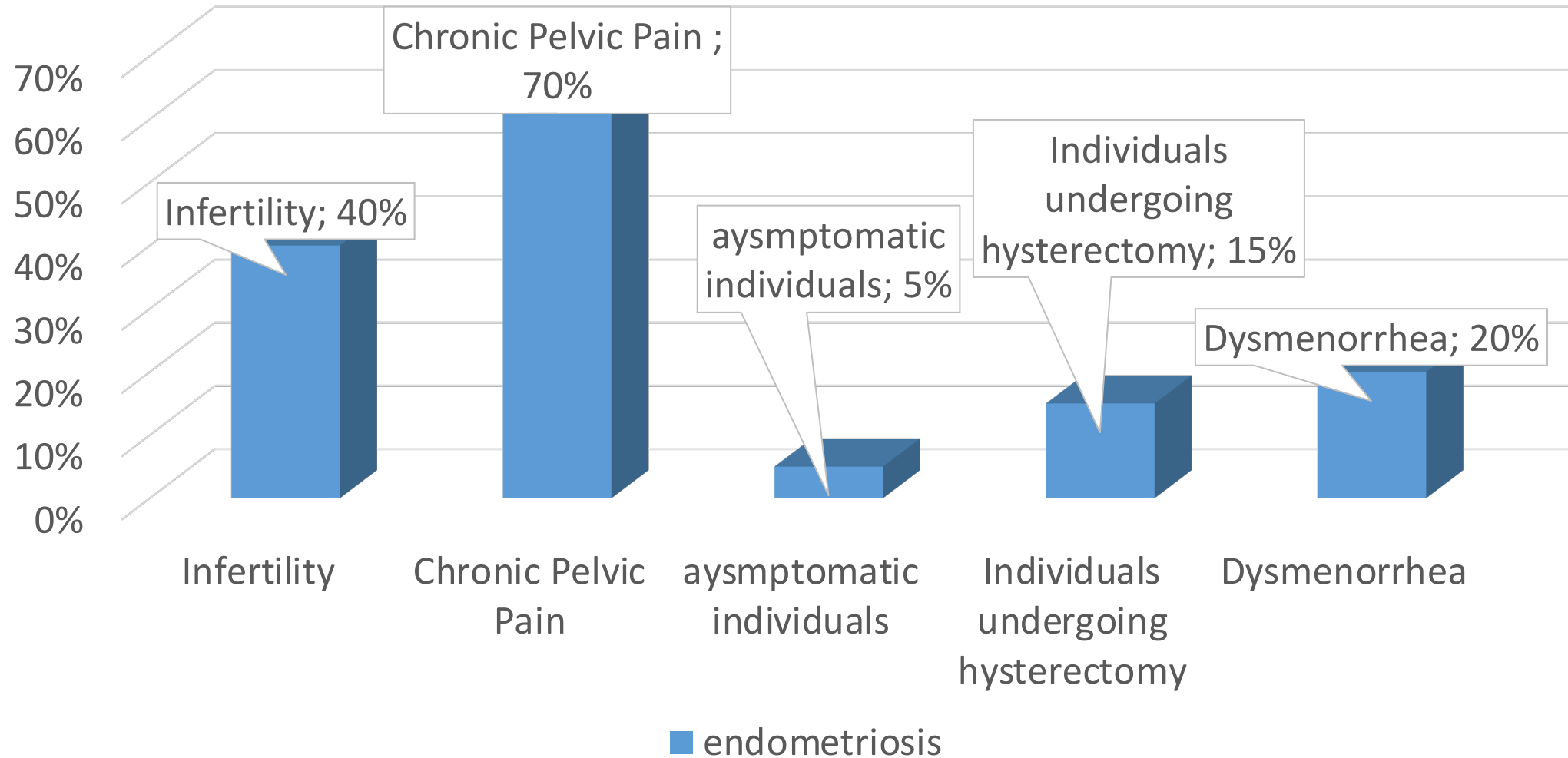


SONOGRAPHIC EVALUATION IN WOMEN WITH SUSPECTED ENDOMETRIOSIS

AYŞE SEYHAN

Prevalence of Endometriosis



Diagnosis and Mapping of implants are important

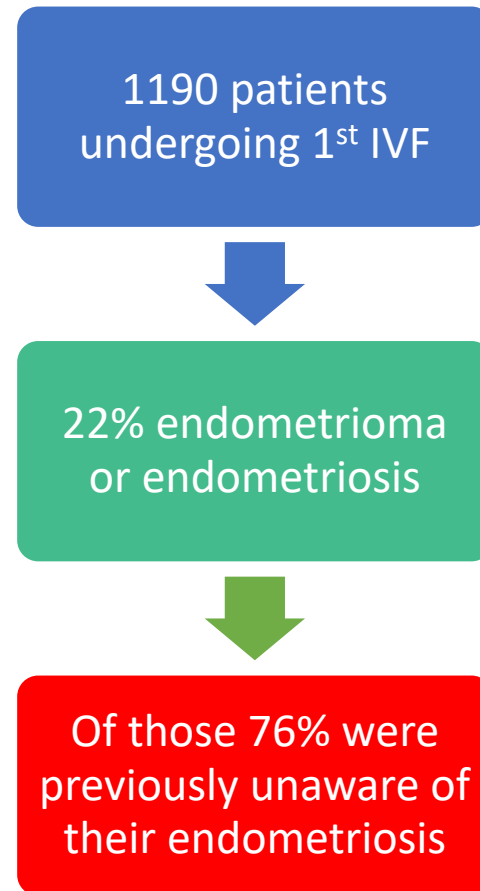
Median delay
since onset of
symptoms 12
years

understanding of
the location of
disease

