

ENDOMETRIOSIS & ADENOMYOSIS SOCIETY

ENDOMETRIOSIS BULLETIN • DECEMBER 2019 • ISSUE XII

SPECIAL ISSUE ON CHRONIC PELVIC PAIN

"One out of every ten women has endometriosis"

President's Message

Hello everyone,

We are delighted to be with you again with this special issue dedicated to "Chronic Pelvic Pain" (CPP). As it is widely known, CPP is a highly prevalent condition affecting women both during their reproductive years and in later stages of life. It stands as a leading cause for frequent admissions to Gynecology and Obstetrics outpatient clinics and imposes a significant financial and structural burden on our healthcare systems.

More importantly, even though we often claim to fully understand pelvic pain, when the common recognizable causes—such as endometriosis, uterine fibroids (myomas), pelvic inflammatory disease, irritable bowel syndrome, or interstitial cystitis—are ruled out or not found, patients are unfortunately frequently referred out to algology (pain management) or psychiatry clinics alone. In reality, the most critical cornerstone in the diagnosis and management of chronic pelvic pain patients is the absolute necessity of a multidisciplinary approach.

In this newsletter, we have the distinct privilege of benefiting from the comprehensive perspectives of expert clinicians and specialists across various medical branches who deal directly with Chronic Pelvic Pain. I would like to extend my heartfelt gratitude to Prof. Dr. Ercan Baştu, Prof. Dr. Ahmet Kale, and Prof. Dr. Engin Oral for their immense efforts in preparing this special issue, as well as to our esteemed colleagues Dr. Pınar Yalçın Bahat and Dr. Bahar Yüksel Özgör.

News From Our Society & Global Endometriosis Updates

As in our previous updates, this issue covers major milestones and achievements from the endometriosis arena:

- **Social Responsibility Project:** In collaboration with the Credit and Dormitories Institution (KYK), our society launched a comprehensive national tour starting in November. We have visited nearly 20 student dormitories across various provinces to conduct interactive seminars for young women on "Women's Health and Hygiene". This impactful social responsibility framework will continue actively throughout 2020. We are extremely proud of our executive board, advisory members, and enthusiastic youth branch volunteers who have successfully driven this project to massive acclaim from young women and dorm administrators alike.

- **41st Vodafone Istanbul Marathon:** On November 3rd, the dedicated members of our society's Youth Group ran the historical marathon sporting custom awareness t-shirts emblazoned with "Endometriosis and Chocolate Cysts" to build vital public awareness.
- **Public Advocacy and Kermes Involvement:** On November 12th, we participated in the popular 'A Day of Trends' Kermes organized by Alaluxa at the Istanbul Raffles Hotel. Visitors at our customized stand engaged with our academic books, informational brochures, and directly consulted with our team to learn about endometriosis management.
- **11th Endoacademy Meeting:** Held on October 20, 2019, at the Istanbul Lutfi Kırdar Kartal Training and Research Hospital Conference Hall, this milestone event drew close to 200 medical professionals. Endometriosis and Chronic Pelvic Pain were extensively evaluated under an interdisciplinary panel. We were honored to host Dr. Gernot Hudelist from Austria, who enriched the meeting with two keynote scientific presentations and a state-of-the-art live endometriosis surgery broadcast.
- **5th European Endometriosis Congress (EEL) in Prague:** Our society was prominently represented. The European Endometriosis League (EEL) board member and our founding president Dr. Engin Oral, alongside our President Dr. Taner Usta and board member Dr. Bülent Urman, delivered highly acclaimed scientific lectures. Concurrently, our youth group representatives, Dr. Nura Fitnat Topbaş Selçuki and Dr. Elif Cansu Gündoğdu, successfully delivered prestigious oral abstract presentations. Our society's exhibition booth generated overwhelming interest from international colleagues.
- **2nd International Endometriosis School Istanbul:** Convened on December 16-17, 2019, under the expert directorship of Prof. Dr. Engin Oral and Prof. Dr. Ertan Sarıdoğan, this world-class seminar brought together international specialists. Attendees engaged in comprehensive theoretical modules alongside hands-on practical surgical training using porcine models. The meeting hosted internationally renowned icons including Joerg Keckstein, Mario Malzoni, Alessandra Di Giovanni, and Natasha Curran, alongside local experts. A stellar highlights reel included a live diagnostic ultrasonography demonstration on an endometriosis patient by Alessandra Di Giovanni, followed by an advanced live Laparoscopic Endometriosis Surgery executed by Mario Malzoni.
- **World Endometriosis Organisation (WEO) Affiliation:** The World Endometriosis Organisation officially announced that our society has been formally accepted into its prestigious network of global collaborative partner associations.
- **International Clinical Observerships:** Through our society's targeted career grants, youth branch members Dr. Pınar Yalçın Bahat and Dr. Nura Fitnat Topbaş Selçuki completed a prestigious two-month clinical training and research residency at Oxford University Nuffield Hospital under the supervision of world-renowned expert Prof. Dr. Christian Becker.
- **Expert Interview Series:** Continuing our mission to bridge international knowledge gaps, this issue features a comprehensive expert dialogue with Prof. Dr. Christian Becker, globally celebrated for his breakthrough clinical trials on "Endometriosis and Reproductive Health" at Oxford University. The full interview synthesis and video broadcast links are accessible via our official e-bulletin web platform.

Throughout this bulletin, alongside our carefully curated international article reviews, you will also find a compiled directory of all scientific papers on Chronic Pelvic Pain published by Turkish researchers over the last quarter.

We look forward to meeting you again in our upcoming 2020 issues, where we will continue to share milestone breakthroughs in endometriosis awareness and showcase outstanding scientific investigations.

Warmest regards,

Assoc. Prof. Dr. Taner USTA

President, Endometriosis & Adenomyosis Society

www.endometriosis.org

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Name & Title	Role within the Board
Assoc. Prof. Dr. Taner Usta	President
Prof. Dr. Ümit Inceboz	Vice President
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Prof. Dr. Engin Oral	Board Member (Founding President)
Dr. Pınar Yalçın Bahat	Board Member
Prof. Dr. Ercan Baştu	Board Member

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1. *Painful Love: Superficial Dyspareunia and Three Dimensional Transperineal Ultrasound Evaluation of Pelvic Floor Muscle in Women with Endometriosis.* (Mabrouk, M., Del Forno, S. et al. Journal of Sex & Marital Therapy, 1-10, 2019)
2. *Impact of Elagolix on Workplace and Household Productivity Among Women with Moderate to Severe Pain Associated with Endometriosis: A Pooled Analysis of Two Phase III Trials.* (Surrey, E. S., Soliman, A. M. et al. The Patient-Patient-Centered Outcomes Research, 1-10, 2019)
3. *Practical Guide to the Clinical Evaluation of Endometriosis-Associated Pelvic Pain.* (Vilasagar, S., Bougie, O., & Singh, S. S. Journal of Minimally Invasive Gynecology, 2019 In Press)
4. *Optimal Management of Endometriosis and Pain.* (Nezhat, C., Vang, N. et al. Obstetrics & Gynecology, 134(4), 834-839, 2019)

• B. NEWS FROM OUR SOCIETY

• C. LATEST UPDATES FROM THE GLOBAL ENDOMETRIOSIS COMMUNITY

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• G. SOCIAL MEDIA & PUBLIC AWARENESS ENGAGEMENT

Editorial Board: Dr. Pınar Yalçın Bahat, Dr. Bahar Yüksel Özgör, Prof. Dr. Ercan Baştu, Prof. Dr. Ahmet Kale.

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