

Endometriosis Awareness Month: Enduring “Endo” *(Interview Transcripts)*

Dr. Vanessa Foster, OB/GYN, OSF HealthCare

“Sometimes it is difficult to tell because everybody’s pain threshold and how they tolerate pain is different. But usually, endometriosis pain is associated with your menstrual cycle. Don’t ignore the pain. As women, we get busy in our lives and are taking care of everything else and you may just ignore it and take Tylenol or Ibuprofen – but I would just say don’t ignore it.” (:24)

Dr. Vanessa Foster, OB/GYN, OSF HealthCare

“Endometriosis affects 5-10% of reproductive age women, and about a third of them will have infertility problems associated with the endometriosis.” (:12)

Dr. Vanessa Foster, OB/GYN, OSF HealthCare

“It can only be diagnosed surgically. So you have to look at the endometriosis and take a biopsy of it. A lot of times, we can diagnose it based on history and everything falls into the endometriosis category – but to definitively diagnose it, you need to have surgery.” (:19)

Dr. Vanessa Foster, OB/GYN, OSF HealthCare

“The best thing is to keep a menstrual calendar. We want to know when the pain started, how long the pain lasts, what it is associated with, does it come before the onset of bleeding or does it come after. So the best advice I have is to keep a very detailed menstrual calendar.” (:21)