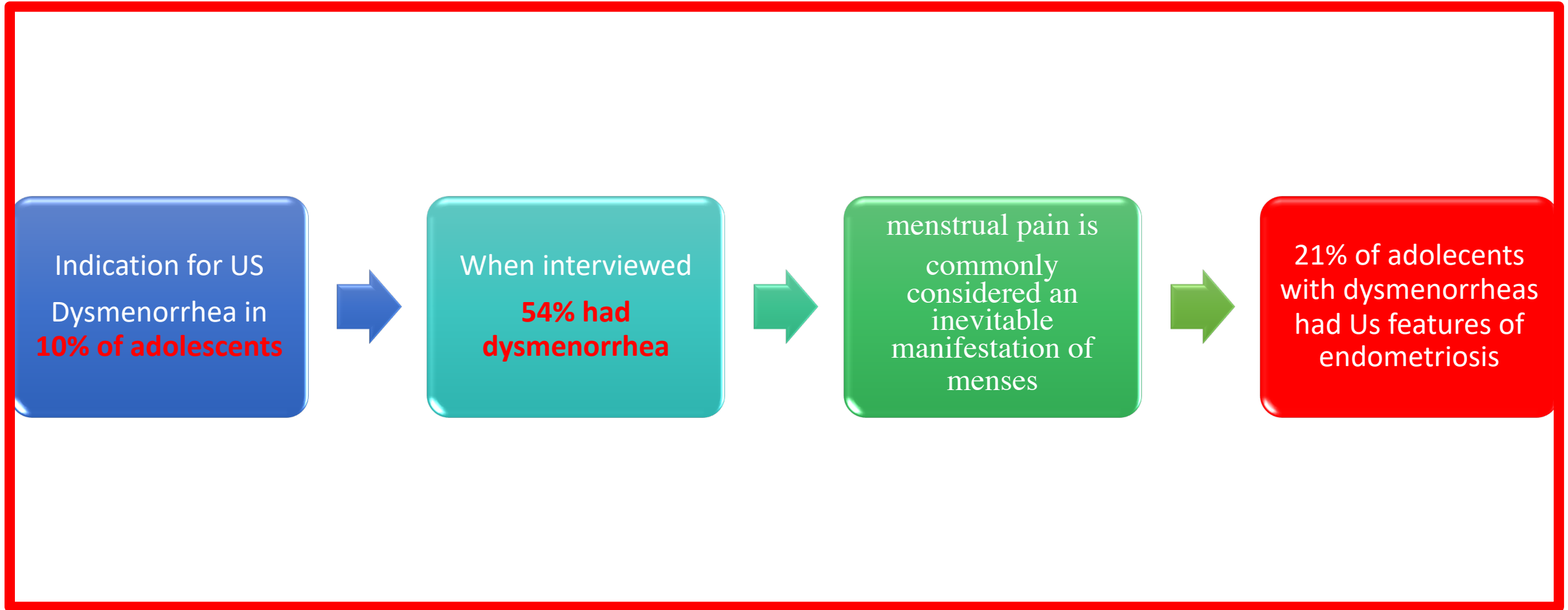
Severity of disease

Delay in Diagnosis of Endometriosis

Look before you Leap



Alson et al FS 2022





Teenagers are seen by at least three specialists before receiving an accurate endometriosis diagnosis.

6 out of 10 cases were not identified before the active search of the disease!!!!



Morassutto 2017 PLOS






Main signs of endometriosis in young women

- prolonged use of NSAIDs
- family history for endometriosis,
- frequent absenteeism from school or work
- during menstruation and prescription of estrogen-progestin contraceptives before 18 years of age to treat severe primary dysmenorrhea.



Diagnostic laparoscopies were still routinely performed in infertility workups notably for diagnosing and treating endometriosis found in 35%–40% of women with infertility

ESHRE guideline: endometriosis[†]

The members of the Endometriosis Guideline Core Group, Christian M. Becker ^{1,*}, Attila Bokor², Oskari Heikinheimo ³, Andrew Horne ⁴, Femke Jansen⁵, Ludwig Kiesel⁶, Kathleen King⁷, Marina Kvaskoff ⁸, Annemiek Nap⁹, Katrine Petersen¹⁰, Ertan Saridogan^{11,12}, Carla Tomassetti^{13,14}, Nehalennia van Hanegem¹⁵, Nicolas Vulliemoz¹⁶, and Nathalie Vermeulen ¹⁷; on behalf of the ESHRE Endometriosis Guideline Group[‡]

Clinicians are recommended to use imaging (ultrasound (US) or MRI) in the diagnostic work-up for endometriosis, but they need to be aware that a negative finding does not exclude endometriosis, particularly superficial peritoneal disease (Bazot *et al.*, 2009; Manganaro *et al.*, 2012; Guerriero *et al.*, 2014; Thomeer *et al.*, 2014; Nisenblat *et al.*, 2016b; Moura *et al.*, 2019).

STRONG RECOMMENDATION

Most people in your situation would want the recommended course of action and only a small proportion would not.



Patients

Most patients should receive the recommended course of action.



Clinicians

The recommendation can be adopted as a policy in most situations.



Policy makers

What happened after decreased diagnostic L/S

Key findings

Incidence of endometriosis declined from 30.2 per 10,000 person-years in 2006 to 17.4 per 10,000 person-years in 2015. Declines appeared to be independent of age, race and ethnicity, and diagnosing modality and provider. The prevalence of



Society For Assisted
Reproductive Technology

11% in a cohort of 400,059 ART cycles

Christ JP AJOG 2021

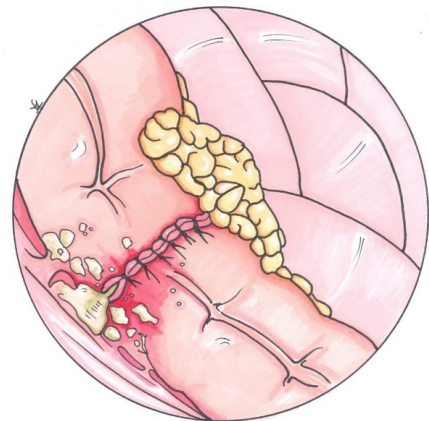
Why is it important to map the lesions ?

- ❖ the surgical planning
- ❖ risk assessment of women before undergoing surgery for rectosigmoid DE.
- ❖ Lesion length measurements with TVS can aid the clinician in counselling and consenting women with DE.

