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THE RELATION BETWEEN BODY MASS INDEX AND SEVERITY OF ENDOMETRIOSIS

Actuality: Reviewing the various stipulated theories of the pathogenesis of endometriosis, the similarities show seeding of non-endometrial tissues with endometrial cells or its transformation to endometrium-like tissue. These ectopic foci formed shows the usual response to cyclic hormonal changes just like the uterine endometrium with a rapid increase in cell count, secretions and cyclic removal of menstrual tissue. The ectopic foci are found not only in the pelvic cavity but can be seen usually in the peritoneal cavity and some other rare sites.

The aim: To determine the role body mass index plays in the severity of endometriosis.

Materials and methods: To obtain the required result, a study was made by extracting information of patients treated for endometriosis and their varying BMI were calculated. We studied a total of 42 patients which we divided into two groups in accordance with their BMI. Group 1; having a BMI of less than 24 had 20 patients and group II: BMI more than 24 had 22 patients. The age range of patients was 22-57 years. The information obtained included patients' history, stage of disease, diagnostic methods used such as ultrasound and laparoscopy, treatments applied both medically and surgically. A comparative analysis showed that about 70% of patients of group I had stage 3 (moderate severity) endometriosis with a high incidence of recurrence after surgical treatment. 10% of patients had undergone a hysterectomy due to stage 4 endometriosis and the rest 20% were been treated for stages 1 and 2 endometriosis. Group II records an 18% case of moderate severity, and most patients responded well to treatment with little signs of complications, 82% of patients had stage 1 endometriosis with minimal progression.

Conclusion: The data received shows a higher incidence of severity in patients having a low BMI this also associated with high prevalence of subfertility, however, a higher BMI shows no posed risk increased severity of endometriosis. However, more research is required to reveal the correlation between obesity, leptin levels and severity of endometriosis.



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