

## Objective

To present a case suggesting a possibility of the development of endometriosis following endometrial ablation.

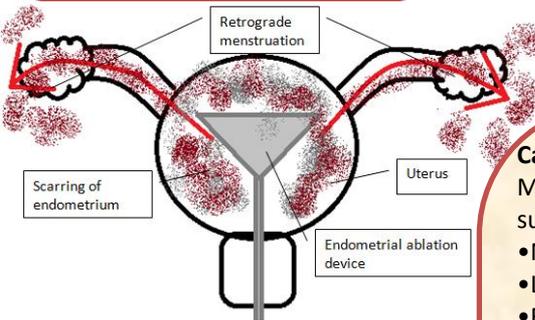


Fig. 1 Retrograde menstruation theory and development of endometriosis

## Background

- Pathogenesis of endometriosis remains unclear, most prominent theory being retrograde menstruation theory. (Fig.1)(1-3)
- Endometrial ablation causes scarring of the endometrium and often leads to amenorrhoea. (Fig.1)(4)
- Only one report suggesting a relationship between endometriosis following endometrial ablation. (5)

# Endometriosis following endometrial ablation: coincidence or association?

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## Case Report

### Case History:

Mrs. AA, G2P2, Early 50's, presented with severe abdominal pain one year after successful radiofrequency endometrial ablation for long standing menorrhagia.

- No prior evidence of endometriosis in history, examination or on ultrasound.
- Lumpectomy and radiation therapy for breast ductal carcinoma in situ (DCIS)
- Family History: bowel cancer (mother)

### Clinical examination:

Afebrile and distressed. Voluntary guarding and tenderness in both iliac fossae region. No rebound tenderness. CRP 27.6

Ultrasound: 3cm left hemorrhagic ovarian cyst with surrounding free fluid, and probe tenderness over left ovary/adnexa.

### Management:

Analgesia, tertiary ultrasound scan, tumor markers and optimise surgical options depending on risk of malignancy index (RMI)

### Outcome:

At review: ongoing pain. Repeat ultrasound: bilateral ovarian follicles.

Raised tumor markers: CA 125 (48), CA 19-9 (144).

Laparoscopic bilateral salpingoophorectomy revealed severe endometriosis in both tubes and ovaries.

## Discussion

- Published case report and this case supports the retrograde theory with development of endometriosis. (5)
- Delay in development of symptoms post ablation supports this theory.
- No studies to date explores the direct relationship of endometriosis post endometrial ablation.

## Conclusion

This is a case report of a patient who was found to have severe endometriosis post endometrial ablation, which may have been caused by retrograde menstruation. Further studies are required to establish a direct link.

## References

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3. Endometriosis: a life cycle approach? *American Journal of Obstetrics & Gynecology*.
4. Endometrial resection and ablation techniques for heavy menstrual bleeding. *Cochrane Database of Systematic Reviews*.
5. Endometriosis by implantation: a complication of endometrial ablation. *Lancet*.