

APB Rembau e-Bulletin

e-ISSN: 2682-776X

Edition: 14/2024

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(March to October 2024)

The Significance of Emotions, in Women with Endometriosis and Their Challenges, with Infertility.

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Irma Ahmad, Mohd Faiz Ismail*

Endometriosis is a standing and distressing condition that leads to notable physical discomfort, like pelvic pain and fertility issues and has deep emotional impacts on those affected by it (Giudice & Kao in 2004). The extended wait for diagnosis that can span about 7 to 9 years worldwide only adds to the mental strain on patients (Frankel, in 2022).

Studies have shown that endometriosis can have an effect on women's health and relationships as well as their overall quality of life. According to research findings women with endometriosis tend to experience issues than those, without the condition, which adds to their emotional struggles (Aerts et al., 2018). The possibility of infertility linked to endometriosis also contributes to feelings of anxiety, depression and a sense of losing control over their ability to conceive.

The persistent and unpredictable nature of endometriosis can lead to patients feeling isolated due to a lack of awareness and understanding in society which can further contribute to stigma surrounding the condition. It is crucial to address the social aspects of endometriosis as studies have shown that psychosexual interventions can be effective in reducing pain and improving

outcomes for those with the condition (As-Sanie et al., 2019). Providing care that combines support with medical treatment is vital in ensuring optimal care and assistance for individuals dealing with endometriosis (As-Sanie et al., 2019).

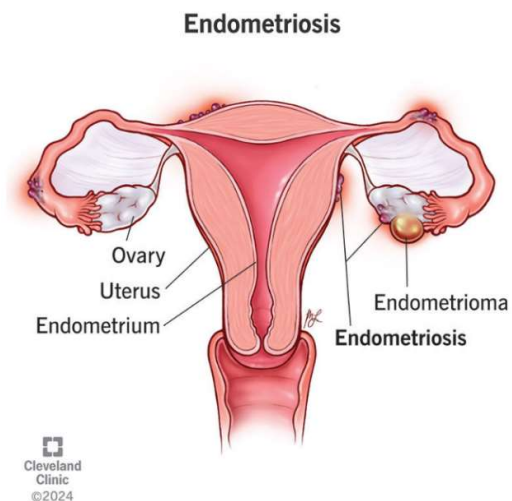


Image 1: A visual representation of endometriosis and its connection to infertility demonstrates how this condition impacts the body by illustrating inflammation and scarring, which contribute to the fertility struggles experienced by individuals.

To enhance the wellbeing and quality of life for individuals, with endometriosis condition it is crucial to provide care that focuses on both psychological and medical aspects within a couple centered framework. It is important to adopt a collaborative approach in managing the disease while increasing awareness among patients and healthcare

professionals to effectively address the challenges associated with endometriosis (Aerts et al., 2018).

Having endometriosis is not about symptoms; it also deeply affects the emotional and mental health of those dealing with it in a significant way. The challenging process of diagnosis and the threat of infertility as the unpredictable course of the illness can trigger strong emotional responses, like sexual issues and feelings of anxiety or depression. Feeling like you are losing control over your ability to have children can compound these effects.

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