



Adenomyosis: A Significantly Neglected and Misunderstood Disorder

Maria Yeager

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What is adenomyosis?? A lot of people will ask that question when they see the title of this book, and that is the reason it was written. I personally lived with this uterine disorder for seventeen years before I finally received a correct diagnosis after my hysterectomy. Adenomyosis is a disorder of the uterus that causes very heavy menstrual bleeding, painful abdominal cramping (comparable to kidney stone pain or labor pain), prolonged menstrual bleeding (up to two weeks), severe bloating, anemia, headaches, and much, much more. Adenomyosis affects millions of women and dramatically reduces their quality of life. Very little attention has been given to this disorder, and that is why so many people have never heard of it. Even some physicians are not that familiar with it! This book reviews the recent clinical studies on adenomyosis and discusses the current options in diagnosis and treatment while looking ahead to the future in adenomyosis research. In addition, xenoestrogens (dangerous man-made substances that act like estrogen in the body) are discussed in-depth since this disorder has been linked to excess estrogen. Phytoestrogens, herbs, diet, exercise, and even omega-3 fatty acids are all reviewed for their use in helping to reduce the symptoms of adenomyosis. Current ongoing studies are included; however, they are few and far between. Much more attention needs to be given to this uterine disorder to give those who suffer from it some hope for a better life!

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