

# ***ENDOMETRIOSIS***

***Current Management***

***and***

***Future Trends***



# ***ENDOMETRIOSIS***

## ***Current Management and Future Trends***

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*To*

*Carmela, Maria and Jaime,  
my strongest supporters and  
my greatest motivation*

*—Juan A García-Velasco*

*My very dear wife and life partner  
Mary for her love, support  
and sacrifice*

*—Botros RMB Rizk*



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# *Preface*

Writing a book in the 21st century may seem outdated, when information flows quickly through the web, papers are read prior to being published as e-papers, abstracts are easily accessed through Internet and PDF files of books or journals sent by e-mail. Blogs and web pages may also offer a tremendous amount of information to the basic scientist of the clinician. However, still a book has many advantages over the other type of information, which undoubtedly is extremely useful now and in the future. But a book binds together judicious information from world-known experts, with not only longstanding deep knowledge of the disease—each one of them on different, specific areas—but also with a capacity to critically analyze the recent developments of this very enigmatic and frustrating disease, endometriosis.

In this book, we have tried to compile the most up-to-date knowledge on endometriosis, from sociological and epidemiological point of view to future treatments, covering the theories on the pathogenesis, current and future diagnostic methods, therapeutic alternatives, and side fields such as fertility preservation, cancer possibilities, and quality of life in these patients.

All together, this book offers you, the readers, a detailed and complete explanation of the disease in 2009 and hopefully, will help you not only understand but also provide a better management of this disease to your patients.

Front cover pictures are a courtesy of Dr Novella-Maestre and Dr Martinze-Salazar.

**Juan A García-Velasco**  
**Botros RMB Rizk**



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# Introduction

*“Even if peritoneal endometriosis arises from the implantation of endometrial and tubal tissue on the surface of the peritoneum, as I believe it does, this does not prove that all instances of endometrium-like tissue involving the peritoneum arise from this source.”*

—John A Sampson, 1927

In almost every textbook endometriosis is characterized as “*enigmatic*”. Every woman, at every menstrual period shows some degree of retrograde menstruation. Menstrual debris reaches the peritoneal cavity every month. So, why do not all women develop endometriosis? After all, the viable regurgitated endometrial fragments constitute “self tissue” and they should not lead to activation of the peritoneal immune system. Still, that is exactly what happens. Peritoneal macrophages are activated, the menstrual fragments are digested, and the peritoneal cavity is cleaned month after month. Only if the menstrual reflux is too voluminous, or if the peritoneal defense system is too weak, does endometrium implant into the peritoneal lining and develop into endometriosis. Or, does it? In 1994, while reviewing the literature on occult endometriosis for Human Reproduction, I used the title “*Endometriosis does not exist, all women have endometriosis*” to stress that, apart from the many visible lesions, on purely theoretical grounds many more (as yet) invisible lesions can be expected to exist, waiting to develop into visible endometriosis.<sup>1</sup> So it depends on the definition you use and the meticulousness with which you scrutinize the peritoneal cavity whether endometriosis occurs frequently, always, or not at all.