rectosigmoid deep
endometriosis

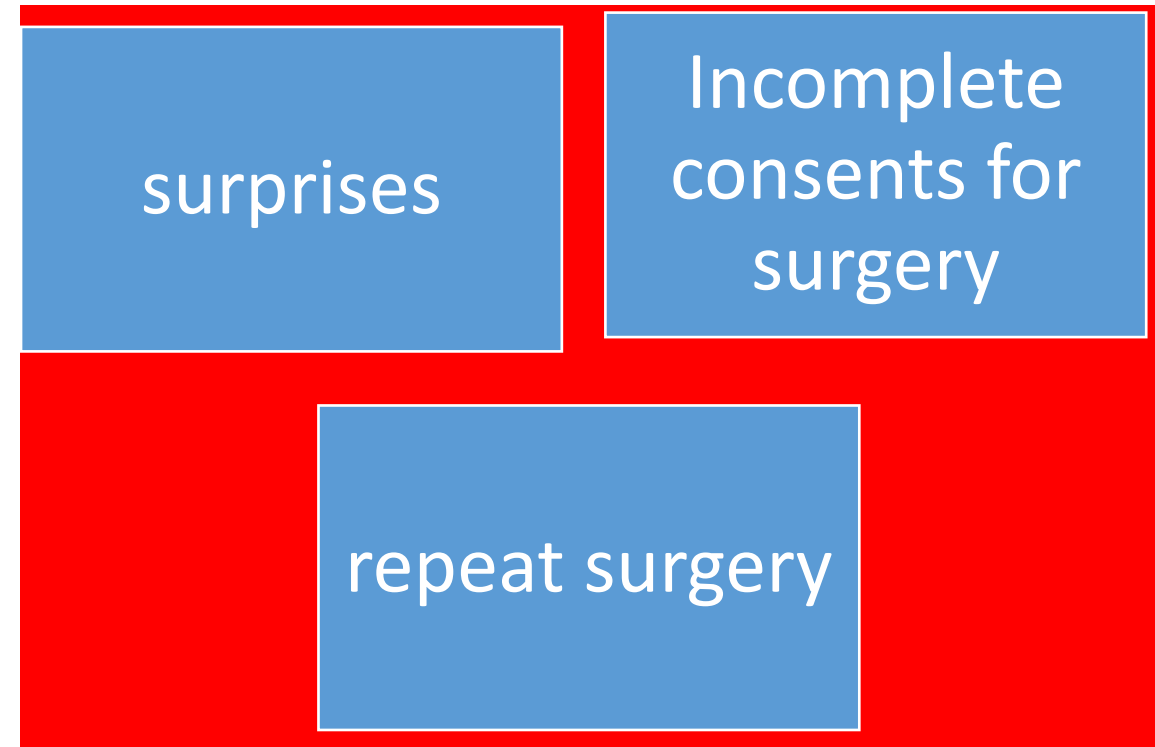
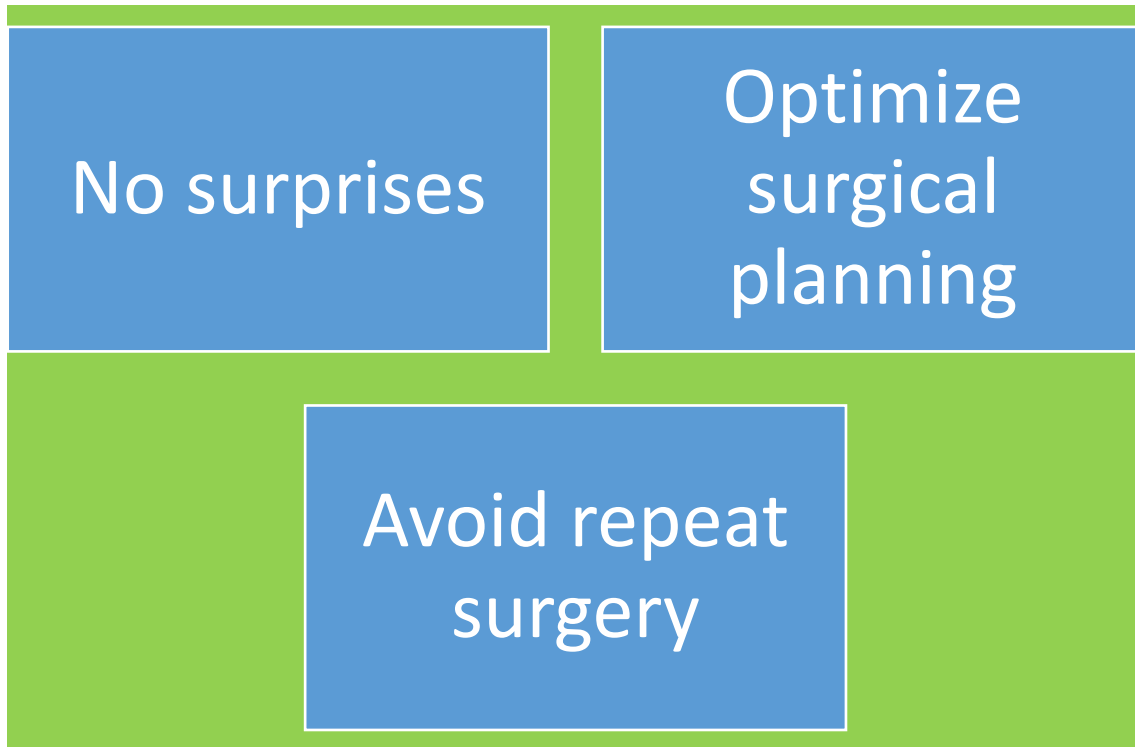


Gynecologist+general
surgeon



Serious Complications
(anastomotic leakage
& development of
rectovaginal fistula)

TVUS for DIE



scan

```
graph TD; A[scan] --> B[Evaluate ant/post pelvic compartments]; A --> C[Check mobility of pelvic organs];
```

