HOW ENDOMETRIOSIS WORKS

A hormone called estrogen plays an important role in your menstrual cycle.

1. The hypothalamus releases GnRH which signals the pituitary gland to release LH and FSH.*

2. These hormones lead to the production of estrogen from the ovaries.

3. Estrogen signals the tissue that lines the uterus, the endometrium, to thicken.

*Gonadotropin-releasing hormone, luteinizing hormone, follicle-stimulating hormone
Endometriosis occurs when endometrial tissue grows in places outside of the uterus, forming lesions.\(^2,3\)

When *estrogen* tells the endometrium to thicken, it also signals the lesions to grow, which can cause *inflammation and pain*. Depending on the location of the lesions, different types of pain and symptoms may develop.\(^1,4\)

Your body is producing varying levels of estrogen at any given time, that’s why there may be pain regardless of your period.\(^3\)

**There are several ways to control estrogen levels:**\(^5\)

a. Reduce the amount of estrogen the ovaries produce

b. Reduce the signal the pituitary gland sends to the ovaries

c. Surgical procedure to remove the ovaries

References: