

## **Dr Kim Matthews - Medical management of Endometriosis**

This segment of the conference will discuss the medical management of endometriosis, which is an important mainstay of treatment when used in conjunction with appropriate surgical management. The aim is for optimum quality of life whilst minimising the effect of the disease and also minimising side effects from treatment.

For many years the medical options available were limited and associated with significant side effects. They fall into two historical categories because endometriosis was seen clinically to improve in these states, namely the pseudopregnant and pseudomenopausal states. Thankfully, the range of therapies has increased and the side effects now less significant and older preparations with awful side effects now retired. However, therapy still needs to be individualised and pain management also plays an important role.

Progestins (oral, depot, subdermal and intrauterine preparations), Oral contraceptive pills (combined oestrogen and progesterone), GnRH Agonists, aromatase inhibitors and neuromodulators will be discussed in detail.