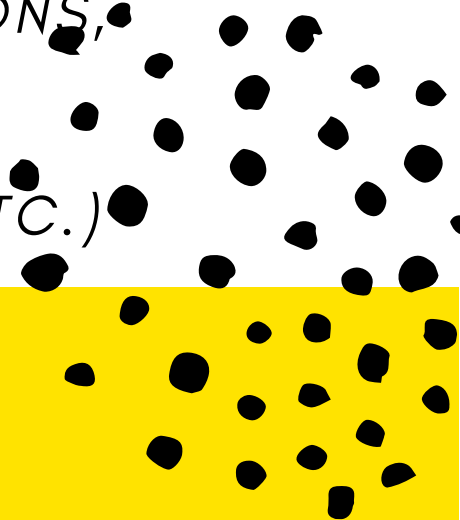
*RUNNING RECORD OF
EXPENSES FOR TAXES*





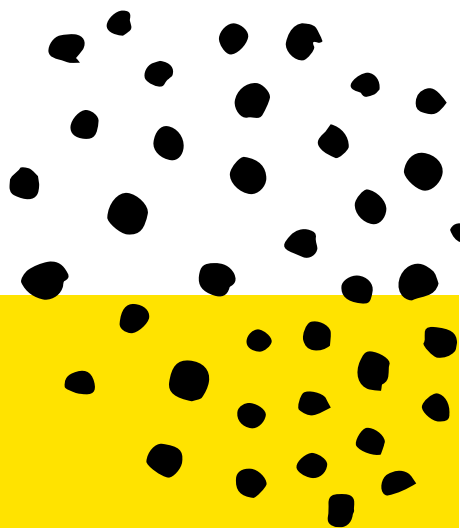
Receipts

*RECEIPTS (APPOINTMENTS,
SURGERIES, PRESCRIPTIONS,
OVER THE COUNTER
MEDICATION, MEDICAL
SUPPLIES/EQUIPMENT, ETC.)*





Endometriosis Glossary



Ablation of Endometriosis: A surgical technique which burns the surface of endometrial tissue. Inferior to excision techniques.

Adenomyosis (add-en-o-my-oh-sis): The presence of endometrial glands and stroma found within the myometrium, or muscle of the uterine wall. Adenomyosis used to be referred to as “endometriosis interna”.

Adhesions: Scarring that binds together the surfaces of tissues; the body’s response to injury; a natural part of the healing process.

Biopsy: A minor surgical procedure to remove a small piece of tissue that is then examined under a microscope in a laboratory.

Bladder: A muscular organ in which urine is stored.**Cervix:** The opening of the uterus at the top of the vagina.

Cyst: A sac or pouch filled with fluid.

Endometrial Ablation: A surgical procedure in which the lining of the uterus is destroyed to stop or reduce menstrual bleeding. A uterus may no longer be able to support pregnancy after this procedure.

Endometrial Biopsy: A test in which a small amount of the tissue lining the uterus is removed and examined under a microscope.

Endometriosis: A condition in which tissue similar to the lining of the uterus is found outside of the uterus, usually on pelvic structures such as the bowel, bladder, ovaries, fallopian tubes, and rectovaginal space. It may also be found in remote locations outside of the pelvis.

Endometrium: The lining of the uterus.

Estrogen: A hormone responsible for the development of female secondary sexual characteristics; primarily—but not exclusively—produced in the ovaries.

Excise: To cut out surgically, to remove by cutting.

Fallopian Tubes: Tubes through which an egg travels from the ovary to the uterus.

Gonadotropin-Releasing Hormone Agonists: Medical therapy used to block the effects of certain hormones, such as estrogen. These drugs may cause severe side effects. Lupron is an example.

Gonadotropin-Releasing Hormone Antagonists: Medical therapy used to decrease the production of certain hormones, such as estrogen. Antagonists have a much faster onset of action than agonists. These drugs may cause severe side effects.

Orilissa is an example. **Hormone:** A substance produced by the body to control the functions of various organs.

Hysterectomy: Removal of the uterus.

Hysteroscopy: A procedure in which a slender, light-transmitting device, the hysteroscope, is inserted into the uterus through the cervix to view the inside of the uterus or perform surgery.

