

The impact of Treating Endometriosis with Aerobic Exercise for women ages 20 to 30

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ABSTRACT

- Endometriosis is a newer medical condition that women and doctors are thinking of new ways to treat the pain that goes along with the condition.
- The women's endometriosis pain was measured on the present pain intensity scale (PPI).
- Further research needs to be done to quantify the effect exercise has on endometriosis pain in women.

INTRODUCTION

- Endometriosis is estimated at 2 to 22% of women, 40% to 60% have dysmenorrhea or chronic pelvic pain and this condition causes 20% to 30% to become infertile (Campo, Campo, Gambaduro, 2014).
- Endometriosis is when the endometrium lining of the uterus is not contained within the uterus it can be in the pelvic and/or the abdominal cavity (Awad, Hamada, Yousef, Abbas, 2017).
- Endometriosis has affected 89 million women and girls from age eight to postmenopausal worldwide (Ballweg, 2015).
- This disease occurs in 6 to 10% of women in the reproductive age (Awad, et, al. 2017).
- The top five strategies are: heat, rest, meditation, diet, and exercise (Armour, Sinclair, Chalmers, Smith, 2019).

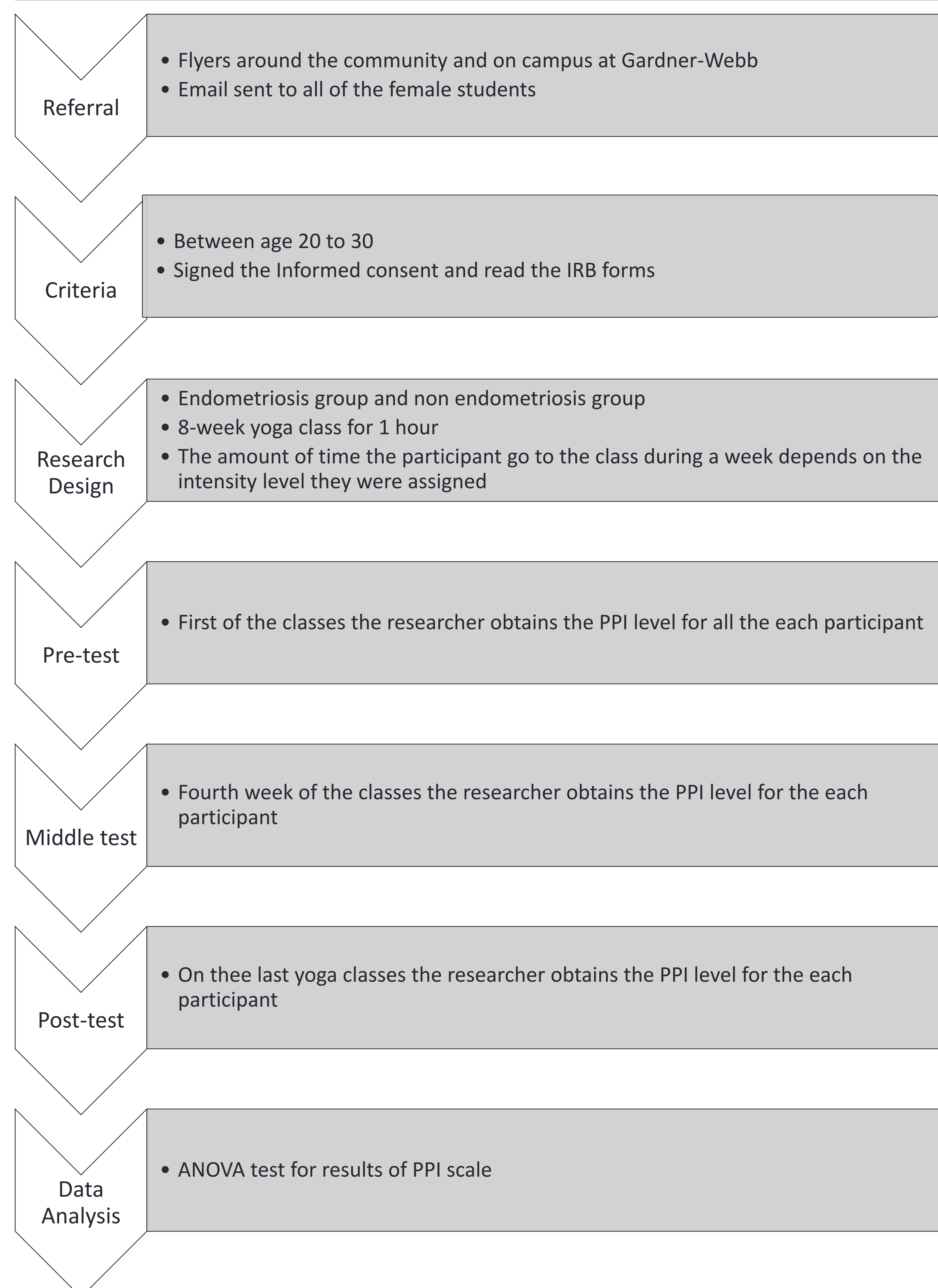
Table 2. *Stage of Endometriosis*

Stage	Disease	Description
Stage I	Minimal	Superficial implants
Stage II	Mild	Deeper implants
Stage III	Moderate	Many deeper implants
Stage IV	Severe	Many deeper implants and many dense adhesions

THE PURPOSE

- The purpose of the study was to see if aerobic exercise could be used as a treatment option for women ages 20 to 30 with endometriosis pain.
- It is hypothesized for the study was that exercise could help women with endometriosis if it is done continuously at a moderate intensity.

METHODS



INCLUSION CRITERIA

Table 1

Inclusion Criteria for Endometriosis Participants to be considered for the study

- 1.Diagnosed with endometriosis
- 2.Know the stage of endometriosis they had
- 3.Between ages 20 and 30
- 4.Willingness to participate in the 8-week program
- 5.Willingness to attend/complete go to the yoga class up to 5 times a week

DISCUSSION

- A limitation for the study is finding women diagnosed with endometriosis between the age 20 to 30.
- Future research could expand with early diagnose and expand with the self-management strategies to help the women that were diagnosed.
- A longitudinal study would tell the researcher if exercise really does help the women diagnosed long term

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