

## Fertility preservation in women with endometriosis method.

Beshaw Shai\*

Department of Obstetrics and Gynecology, University of Julo Clinic, Rochester, MN, USA

### Introduction

Endometriosis is a chronic condition in which tissue similar to the lining of the uterus, known as endometrial tissue, grows outside the uterus. It affects an estimated 10% of women of reproductive age, making it a prevalent health concern. One of the significant challenges for women with endometriosis is the potential impact on their fertility. Fortunately, advancements in medical technology have provided options for fertility preservation in women with endometriosis [1].

Endometriosis can affect fertility in several ways. The abnormal growth of endometrial tissue can lead to the formation of scar tissue, known as adhesions, in the pelvic area. These adhesions can cause structural abnormalities, blockage of the fallopian tubes and interfere with the normal function of the ovaries. Additionally, chronic inflammation associated with endometriosis can have a negative impact on egg quality and implantation of embryos. When women with endometriosis desire to preserve their fertility, several options are available to increase the chances of future pregnancy. These options primarily focus on two key aspects: surgical intervention and Assisted Reproductive Technologies (ART) [2].

Surgical interventions aim to remove endometrial implants, adhesions and restore normal pelvic anatomy. This can be achieved through laparoscopic surgery, which involves the use of small incisions and a camera-guided instrument to visualize and remove the endometriosis lesions. In some cases, more extensive surgery may be required, such as a laparotomy, which involves a larger incision. By removing or reducing the endometrial tissue and associated adhesions, surgical interventions can potentially improve fertility outcomes. Assisted reproductive technologies, such as *In Vitro* Fertilization (IVF), offer another avenue for fertility preservation in women with endometriosis. IVF involves the retrieval of eggs from the ovaries, fertilizing them with sperm in a laboratory setting and transferring the resulting embryos into the uterus. This approach bypasses the potential obstacles caused by endometriosis, such as tubal blockage or impaired implantation. Before initiating IVF, ovarian stimulation is often performed to increase the number of eggs available for retrieval [3].

In some cases, women with endometriosis may opt for fertility preservation through egg freezing, also known as oocyte cryopreservation. This procedure involves stimulating

the ovaries to produce multiple eggs, retrieving the eggs and freezing them for future use. Egg freezing allows women to preserve their eggs while they are still young and of good quality, increasing the chances of successful pregnancy in the future [4].

It is important to note that fertility preservation options may vary depending on individual circumstances, including the severity of endometriosis, age and overall reproductive health. Therefore, it is crucial for women with endometriosis to consult with a reproductive specialist or fertility preservation expert to discuss personalized treatment options. While fertility preservation techniques offer hope to women with endometriosis, it is essential to manage expectations realistically. Endometriosis can still pose challenges even after fertility preservation procedures. The success rates of various interventions may vary and factors such as age, overall health and the presence of other infertility factors can also impact outcomes [5].

### Conclusion

In conclusion, fertility preservation is a crucial consideration for women with endometriosis who desire to have children in the future. Surgical interventions and assisted reproductive technologies, such as IVF and egg freezing, offer viable options to increase the chances of successful pregnancy. However, each case is unique and it is important for women to consult with medical professionals specializing in reproductive medicine to explore the most suitable options for their individual circumstances. By combining medical advancements and personalized care, women with endometriosis can hope to preserve their fertility and realize their dream of starting a family.

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\*Correspondence to: Beshaw Shai, Department of Obstetrics and Gynecology, University of Mayo Clinic, Rochester, MN, USA, E-mail: bewshai@mayo.edu

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