Evaluate
ant/post pelvic
compartments

Check mobility
of pelvic organs

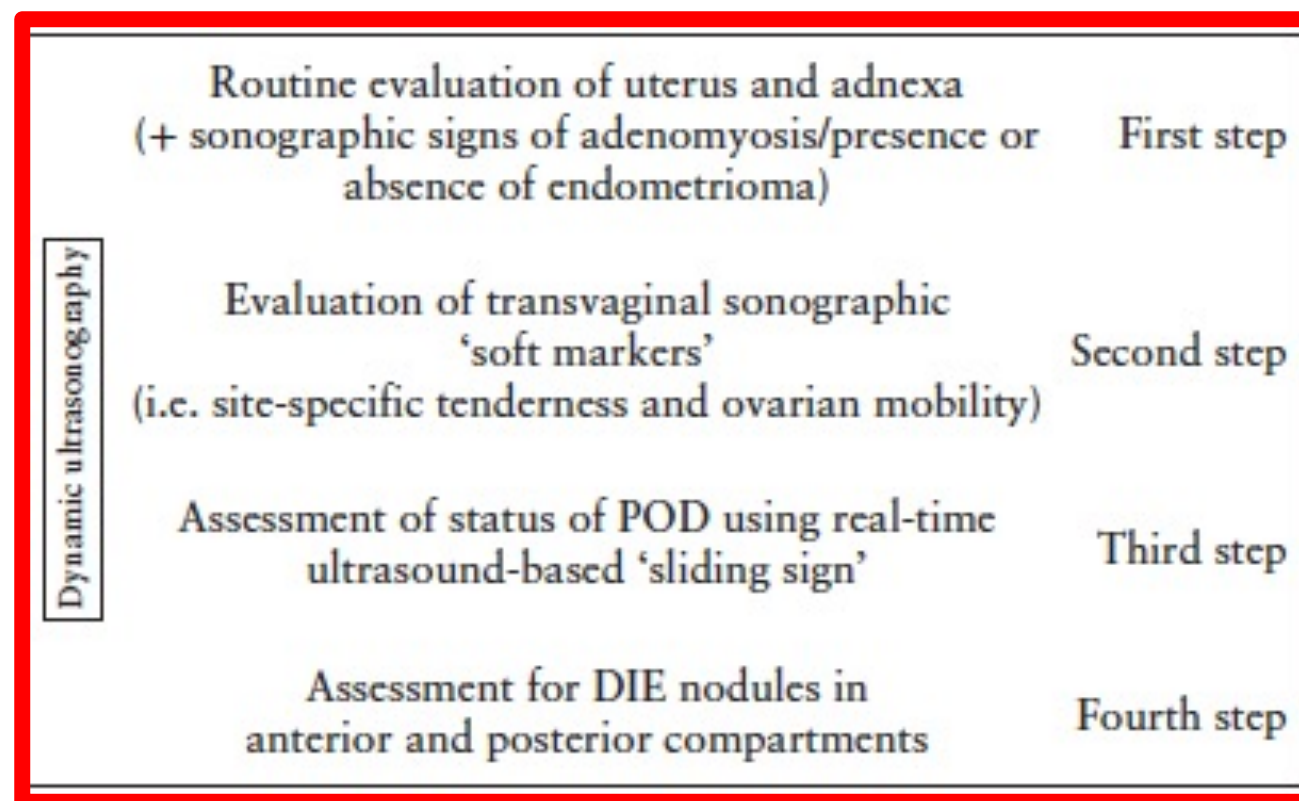
Need of Consensus Opinion

- To perform US in a standardized manner
- To standardize the measurement of endometriotic lesions
- To standardize terminology used when describing the location of DIE and the sonographic features of DIE



Systematic approach to sonographic evaluation of the pelvis in women with suspected endometriosis, including terms, definitions and measurements: a consensus opinion from the International Deep Endometriosis Analysis (IDEA) group

S. GUERRIERO¹#, G. CONDOUS²#, T. VAN DEN BOSCH³, L. VALENTIN⁴, F. P. G. LEONE⁵, D. VAN SCHOU BROECK³, C. EXACOUSTOS⁶, A. J. F. INSTALLÉ⁷, W. P. MARTINS⁸, M. S. ABRAO⁹, G. HUDELIST¹⁰, M. BAZOT¹¹, J. L. ALCAZAR¹², M. O. GONÇALVES¹³, M. A. PASCUAL¹⁴, S. AJOSSA¹, L. SAVELLI¹⁵, R. DUNHAM¹⁶, S. REID¹⁷, U. MENAKAYA¹⁸, T. BOURNE¹⁹, S. FERRERO²⁰, M. LEON²¹, T. BIGNARDI²², T. HOLLAND²³, D. JURKOVIC²³, B. BENACERRAF²⁴, Y. OSUGA²⁵, E. SOMIGLIANA²⁶ and D. TIMMERMAN³

