

Melissa Parker - Early Diagnosis of menstrual disturbance

This talk will address two main questions:

Identifying and diagnosing endometriosis and other causes of pelvic pain.

When is period pain not normal? Indicators from the MDOT Study of over 1,000 girls in Canberra identified severe period pain, school absence, interference of pain and symptoms on daily activities and multiple PMS symptoms as being significantly associated with each other and were found to be common indicators for menstrual disturbance (Parker et al, BJOG 2010). Diagnosis and treatment of menstrual disturbance is not just about endometriosis but about identifying all contributing factors to pain in the pelvis in young (and older) women.

Early treatment and long term management of endometriosis in teenagers

Early treatment is not an instant fix but rather a stepped pathway to identify and treat various causes and known contributors to pelvic pain including endometriosis. A combined approach involving lifestyle measures and medical therapy (hormonal); surgery where needed; multidisciplinary care to address all health issues and a strong support network provides the best outcomes for women. Most important is that women have the skills to self manage their condition and take responsibility for their overall health.