

# A Lifetime of Care

## Ask Dr. Foley



Ian Foley, MD

### I have a lot of pain with my periods and have been told I have endometriosis. What is this?

Endometriosis occurs when cells from the lining of your uterus grow in other areas of the body. This can lead to pain, irregular bleeding and problems getting pregnant

Every month, your ovaries produce hormones that tell the cells lining the uterus to swell and get thicker. During your period, your body sheds these extra cells from the uterine lining.

These endometrial cells sometimes implant and grow outside the uterus, usually on the ovaries, bowel, rectum, bladder, and the lining of the pelvic area. Rarely, endometriosis can occur in other areas of the body, too. The displaced cells can irritate nearby tissue and lead to scarring.

If you have mild symptoms and don't plan to have children, see your doctor for regular exams every 6 - 12 months to make sure the disease isn't getting worse. You can also manage your symptoms with:

- Exercise and relaxation techniques
- Nonsteroidal anti-inflammatory drugs such as ibuprofen, naproxen, acetaminophen, or prescription painkillers.

Relief for more severe pain may require surgery. Today, minimally invasive surgical techniques using the da Vinci® robot enable us to reduce the pain of endometriosis with an often brief recovery time.

Our practice cares for women of every age, and all of our doctors welcome new patients. We invite you to call (513) 221-3800 for an appointment to address your endometriosis. We look forward to helping you to better health.

### *Depend on us for the finest obstetric and gynecologic care to support you at every age.*

Sarah Bartlett, MD	Julia Lee, MD
Kimberly Bonar, MD	Mamata Narendran, MD
Irina Fennimore, MD	Lori Packard, MD
Ian Foley, MD	Colleen Swayze, MD
Larry Johnson, MD	Frank Wolf, DO

### *Two convenient locations!*

#### **Fairfield**

3050 Mack Rd.  
Suite 375

#### **Liberty Falls**

6770 Cincinnati-Dayton Rd.  
Suite 100

  
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**513-221-3800**

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