

Sexual function and quality of life in patients affected by deep infiltrating endometriosis: current evidence and future perspectives

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ABSTRACT

Endometriosis is one of the most common gynecological diseases and has an incidence of approximately 6%-10% in women of reproductive age. Deep infiltrating endometriosis (DIE) is considered the most aggressive form of endometriosis and is defined as a lesion that penetrates for more than 5 mm under the peritoneal surface. It has been demonstrated that DIE is associated with pelvic pain symptoms, and the intensity of pain is correlated with the depth of infiltration. Other symptoms are dysmenorrhea, deep dyspareunia, and painful defecation and urination. These symptoms are strongly associated with a significant reduction of the quality of life and a marked impairment of sexual function in the affected women. Therefore, a multidisciplinary approach and psychological support for women affected by DIE appear mandatory in order to reduce the impact of the disease on quality of life and sexual function as much as possible.