

Relationship between endometriosis and Vitamin-D

According to a study, low levels of vitamin-D were found to be associated with the onset and severity of endometriosis. In the study, endometrioma or ovarian cysts were found to be the largest in women with the lowest levels of vitamin-D.

Endometriosis and pregnancy complications: Danish Cohort Study

Women with endometriosis are at increased risk of pre-eclampsia, preterm birth, and cesarean section, irrespective of use of assisted reproductive technology.

7th National Turkish Society of Reproductive Medicine Congress (TSRM 2016)

7th National Turkish Society of Reproductive Medicine Congress was held in Antalya in November 17-20, 2016. On the first day of the Congress, a special session on endometriosis was organized by Turkish Endometriosis and Adenomyosis Society.

February 12, 2017

5th Endometriosis Academy Meeting/Ankara

5th Endometriosis Academy Meeting was held in Güven Hospital in Ankara

ENDOMETRIOSIS 2017

From diagnosis to medical and surgical management: a stocktaking international experts' meeting

Castel dell'Ovo - Naples (Italy) | September 14th-16th, 2017



PREFACE

Dear Colleagues, on first days of year 2017, we wish you a happy new year and we hope that the new year may bring peace and happiness to all colleagues and to our nation. Turkish Endometriosis and Adenomyosis Society, which was establishes in 2009, represents our nation successfully in national and also international scientific activities.

In 2012, 2nd Asian Congress on Endometriosis (ACE), in 2016 ESHRE Campus Istanbul (Controversies in Endometriosis and Adenomyosis) are just few activities that we are proud of for our Society and also for our Nation. "Deep Endometriosis; a multidisciplinary approach" is the first meeting of its kind in our country. In 2014, Diagnosis and Management of Endometriosis: Turkish Guideline was published and distributed in many countries. By organizing special sessions, we have successfully represented our country in 2nd European Endometriosis League in Berlin in 2012 and also in 3rd European Endometriosis League in Budapest in 2016. With the great efforts of our Society, we are pleased to announce that 4th European Endometriosis League will be held in Antalya in September 20-23, 2017. In years to come, national and international activities of our association will continue without a cease. We planned to publish our bulletin quarterly. You may find interesting articles on endometriosis, activities of our Society, announcement of meetings on endometriosis in our bulletin.

Hereby, on behalf of Board Members of Our Society, I would like to express regards and warm feelings to all our colleagues.

Turkish Endometriosis and Adenomyosis Society Board Member

Board Members of Endometriosis&Adenomyosis Society 2017



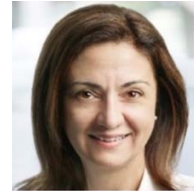
Prof. Dr. Yücel Karaman (President)



Prof. Dr. Engin Oral
(Vice President)



Doç. Dr. Taner Usta
(Secretary General)



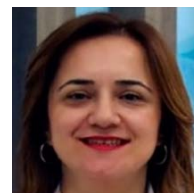
Prof. Dr. Ümit İnceboz
(Treasurer)



Prof. Dr. Gürkan Uncu
(Board Member)



Prof. Dr. Turan Çetin
(Board Member)



Doç. Dr. Banu Kumbak Aygün
(Board Member)

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E European Endometriosis League (EEL): A story of achievement

Preparation Committee

Umit Inceboz, Prof, M.D.

Salih Yılmaz, M.D.

Taner Usta, Assoc. Prof, M.D.

Sema Taş, M.D.

Pınar Yalçın Bahat, M.D.

Işık Sözen, M.D.

Dilek Buldum, M.D.

Işıl Ayhan, M.D.

SELECTED ARTICLES

1 - The Efficacy of Postoperative Cyclic Oral Contraceptives after Gonadotropin-Releasing Hormone Agonist Therapy to Prevent Endometrioma Recurrence in Adolescents.

Seo JW, Lee DY, Yoon BK, Choi D. J Pediatr Adolesc Gynecol. 2016 Oct 12. pii: S1083-3188(16)30218-2.



