PELVIC PAIN - DYSENORRHEA & ENDOMETRIOSIS (PBL):

Learning objectives:
- Review differential diagnosis of pelvic pain
- Review the pathogenesis, clinical manifestation and management of endometriosis
- Define numerous etiologies for chronic pelvic pain
- Review diagnosis and therapeutic options for chronic pelvic pain

Case 1:
18 y/o presents for annual visit
- Reports painful cramping with menses, not always relieved with motrin
- Reports dull achy feeling LLQ throughout the month
- Dysmenorrhea present since 15 but *worsening over the last year*
- Dull LLQ achy pain present for the last 6 months
- No urinary or GI complaints

Study questions:
1. How is dysmenorrhea diagnosed? How is it distinguished from other types of pelvic pain?
2. What is the pathophysiology of dysmenorrhea?
3. What are reasonable approaches to treatment?
4. What other diagnoses would you entertain for this patient?
5. What additional History/Exam/Testing would help you to make a diagnosis?

Case 2:
35 y/o G2P2 who presents with two year history of severe pelvic pain requiring narcotic use

OB HX:
- Cesarean delivery at term, complicated by necrotizing fasciitis requiring multiple debridements with chronic scarring
- SVD at term, successful trial of labor after C-section (TOLAC)

GYN HX
- History of multiple episodes of PID as a teenager
- PMH: Bipolar disorder, obesity
- PSH: C-section, Bilateral tubal ligation and lysis of adhesions, appendectomy

Study questions:
1. What questions would be important to ask in evaluating the patient?
2. What is the most likely diagnosis?
3. How would you treat this patient?
Case 3:
42 y/o nulligravida presents with LLQ pain
  ● GYN History: no abnormal pap smears, no sexually transmitted infections
  ● PMH: Allergies
  ● PSH remarkable for:
    ● Exploratory laparotomy for ruptured appendicitis
    ● Laparoscopic removal of fibroid
    ● Exploratory laparotomy to “remove ovary from back of uterus”

Study questions:
1. What other history would you find helpful?
2. How would the physical exam findings assist with your differential diagnosis?
3. What diagnostic tests would you order?
4. What is your differential diagnosis?