

Title: Chronic Pelvic Pain (Diagnosis and Treatment)

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Abstract: Implanon (single-rod, progesterone only, non-biodegradable implant) is an effective hormonal alternative with tolerable side effects for premenopausal women suffering from chronic pelvic pain secondary to pelvic congestion syndrome. Prior treatment involved transcatheter embolotherapy of the ovarian veins. Implanon was able to decrease the symptoms of chronic pelvic pain due to pelvic congestion syndrome in the experimental group. In addition, Implanon decreased venous congestion as seen by improved venography evaluations after completion of the study. It is believed that venous stasis as a result of tortuous and dilated veins in the pelvis is the underlying pathophysiology of pelvic congestion syndrome. Implanon's side effects were reported to be much more tolerable than other hormonal therapy treatments, and a safe alternative for women who desire non-invasive treatment

This document was created by a medical student enrolled in the Primary Care Clerkship at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Is there treatment for Chronic Pelvic Pain?

Pharmacological treatment of chronic pelvic pain include non-steroidal anti-inflammatory drugs, oral contraceptives pills or a combination of both. Advancing to continuous progesterone or subcutaneous progesterone, if the former regimen are not helpful.

Surgical or invasive treatment of chronic pelvic pain include removal of the uterus and ovaries, selectively blocking veins (embolization), trigger point injections with analgesics.

Conservative measures can include physical therapy, diet modification, heat therapy, and psychological counseling.



For more information on chronic pelvic pain:

National Institute of Child Health and Human Development

www.nichd.nih.gov/health/topics/Pelvic_Pain.cfm

MayoClinic .com

<http://www.mayoclinic.com/health/chronic-pelvic-pain/ds00571>



Chronic Pelvic Pain

Diagnosis & Treatment



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What is Chronic Pelvic Pain?

Pain below the umbilicus of at least six months' duration.

Symptoms can include:

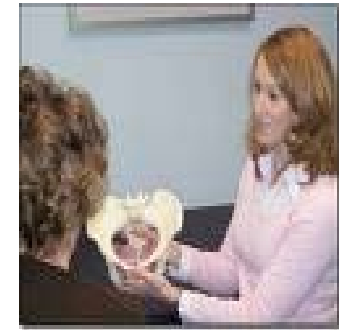
- Severe menstrual cramps
- Aching
- Pain with sexual intercourse
- Pain during bowel movements
- Pain during urination
- May be accompanied by blood in stool, urine, or heavier menstrual bleeding

Usually present in women before menopause.

Consult your doctor if you suspect you have chronic pelvic pain.

What are the common causes of Chronic Pelvic Pain?

- Endometriosis – tissue lining the uterus appear in other areas outside the uterus. Can cause painful periods, irregular bleeding, pain with sexual intercourse. It is the most common cause of infertility.
- Chronic Pelvic Inflammatory Disease – chronic infection and inflammation of the reproductive organs. Most commonly caused by sexually transmitted diseases.
- Interstitial cystitis – chronic infection of the bladder wall. Can cause urinary discomfort and frequency.
- Irritable bowel syndrome – functional bowel disorder leading to abnormal bowel movements with a clear organic cause. Can cause bloating constipation and diarrhea.
- Pelvic floor myalgia – tenderness of the muscles encompassing the pelvic floor. Can cause painful sexual intercourse.
- Myofascial pain – trigger points or knots within the connective tissue covering the muscles of the pelvic floor causing severe pain.



How can I be tested for Chronic Pelvic Pain?

A full evaluation for chronic pelvic pain involves obtaining a history of the pain through pelvic pain assessment forms and pain maps. Further investigation would require a pelvic

ultrasound, which is a picture of the pelvis using sound waves.



In addition, basic labs such as blood cell count, urinalysis, chlamydia and gonorrhea testing, and pregnancy are obtained to rule out easily treatable causes.

Lastly, laparoscopic procedure, which