

# ENDOMETRIOSIS & ADENOMYOSIS SOCIETY

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**WE ARE GRATEFUL TO ALL OUR HEALTHCARE WORKERS ON THE FRONT LINES**

**"One out of every ten women has endometriosis"**

## FOREWORD

Hello everyone,

We are delighted to be with you again in our 15th issue.

While the CoVid-19 pandemic continues globally, scientific investigations and studies in the world of endometriosis proceed without interruption. During this exceptional period, to support our patients and answer the questions lingering in their minds, we have continued our "Instagram Live Broadcasts" on our official social page. Coordinated by our dedicated Youth Branch physicians, these sessions host esteemed professors specializing in this field and provide direct answers to patient inquiries.

We also experienced the distinct joy of organizing our **12th EndoAcademy Meeting** on Sunday, September 20, 2020, as a live digital webinar. This specific EndoAcademy installment focused on "Infertility and Pain" and was chaired by Dr. Yücel Karaman and Dr. Pınar Yalçın Bahat. The meeting was enriched by the scientific contributions of Dr. Antonio Simone Laganà from Italy, who has published countless pioneering studies on endometriosis. Our online convention drew significant attention and engagement from participants across the medical community.

In addition, we would like to share a proud milestone within our society: our President, Dr. Taner Usta, has successfully received the academic title of Full Professor. We congratulate him from the bottom of our hearts and wish him continued success in his brilliant academic career. Furthermore, we are very pleased to announce that our General Secretary, Dr. Ahmet Kale, has been officially appointed as the Chief of the Obstetrics and Gynecology Clinic at the Istanbul Kartal Dr. Lütfi Kırdar City Hospital. We congratulate him on this prestigious administrative post and wish him great success.

In this issue, we have also compiled a summary of a highly relevant local survey conducted by our society during the pandemic period, evaluating how patients with endometriosis were impacted and the anxiety levels they experienced regarding their treatment plans. Alongside this, you will find our traditional selection of recent global literature analyses and newly published studies from Turkey.

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## FEATURED SCIENTIFIC LITERATURE REVIEWS

### 1. Postoperative hormonal treatment for prevention of endometrioma recurrence after surgical excision: a systematic review and meta-analysis.

*Saridogan, E., et al. BJOG: An International Journal of Obstetrics & Gynaecology.*

**Summary:** This comprehensive meta-analysis evaluated the efficacy of various postoperative hormonal suppressing agents (such as oral contraceptives, progestins, and GnRH agonists) in minimizing the clinical recurrence rate of ovarian endometriomas following complete cystectomy. The study underscores the clear statistical benefit of continuing long-term suppressive treatments for patients who do not have immediate family-planning or fertility goals, while noting high heterogeneity among historical clinical trials.

### 2. Occult microscopic endometriosis in women with chronic pelvic pain and macroscopically negative peritoneum.

*Gubbels, et al. International Journal of Gynecology & Obstetrics.*

**Summary:** A landmark diagnostic trial evaluating patients suffering from idiopathic chronic pelvic pain whose pelvic peritoneum appeared completely normal/macroscopically negative during staging laparoscopy. Routine biopsy protocols and histological mapping verified that approximately 39% of these patients actually suffered from occult (hidden) microscopic active endometriosis, confirming that normal visual exploration cannot fully exclude the pathology.

### 3. Featured Society Survey: Endometriosis Patient Experiences and Stress Responses During the COVID-19 Pandemic.

*Turkish Endometriosis & Adenomyosis Society Research Committee.*

**Summary:** A custom 25-question cross-sectional survey prepared by an expert committee of four specialized gynecologists was administered to 290 patients with endometriosis who agreed to participate in the study, yielding a 90% response rate (n=261). The data revealed that 83.86% (n=213) experienced severe fear regarding disease progression or pain management crises, and 53.63% (n=133) believed their overall medical management was negatively altered by clinical restrictions. Ultimately, only 1.59% (n=4) required unexpected acute hospitalization, showing high patient awareness, compliance with social distancing, and strict adherence to hygiene protocols.

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