Abstract

Study Objective: Young age is a possible risk factor of endometriosis recurrence after surgery. However, the efficacy of postoperative medical treatment has not been well addressed in adolescents. The purpose of this study was to evaluate whether postoperative medical treatment is as effective in adolescents as it is in adults in the prevention of endometrioma recurrence.

Design: A retrospective cohort study.

Setting: Samsung Medikal Centre, Seoul, Korea

Participants: This study included 176 reproductive-aged women who underwent conservative laparoscopic surgery for pathology-confirmed endometrioma. Women were classified into 2 groups according to age: adolescents (20 years of age and younger, n = 34; group I) and reproductive-aged women (aged 25-35 years, n = 142; group II).

Interventions: The same surgeon performed all of the surgeries for uniformity. Postoperatively, patients were treated monthly with a gonadotropin-releasing hormone agonist depot for 3-6 months, followed by cyclic oral contraceptives.

Main Outcome Measures: Endometrioma recurrence was determined using ultrasonography. The recurrence rate of endometrioma was compared between the 2 groups.

Results: During the treatment period (median, 41.0 months; range, 6-159 months), recurrence was noted in 8 cases (4.5%). After adjusting for confounders (which were statistically different between the groups), the cumulative proportion of recurrent endometriomas after 60 months was comparable between the 2 groups (5.3% in group I and 8.5% in group II).

Conclusion: Long-term postoperative medical treatment with cyclic oral contraceptives after a gonadotropin-releasing hormone agonist can be as effective in adolescents as it is in adults in the prevention of endometrioma recurrence.

2 - Relationship between endometriosis and Vitamin-D.

Andrea Ciavattini, Matteo Serri, Giovanni Delli Carpini, Stefano Morini & Nicolò Clemente

Journal of Gynecological Endocrinology, 2016 Nov 4:1-4.



According to a study, low levels of vitamin-D were found to be associated with the onset and severity of endometriosis. In the study, endometrioma or ovarian cysts were found to be the largest in women with the lowest levels of vitamin-D.

“Ovarian endometriosis and serum levels of vitamin D” was published in Gynecological Endocrinology. According to the article, the supplementation of vitamin D would be a harmless and low-cost treatment approach.

Endometriosis originates as a combination of genetics, hormonal, immunological and environmental factors but the most important factor is inflammation.

Vitamin D regulates immune system decreasing inflammatory response level. Recently, potential roles of vitamin D in immune system have been analyzed. It was found that it has an antiinflammatory role in diseases such as romatoid arthritis and psoriasis and also it has been shown in cancer cases it decreases the tumor’s sizes.

Vitamin D levels were detected lower in endometriosis patients compared to normal population.

In a study the correlation between vitamin D levels and the size of the ovarian endometrioma was investigated. A total of 49 women having single ovarian cyst were evaluated via gynecological ultrasound examination and blood tests. Vitamin D deficiency was detected in 42 (%86) of these women. Moreover negative correlation between vitamin D levels and cyst size was detected. The lowest vitamin D levels were found to be related to the biggest cyst size. These results were found to be the same after all the additional characteristics that cause vitamin D deficiency such as age, body mass index, smoking, number of pregnancies.

The effect mechanism of vitamin D on endometriosis is not yet clearly identified and whether the supplementation of vitamin D will be beneficial or not is obscure. In an endometriosis study, in rats that were exposed to vitamin D it has found that cyst sizes were decreased and fibrosis was reduced but the validity of the data for humans is still unclear.

The need for further studies is apparent but in the light of these results, Vitamin D deficiency plays an important role in the development and progression of endometriosis and it can be related to the severity of disease

According to the researchers, the supplementation of vitamin D is a reasonable, reliable and low-cost treatment option in endometriosis patients with vitamin D deficiency.

3 - Endometriosis and pregnancy complications: Denmark cohort study

Glavind MT, Forman A, Arendt LH, Nielsen K, Henriksen TB.

Fertil Steril. 2017 Jan;107(1):160-166.

