

TURKISH ENDOMETRIOSIS & ADENOMYOSIS SOCIETY

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"One out of every ten women has endometriosis"

FOREWORD

Hello everyone again,

We meet you once again in the 25th issue of our quarterly bulletin.

We would like to begin this issue of our bulletin by remembering our citizens whom we lost in the earthquake disaster we experienced on February 6, 2023, and by expressing our profound sorrow due to this devastating catastrophe. We pray for God's mercy upon those who lost their lives in the earthquake, wish a speedy recovery to our injured patients, and wish patience and strength to our remaining fellow citizens.

In this edition, we have featured article summaries examining the pathogenesis of endometriosis from both genetic and epigenetic standpoints. Furthermore, you can find scientific articles published from our country on endometriosis and adenomyosis during the first three months of 2023 in our bulletin. Summaries of many scientific activities organized by our society are also presented to you in this issue.

Since our previous bulletin, we have successfully continued our regular scientific meetings. We hope this resource will be highly inspiring and beneficial for our entire medical and academic community. We look forward to meeting you again in our upcoming issues filled with healthier, safer, and scientifically advanced days.

Best regards,

Executive Board of the Turkish Endometriosis & Adenomyosis Society

FEATURED CONTENT & BULLET POINTS

- **Endometriosis Pathogenesis:** Detailed exploration of genetic and epigenetic pre-disposing factors.
- **Exclusive Interview Panel:** Featuring insights from international guest specialist Prof. Dr. Isabelle Thomassin-Naggara.
- **National Scientific Contribution:** Comprehensive compilation of peer-reviewed articles published by Turkish researchers in Q1 2023.

FEATURED SCIENTIFIC LITERATURE REVIEWS

1. Rituximab as a Candidate Immunomodulator Treatment for Endometriosis: Evaluation in Experimental Rat Models

Methodology & Objective: This experimental research study investigated the immunomodulatory effects of Rituximab—a specialized monoclonal antibody targeting B-lymphocytes—as a potential medical therapeutic candidate for the treatment and control of endometriosis. The study assessed cellular and structural modifications in experimentally induced rat models over a controlled treatment timeline.

Results & Conclusion: The administration of Rituximab demonstrated encouraging inhibitory outcomes on the growth and development of endometriosis implants. However, the researchers emphasized that additional, comprehensive clinical and laboratory studies are required to further elucidate the exact molecular pathways and fully evaluate the longitudinal effects of Rituximab on the definitive prevention and management of endometriosis.

2. The Effect of Endometriosis on Anxiety and the Quality of Life in Women

Arslan, E. B., Kocaöz, S., Kızılırmak, A. *Health Care Women International* (2023).

Methodology & Design: This descriptive and cross-sectional study was conducted with a cohort of 420 women to evaluate the psychological and functional impacts of endometriosis. Research data were collected utilizing a specialized "Descriptive Information Form", the "SF-36 Quality of Life Scale (QoLS)", and the "State Anxiety Inventory (SAI)". Statistical evaluations were carried out using the Mann-Whitney U-test, Student's t-test, and Pearson correlation analysis.

Results & Conclusion: Endometriosis had been clinically diagnosed in 12.1% of the surveyed women. The score medians obtained by women diagnosed with endometriosis in the "pain" and "physical role difficulty" sub-dimensions of the QoLS were found to be significantly lower compared to women without endometriosis, indicating a severe impact on functional parameters. Interestingly, within this specific cohort, the presence of endometriosis was found not to statistically alter the overall state anxiety index scores compared to the control group.

The Endometriosis e-Bulletin is developed periodically by the Turkish Endometriosis & Adenomyosis Society. For scientific inquiries, article submissions, or collaborations, please visit our official communication channels.

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