## Retrograde Menstrual Shedding of Viable Endometrial Tissue Fragments

What indeed is endometriosis? Is it always what we call a disease? Although the disease endometriosis can simply be defined as the presence of endometrial tissue, containing both glands and stroma, at locations outside the uterine cavity, emerging evidence indicates that to be pathologic, such tissue should not merely be there, it must persist and progress.<sup>2</sup> The simple existence of subperitoneal implants of endometrial tissue does not imply a pathologic condition as such. This suggests that attachment to, and subsequent invasion of the peritoneal lining by the refluxed endometrial tissue fragment is only phase I in the development of the disease. Phase II consists of the ensuing growth and proliferation of the seeded endometrium, interacting with the surrounding tissue of the peritoneal lining. If retrograde menstruation is a universal phenomenon in women,<sup>3, 4</sup> why do not all women develop endometriosis?<sup>1</sup> The puzzle of the sequence of events leading to the development of ectopic endometrial implants and eventually, in some women, to endometriosis, is gradually becoming unravelled. This book presents the state of the art of our knowledge of endometriosis. We have come a far way from the days of Karl Freiherr Von Rokitansky, who is often credited as the first one, in 1860, to describe the disease,<sup>5</sup> although Daniel Shroen, in 1690, already had mentioned typical “ulcers” on the surface of the bladder, intestines and broad ligament that gave rise to adhesions between the visceral organs.<sup>6</sup> The *magnum opus*, however, was written by John Sampson who presented in 1927, in his beautifully illustrated, 47 pages long paper “*Peritoneal endometriosis due to the menstrual dissemination of endometrial tissue into the peritoneal cavity*”<sup>7</sup> his regurgitation-implantation theory of endometriosis development, still the most widely accepted theory of the development of endometriosis today: Viable endometrial tissue fragments reflux during menstruation through the fallopian tubes into the abdominal cavity, where the first line of defence, the cellular and humoral peritoneal immune system is on the alert. A local, peritoneal inflammatory response occurs, the immune system is upregulated, and as a result individual tissue fragments are broken down into single cells to render them amenable to phagocytosis and subsequent digestion by the

hyperactivated peritoneal macrophages. If occasionally one or more intact tissue fragments escape this peritoneal garbage collection and disposal system (e.g. by their sheer numbers, or by innate defects of the peritoneal defence system), apposition, attachment and invasion of the peritoneal lining – although so far never having been observed *in vivo*<sup>8</sup> – must follow to allow for the development of (subperitoneally located) endometriotic lesions. The fragments then may grow until a critical tissue volume of about one cubic millimetre. Up to this size, oxygen and nutrients may reach the newly established implant by diffusion. Further growth and proliferation, however, require the development of a new vascular supply tree by angiogenesis.<sup>9,10</sup> Only after it will have become connected to the host vascular system will the explant be able to grow beyond one cubic millimetre and become visible to the naked (laparoscoped) eye. Hence, in order for us to better understand the difference between the *disorder* ‘endometrial explant’ and the *disease* ‘endometriosis’, this critical tissue level of one cubic millimetre is pivotal. It is the maximum volume of tissue that is able to survive on diffusion alone, and it is at the same time the minimum volume of tissue identifiable at laparoscopy. In dealing with clinical endometriosis we will therefore have to realize that apart from the few visible lesions in early endometriosis, dozens, or may be even hundreds, of still-invisible submicroscopic lesions do exist that are not yet discernible to the naked eye. In fact, surgical pathology of blind biopsies of visually normal peritoneum in endometriosis patients has shown 14% occult endometriotic lesions.<sup>11-13</sup> The corresponding figure for blind biopsies of normal peritoneum in non-endometriosis patients is 6%.<sup>12,13</sup> By extrapolation, if in every patient these authors would have taken 16 biopsies instead of a single one, all women with normal looking peritoneum would have shown evidence of endometriosis.

### Where are we now?

This is where we are in 2009. The number of publications on endometriosis has rapidly risen, from 119 per year in 1968 to 131 in 1978, 334 in 1988, 408 in 1998, and to 715 in 2008. All have contributed to our increased understanding of the disease. We now know that viable endometrium reaches the peritoneal cavity during menses. We know that it activates the peritoneal immune system and that it elicits an inflammatory response. The next thing we know is that occult, microscopic endometrial implants have been found submesothelially in visually normal peritoneum, even in women without identifiable endometriosis. The phase in between these two stages of development, however, is still a black box: sophisticated *in vitro* experiments suggest that endometrial fragments rather than single cells have the capacity to remodel the mesothelium and bypass the peritoneal lining. This is how clinical endometriosis may start. But this represents only one of the many theories of endometriosis development. Some lesions may not depend on menstrual regurgitation and implantation of shed endometrium at all. They rather may result from coelomic metaplasia, from dedifferentiation of mesothelium, or from the late outgrowth of persisting embryonic rests. (Epi)genetic background and environmental factors play a role. In this book, internationally recognized experts in the field present their views on the development of endometriosis, on its pathophysiology, etiology and symptomatology, and on the most appropriate methods of (biomarker) screening, clinical diagnosis and treatment.

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