Abstract

Purpose: To search the relationship between endometriosis and preeclampsia-eclampsia, C/S, postpartum hemorrhage preterm birth and SGA in large Denmark birth cohort including the fertility treatments

Design: population-based study

Patients: A total of 82793 singleton pregnancies in Aarhus birth cohort (between 1989-2013) and 1213 women had endometriosis. 1719 pregnancies were affected.

Interventions: None

Main assessment results: Preeclampsia, eclampsia, C/S, postpartum hemorrhage, preterm birth and SGA.

Results : endometriosis is associated with the increased preterm birth risk. (adjusted odds ratio (AOR) 1.67 %95 confidence interval (CI) 1.37-2.05)

The highest risk is associated with the very preterm birth. (AOR 1.91, %95 CI 1.16-3.15) When compared to unaffected women, in women with endometriosis increased risks for preeclampsia, eclampsia (AOR 1.37,



%95 CI 1.06-1.77),C/S (AOR 1.83 , %95 CI 1.60-2.09) were observed. The use of assisted reproductive techniques does not explain the findings. No relation was found between endometriosis and postpartum hemorrhage and SGA.

Conclusion : Women with endometriosis have an increased risk for preeclampsia, eclampsia, preterm birth and C/S regardless of assisted reproductive techniques.

4 - Yoga Can Be Helpful In Treatment Of Pain Due To Endometriosis.

Gonçalves Andrea Vasconcelos, Barros Nelson Filice, and Bahamondes Luis.

The Journal of Alternative and Complementary Medicine. January 2017, 23(1): 45-52

According to a current article published in complementary and alternative medicine journal, yoga make a positive contribution to the patients quality of life enabling to ease chronic pelvic pain in endometriosis patients.

Endometriosis is a chronic inflammatory disease which is characterized by the abnormal growth of the inner surface of the uterus. The disease affects approximately %10 of women. %50 of women suffer from infertility or chronic pelvic pain.

There isn't any treatment for endometriosis or its symptoms. Even surgery is insufficient. Most of the women underwent operation still suffer from chronic pelvic pain.

Most of the endometriosis patients have psychological diseases such as depression and anxiety. The main purpose of the treatment is to improve the quality of life of patients.

In western medicine complementary and alternative methods were shown to be effective in many chronic diseases. Mental and body exercises like yoga empowers the immune system ,reduces both pain and stress. Thus it can have a positive contribution to the mental health of patient.

Authors of the study "Hatha Yoga implementation in endometriosis pain treatment" aimed to investigate the impacts of yoga in endometriosis patients.

Chronic pelvic pain, regular menstrual cycles and quality of life were assessed in patients. The patients having symptoms of chronic pelvic pain were divided into two groups. First group participated in a yoga program for 8 weeks and the other group did not.

The group participated in yoga program had less pain throughout the day when compared to the other group. And also improvement on



emotional control, general well-being, self body perception in the groups participated in yoga program were shown. Thus progression in quality of life was detected.

In the study there was no benefit in regard to infertility and menstrual regularity. This indicated that yoga did not have an effect on the symptoms of endometriosis.

Authors state that the study shows that yoga has positive impacts on chronic pelvic pain and quality of life in patients with endometriosis.

NEWS FROM OUR ASSOCIATION

7. National Reproductive Endocrinology and Infertility Congress (TSRM 2016), Antalya

7. National Reproductive Endocrinology and Infertility Congress was held between November 17-20 2016 in Antalya. On the first day of the congress, a special session was presented by the society of endometriosis and adenomyosis. Andrew Horn from UK and Ludovico Muzii from Italy made their speeches in the session which had a broad participation.



3. European Congress on Endometriosis /Budapest

Last European endometriosis congress was held between November 17-19 2016 in Budapest. Gürkan Uncu and Engin Oral made their contributions to the congress by their presentations.

The special session of our society was organized with the contributions of Yücel Karaman, Ümit İnceboz, Cihangir Mutlu Ercan and Taner Usta under the moderation of Engin Oral. The special session in which the next congress was also discussed was scientifically very successful.

