



Management of endometriosis: CNGOF/HAS clinical practice guidelines - Short version

Submitted by Beatrice Guillaumat on Mon, 12/17/2018 - 15:29

Titre Management of endometriosis: CNGOF/HAS clinical practice guidelines - Short version

Type de publication Article de revue

Auteur Collinet, Pierre [1], Fritel, X [2], Revel-Delhom, Christine [3], Ballester, Marcos [4], Bolze, Pierre Adrien [5], Borghese, Bruno [6], Bornsstein, Nicole [7], Boujenah, Jérémy [8], Brillac, Thierry [9], Chabbert-Buffet, Nathalie [10], Chauffour, Candice [11], Clary, N [12], Cohen, Jonathan [13], Decanter, C [14], Denouël, Amélie [15], Dubernard, Gil [16], Fauconnier, Arnaud [17], Fernandez, H [18], Gauthier, Tristan [19], Golfier, François R. [20], Huchon, Cyrille [21], Legendre, Guillaume [22], Loriau, Jérôme [23], Mathieu-d'Argent, Emmanuelle [24], Merlot, Benjamin [25], Niro, Julien [26], Panel, Pierre [27], Paparel, Philippe [28], Philip, Charles-André [29], Ploteau, Stéphane [30], Poncelet, Christophe [31], Rabischong, Benoît [32], Roman, Horace [33], Rubod, Christelle [34], Santulli, Pietro [35], Sauvan, Marine [36], Thomassin-Naggara, Isabelle [37], Torre, Antoine [38], Wattier, Jean Michel [39], Yazbeck, Chadi [40], Bourdel, Nicolas [41], Canis, Michel [42]

Editeur Elsevier Masson SAS

Type Article scientifique dans une revue à comité de lecture

Année 2018

Langue Anglais

Date Septembre 2018

Pagination 265-274

Volume 47

Titre de la revue Journal of gynecology obstetrics and human reproduction

ISSN 2468-7847

First-line diagnostic investigations for endometriosis are physical examination and pelvic ultrasound. The second-line investigations are: targeted pelvic examination performed by an expert clinician, transvaginal ultrasound performed by an expert physician sonographer (radiologist or gynaecologist), and pelvic MRI. Management of endometriosis is recommended when the disease has a functional impact. Recommended first-line hormonal therapies for the management of endometriosis-related pain are combined hormonal contraceptives (CHCs) or the 52mg levonorgestrel-releasing intrauterine system (IUS). There is no evidence base on which to recommend systematic preoperative hormonal therapy solely to prevent surgical complications or facilitate surgery. After surgery for endometriosis, a CHC or 52mg levonorgestrel-releasing IUS is recommended as first-line treatment when pregnancy is not desired. In the event of failure of the initial treatment, recurrence, or multiorgan involvement, a multidisciplinary team meeting is recommended, involving physicians, surgeons and other professionals. A laparoscopic approach is recommended for surgical treatment of endometriosis. HRT can be offered to postmenopausal women who have undergone surgical treatment for endometriosis. Antigonadotrophic hormonal therapy is not recommended for patients with endometriosis and infertility to increase the chances of spontaneous pregnancy, including postoperatively. Fertility preservation options must be discussed with patients undergoing surgery for ovarian endometriomas.

Résumé en anglais

URL de la notice

<http://okina.univ-angers.fr/publications/ua18426> [43]

DOI

10.1016/j.jogoh.2018.06.003 [44]

Lien vers le document

<https://www.sciencedirect.com/science/article/abs/pii/S2468784718302447?...> [45]

Titre abrégé

J Gynecol Obstet Hum Reprod

Identifiant (ID)

29920379 [46]

PubMed

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