

“Nutraceuticals 2020: Endometriosis: The Role of Food and Supplements in Reducing the Severity of Symptoms - Anne-Marijke Gerretsen - AdvDipNutMed”

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Endometriosis affects 1 in 9 Australian women, and 1 in 10 women around the world. The impact of the disease on the economy is estimated to be \$78 billion in the US and \$9.7 billion in Australia, due to a loss in productivity and healthcare costs. The disease causes endometrial tissue to adhere to organs outside the uterus, most commonly the ovaries, fallopian tubes, bowel, bladder and stomach, causing a range of debilitating symptoms with pain, bloating and constipation/diarrhoea and difficulty falling pregnant the most common ones.

Endometriosis is generally treated with medication to suppress the pain (NSAIDs), hormone treatments to reduce hormone production and surgery to remove adhesions and endometriomas. For many women, these treatments don't provide the relief they are looking for. A growing body of research is indicating that inflammation plays a key role in both the severity of endometriosis symptoms and progression of the disease. Certain nutrients are known to help reduce systemic inflammation and in this presentation, I will discuss how diet can be used to reduce inflammation and the severity of endometriosis symptoms. In particular the role of gluten, probiotics, N-Acetylcysteine, curcumin, resveratrol.

Endometriosis happens when uterus-like tissue develops outside the uterus. This tissue can develop on the fallopian tubes, ovaries, or intestines. even though rare, it could develop on different parts of the body as well. occasionally, this does not cause any symptoms in any respect, but different instances, it can cause significant pain and soreness at some stage in month-to-month menstruation. different

signs and symptoms of endometriosis include: pain inside the pelvis, stomach, or back infertility heavy periods bleeding between periods excessive menstrual cramps generally, the tissue lining the uterus sheds and leaves the body throughout menstruation. With endometriosis, the tissue outside of the uterus nevertheless sheds in response to converting oestrogen levels however is unable to go away the body. As a end result, it can cause painful symptoms, inflammation, infertility, scar tissue and bowel issues. there's no cure for endometriosis. sometimes, medical doctors can remove the extra tissue surgically, but it does now not cure the disease. Research has investigated the connection among diet and endometriosis signs. however, some people do find that consuming positive foods tends to cause or relieve their symptoms.

coffee may have experienced the opposite effect . A 2013 study cautioned that women who ate extra veggies and omega-3 fatty acids have been greater protected from signs of endometriosis, while those who ate up red meat, trans fats. someone can't prevent endometriosis, however according to the office on ladies's fitness, they are able to reduce their risk of growing it through avoiding foods and chemicals that increase their estrogen stages. these substances include caffeine and alcohol. it is essential, but, to recognize that nutritional and lifestyle changes will no longer cure endometriosis but might also assist to improve its symptoms. To discover whether or not food is having an effect on their signs, a person with endometriosis ought to preserve a food magazine. it is critical that they file everything they eat through-

out the day, as well as any signs and symptoms they experience. a person may also need to keep the diary for some time, as a clean pattern won't emerge right away. A medical doctor or dietitian can assist a person plan the FODMAP food plan elimination program. they could assist to track symptoms and identify potentially complicated foods. They also can make sure that this sort of a restrictive food plan is appropriate for a selected medical or health situation.

Training is important for success with this sort of diet. making plans out each meal, as well as purchasing and preparing it ahead of time, can make it much simpler to stay on course. A quick internet search can help someone to quickly and easily locate a few new meal thoughts that work for them and omega 3 fatty acids will be discussed.