We thank to our dear professors who contributed to the congress.



Society of Endometriosis&Adenomyosis at Budapest November 2016



CURRENT MEETINGS

February 12, 2017 Fifth Meeting of Endometriosis Academy /Ankara

The fifth meeting of Endometriosis Academy will be held in Güven Hospital in Ankara. A panel will be organized and presentations about the management of pain and also video presentations related to surgery will be in the next meeting of Endometriosis Academy accompanied with our experienced professors in management of endometriosis and infertility. Hope to see you in Ankara.

Endometriosis Akademi



ENDOMETRİOZİS VE İNFERTİLİTE YÖNETİMİ & ENDOMETRİOZİS VE AĞRI YÖNETİMİ

12 ŞUBAT 2017 PAZAR - GÜVEN HASTANESİ ANKARA

09:00 - 10:00	Kahvaltı
10:00 - 11:30	Panel: Endometriyozis ve İnfertilite Yönetimi
Moderatör:	Engin ORAL
Panelistler:	Hakan YARALI, Gürkan UNCU, Hulusi ZEYNELOĞLU Murat SÖNMEZER, Berfu DEMİR
11:30 - 12:00	Kahve Arası

2. Oturum: Endometriyozis ve Ağrı Yönetimi

Oturum Başkanları: **Özlem MORALOĞLU, Hüseyin YEŞİLYURT**

12:00 - 12:20	Pelvik Nöroanatomi ve Kronik Pelvik Ağrı, Taner USTA
12:20 - 12:40	Medikal Tedavi - Kime Progesterin Kutay BİBEROĞLU
12:40 - 13:00	Medikal Tedavi - Kime Progesterin Dışı Tedaviler, Cem ATABEKOĞLU
13:00 - 14:00	Zor Olgularda Endometriyozis Cerrahisi Nasıl Yapılmalı (Video Sunumu) Bülent BERKER, Nuray BOZKURT, Turgut VAR
14:00	Tartışma ve Kapanış

ORGANİZASYON SEKRETERYASI



FTS TURİZM KONGRE ORGANİZASYON
Güzeltepe Mah. Alper Sok.
14/9 Çankaya / ANKARA
Tel : 0312 439 68 04 • Faks : 0312 439 68 02
E-mail : endometriyozis@ftskongre.org

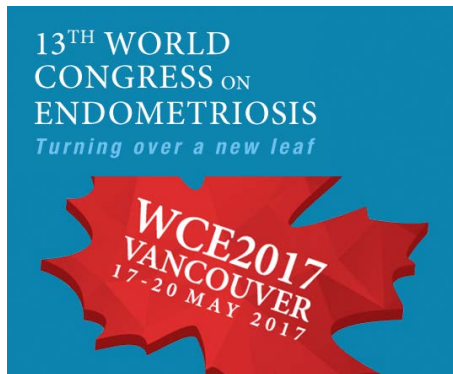
NEWS FROM WORLD OF ENDOMETRIOSIS



ESHRE CAMPUS: "Effects Of ART and Endometriosis On Pregnancy Outcome" / 27-27 January, 2017 Sofia Bulgaria

This two day course of ESHRE campus is going to be held in Sofia/Bulgaria. Noteworthy schedule consists of lecturers from all around the world. Visit ESHRE web site for further information.

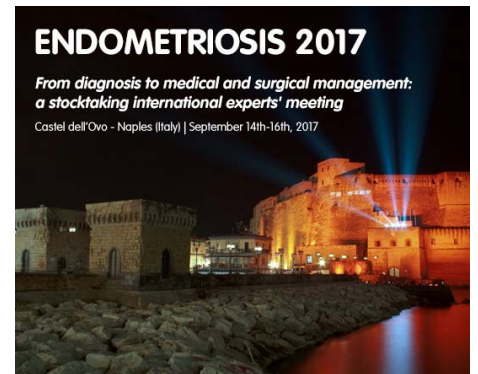
<https://www.eshre.eu/Education/Calendar-Campus-events/Effects-of-ART-and-endometriosis-on-pregnancy-outcome/Programme.aspx?dayid=65>



13th World Congress on Endometriosis in Vancouver, Canada / 17-20 May, 2017

The World Endometriosis Society Congress is going to be held in Vancouver, Canada this year. WES is the biggest platform about endometriosis in the world, the congress is receiving attention by its rich scientific and detailed course program. Click on the link below for further information.

<http://endometriosis.ca/world-congress/wce2017/>



Endometriosis 2017 From Diagnosis To Medical And Surgical Management: A Stocktaking International Experts' Meeting, 14-16 September, 2017, Italy

Many endometriosis experts are going to meet in Napoli/Italy this September. Scientific programme emphasized on diagnosis and surgery is remarkable, especially live surgery sessions. Courses will be held on 10-13th of September, 2017. Click on the link below for further information.

<https://www.eshre.eu/Education/Calendar-Campus-events/Methodological-approaches-for-investigating-endometrial-function-and-endometriosis.aspx>



SEUD CONGRESS 2017

After the first congress of SEUD was held in Paris and second in Barcelona; the third is going to be held in Singapur. Click on the link below for further information.

<http://seud.org/welcome-note-for-seud-meeting-2017/>



ESHRE CAMPUS: "Methodological approaches for investigating endometrial function and endometriosis" 18-19 September 2017, Edinburg / United Kingdom.

This two day course of ESHRE campus is going to be held in Edinburg/ United Kingdom. You can visit ESHRE web site below for further information.

<https://www.eshre.eu/Education/Calendar-Campus-events/Methodological-approaches-for-investigating-endometrial-function-and-endometriosis.aspx>



DID YOU KNOW?

ENDOMETRİOZİS & ADENOMYOSIS SOCIETY, WEB SITE FOR HEALTHCARE PROFESSIONALS

Did you know that you can reach activities of our society, national and international meetings, endometriosis diagnosis and treatment guideline published in 2014, even many books? Now in English!

www.endometriozisderneği.com

ENDOMETRİOZİS & ADENOMYOSIS SOCIETY, WEB SITE FOR OUR PATIENTS

One priority of us is to reach out not only to healthcare professionals, but also to patients. Setting up endometriozis.org was one of the activities we made on this purpose. Recent news, information booklets, simple tests and videos about endometriosis can be found here. Web site is being updated everyday. It is totally free and is created for our patients to reach accurate information.

www.endometriozis.org

Endometriosis Guidelines

7 different countries and societies' guidelines on endometriosis (including our guideline published in 2014) are gathered in the website. Medical professionals can reach each guideline fast and simply. Another fact that makes us happy is that **Bayer Turkey** ushered this process. We are very thankful to Bayer Turkey, for their support for this useful site for our colleagues.

www.endometriosisguidelines.com



EUROPEAN ENDOMETRIOSIS LEAGUE, A SUCCESS STORY



We participated in 3rd European Endometriosis Congress with presentations of our professors and a special session.

On this meeting, it is decided that 4th EEL will be held in Antalya on 20-23 September, 2018. The fact that 4th EEL organisation is going to be in Turkey is achieved by tremendous efforts of Engin Oral and Gürkan Uncu. Months before 3rd EEL, emails and Skype conferences were started. Gürkan Uncu gave a speech representing our country and Society, and contacted with EEL board president and board members. The next day, he participated in TSRM Congress in Antalya which he was the president. Also Engin Oral, gave his speech in Society's session in TSRM, then went to Budapest with only 2-3 hours of sleep, and explained the achievements of our Society and convinced board members why it should be held in Turkey.

As a result, it is a great accomplishment for our country and we are very happy. We are thankful to everyone who worked as a member of our Society. See you again in our April issue...

EEL European Endometriosis League

ENDOMETRIOSIS & ADENOMYOSIS ASSOCIATION OF TURKEY 2009

**EUROPEAN CONGRESS ON
ENDOMETRIOSIS**

*September 20 - 23, 2018
Antalya / Turkey*

www.endometriosis2018.com