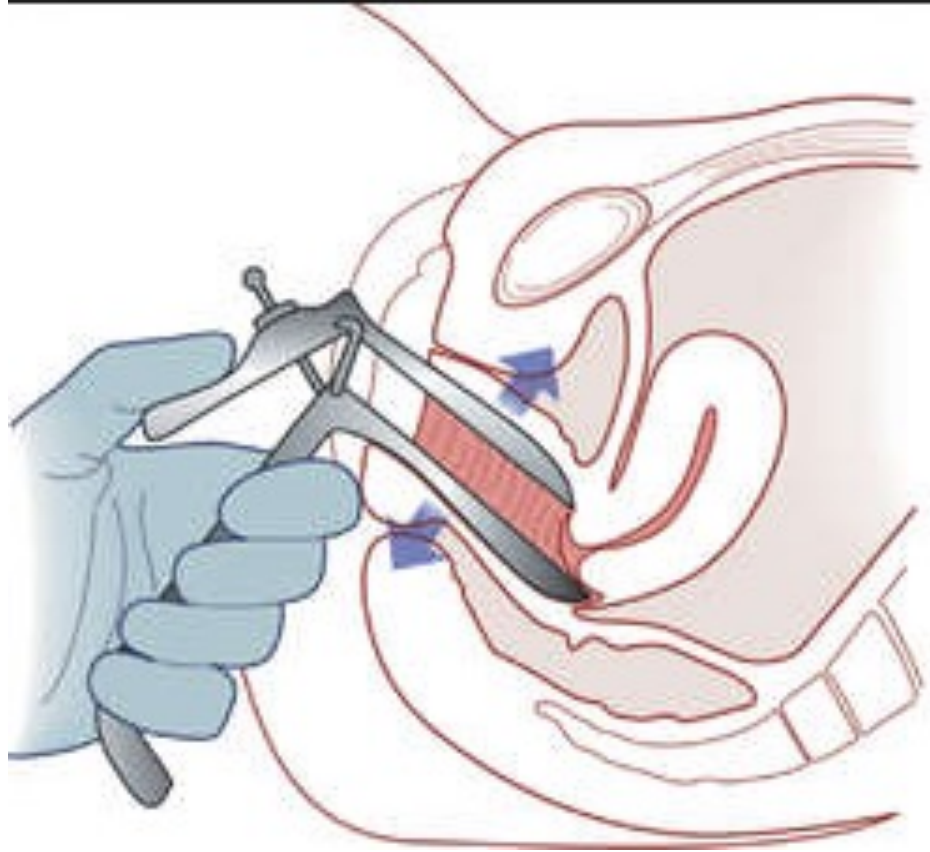


HISTORY



- age; height; weight; ethnic origin; parity;
- bleeding pattern (regular, irregular or absent); last menstrual period;
- pain (dysmenorrhea, dyspareunia, dysuria, dyschezia, chronic pelvic pain);
- hematochezia and/or hematuria. The onset and duration, VAS
- Subfertility including duration of subfertility; treatment for infertility
- and outcome of fertility treatment;
- previous surgery for endometriosis, previous non-surgical treatment for endometriosis (type, duration, effect);
- previous myomectomy or Cesarean delivery
- Family history of endometriosis

PELVIC EXAMINATION



- The pelvic examination should include speculum examination (direct visualization of vaginal or cervical D/E) and vaginal palpation.
- Mobility, fixation and/or tenderness of the uterus should be evaluated carefully.
- Site-specific tenderness in the pelvis should also be evaluated.

Routine Evaluation of the Uterus and the Adnexae

1ST STEP

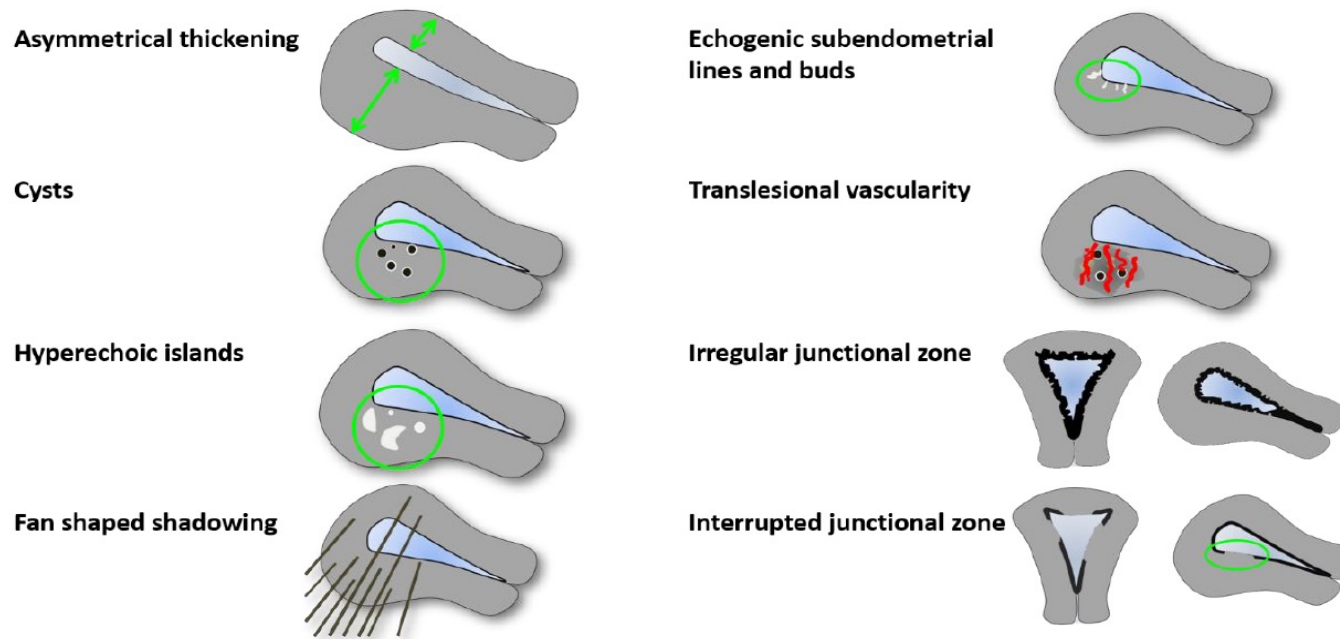
- The mobility of the uterus : normal, reduced or fixed
- Sonographic signs of adenomyosis
- The presence or absence of endometriomas



Terms, definitions and measurements to describe sonographic features of myometrium and uterine masses: a consensus opinion from the Morphological Uterus Sonographic Assessment (MUSA) group

T. VAN DEN BOSCH*#, M. DUEHOLM†#, F. P. G. LEONE‡, L. VALENTIN§, C. K. RASMUSSEN†, A. VOTINO¶, D. VAN SCHOUBROECK*, C. LANDOLFO**, A. J. F. INSTALLÉ††††, S. GUERRIERO§§, C. EXACOUSTOS¶¶, S. GORDTS***, B. BENACERRAF††††, T. D'HOOGHE‡‡‡, B. DE MOOR††††, H. BRÖLMANN§§§, S. GOLDSTEIN¶¶¶, E. EPSTEIN^, T. BOURNE*~ and D. TIMMERMAN*

Figure 20: Schematic drawings illustrating the ultrasound features currently considered to be typical of adenomyosis.



The Association of Adenomyosis with Endometriosis Severity

Endometriosis Severity	Stage	Adenomyosis (n = 82)	No Adenomyosis (n = 152)	p Value
Endometriosis, * % [†] (n)		74.4 (61)	66.4 (101)	.24
Endometriosis stage, % [‡] (n)	Stage I	27.9 (17)	60.8 (62)	<.001
	Stage II	13.1 (8)	13.7 (14)	
	Stage III	18.0 (11)	15.7 (16)	
	Stage IV	41.0 (25)	9.8 (10)	
Endometriomas, % [†] (n)		39.0 (32)	15.1 (23)	<.001
Bilateral endometriomas, % [†] (n)		14.6 (12)	2.6 (4)	.001
Deep infiltrating endometriosis, % [†] (n)		42.5 (34)	19.7 (30)	<.001

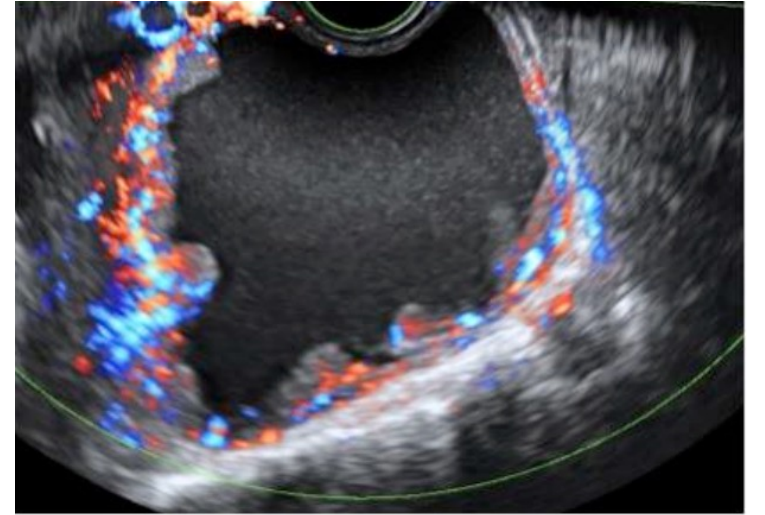
Sonographic Characteristics Of Endometriomas

