


	Examples	Advantages	Considerations
Least Invasive 	<u>Lifestyle changes</u> <ul style="list-style-type: none"> • Anti-inflammatory/endometriosis diet • Exercise 	<ul style="list-style-type: none"> • Can be used by women who are trying to conceive • Results in general improvements in well-being 	<ul style="list-style-type: none"> • Minimal data on effectiveness
	<u>Nontraditional or holistic methods</u> <ul style="list-style-type: none"> • Acupuncture • Chiropractic care • Dietary supplements • Physical therapy 	<ul style="list-style-type: none"> • Can be used by women who are trying to conceive • Results in general improvements in well-being 	<ul style="list-style-type: none"> • Minimal data on effectiveness
	<u>Nonhormonal medications</u> <ul style="list-style-type: none"> • Acetaminophen • Aspirin • Ibuprofen • Muscle relaxers • Opioids 	<ul style="list-style-type: none"> • Can be used by women who are trying to conceive • Is easily accessible if available over the counter 	<ul style="list-style-type: none"> • Not always effective
	<u>Hormonal medications</u> <ul style="list-style-type: none"> • Birth control • Etonogestrel implant • Elagolix • IUD • Letrozole • Leuprolide 	<ul style="list-style-type: none"> • Is easily accessible 	<ul style="list-style-type: none"> • Cannot be used by women who are pregnant or trying to conceive • Not always effective
	<u>Surgical therapies</u> <ul style="list-style-type: none"> • Non-excision surgery • Excision surgery • Hysterectomy 	<ul style="list-style-type: none"> • Removes endometrial lesions 	<ul style="list-style-type: none"> • Expensive • Not always effective
Most Invasive			

Note: Decisions should be based on your personal symptoms and treatment goals.