Infertility: A condition in which a couple has been unable to get pregnant after 1 year without the use of any form of birth control. **Inflammation:** Pain, swelling, redness, and irritation of tissues in the body.

Interstitial Cystitis: A chronic inflammation of the urinary bladder wall.

Laparoscopic Excision of Endometriosis: The surgical cornerstone of correctly treating endometriosis. Excision allows the disease to be meticulously cut out from all areas without removing otherwise healthy organs. Excision is a superior technique compared to ablation and is the gold standard of care for endometriosis.

Laparoscopy: A surgical procedure in which an instrument called a laparoscope is inserted into the pelvic cavity through small incisions. The laparoscope is used to view the pelvic organs. Other instruments can be used with it to perform surgery.

Laparotomy: A surgical procedure in which a large incision is made into the abdomen. (AKA open surgery)

Menstruation: The monthly discharge of blood and tissue from the uterus that occurs in the absence of pregnancy; also called a “period.”

Myometrium: The muscular portion of the uterine wall.

Oophorectomy: Removal of one or both of the ovaries.

Ovaries: Two glands, located on either side of the uterus, that contain the eggs necessary to get pregnant and produce important hormones, such as estrogen, progesterone, and testosterone.

Ovulation: The release of an egg from one of the ovaries.

Pelvic Exam: A physical examination of a woman’s reproductive organs.

Pelvic Floor: A group of muscles at the base of the abdomen attached to the pelvis; supports the pelvic organs. **Peritoneum:** The membrane that lines the abdominal cavity and surrounds the internal organs.

Presacral Neurectomy: A procedure performed via laparoscopy in which the nerves coming from the uterus, which conduct pain signals, are interrupted or cut to prevent those signals from reaching the brain. PSN may be used to manage adenomyosis-related pain.

Progesterone: A female hormone that is produced in the ovaries and that prepares the lining of the uterus for pregnancy.

Progestin: A synthetic form of progesterone that is similar to the hormone produced naturally by the body.

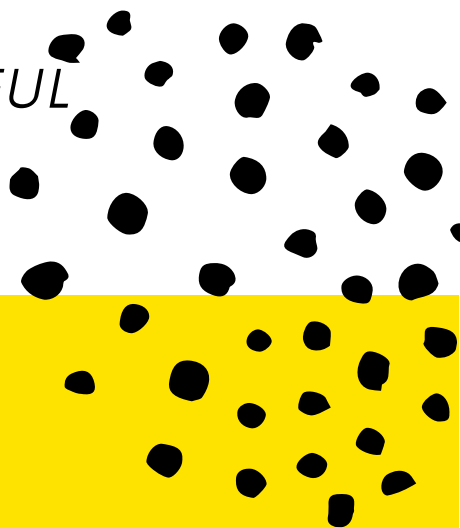
Rectum: The last part of the digestive tract. **Transvaginal Ultrasound:** A type of ultrasound in which a transducer specially designed to be placed in the vagina is used.

Ultrasound Exam: A test in which sound waves are used to examine internal structures. **Ureters:** A pair of tubes, each leading from one of the kidneys to the bladder. **Uterus:** A muscular organ located in the female pelvis that contains and nourishes the developing fetus during pregnancy.



Resource Library

*A COMPILATION OF USEFUL
INFORMATION*



Helpful Links

To learn more about endometriosis:

Nancy's Nook Endometriosis Education

The Endometriosis Summit

Endo What?

The Center for Endometriosis Care

Endometriosis Research Center

Endo InVisible

Extrapelvic Not RareEndopædia

Endometriosis Australia

Eighty-Six the Endo

Endo Girls Blog

Northwest Endometriosis and Pelvic Surgery

Dr. Sallie Sarrel PT ATC DPT

The Center for Restorative Reproductive Surgery

iCareBetter

Facebook/Online Support Groups

Nancy's Nook

EndoMetropolis

Houston Area Endometriosis Group

Endo Warriors

Extrapelvic Not Rare Endo Support & Education Digestive &

Urinary/Excretory

Endopaedia

Suggested Readings