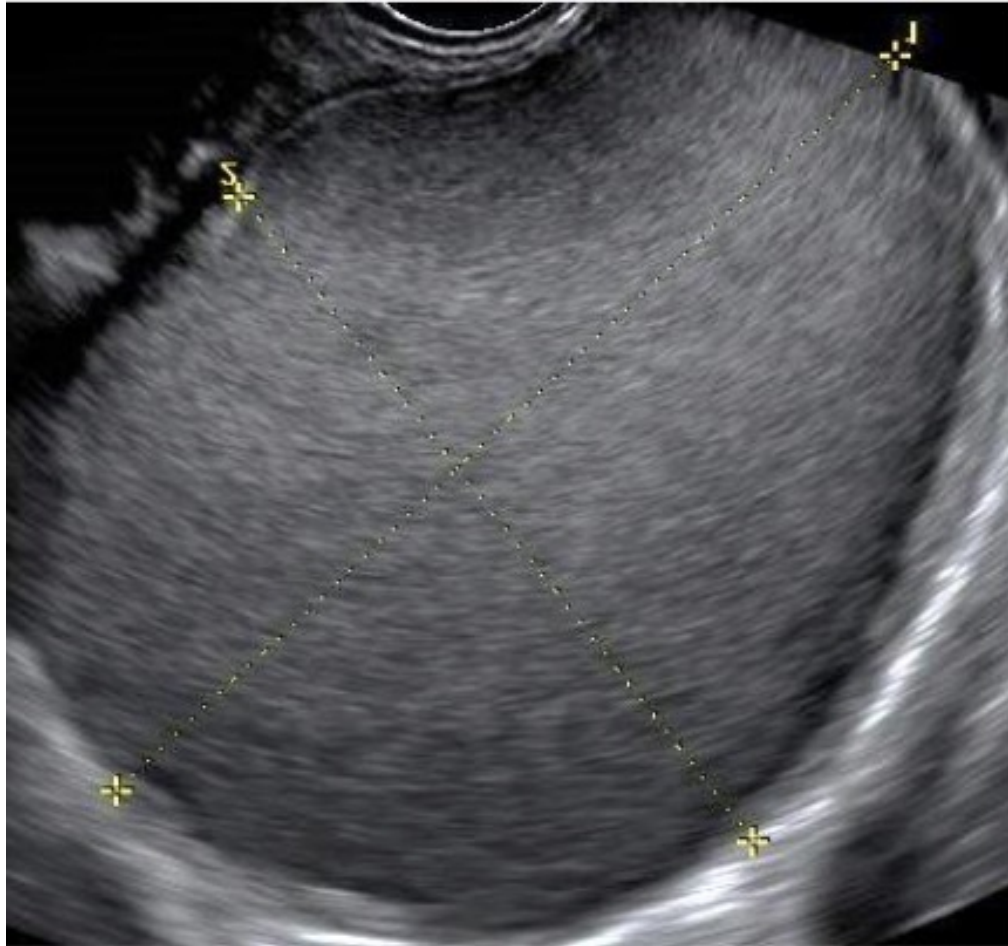
	Age categories (years)					
	18-24 N = 78 (8%)	25-29 N = 201 (20%)	30-34 N = 233 (23%)	35-39 N = 185 (18%)	40-44 N = 158 (16%)	≥45 N = 150 (15%)
Tender mass on scan	36 (46%)	81 (40%)	93 (40%)	67 (36%)	48 (30%)	41 (27%)
Type of tumour						
Unilocular	59 (76%)	143 (71%)	165 (71%)	128 (69%)	94 (59%)	76 (51%)
Unilocular-solid	3 (4%)	12 (6%)	16 (7%)	12 (6%)	11 (7%)	17 (11%)
Multilocular	11 (14%)	37 (18%)	42 (18%)	31 (17%)	39 (25%)	41 (27%)
Multilocular-solid	3 (4%)	6 (3%)	9 (4%)	12 (6%)	12 (8%)	14 (9%)
Purely solid	2 (3%)	3 (1%)	1 (0%)	2 (1%)	2 (1%)	2 (1%)
Echogenicity						
Anechoic	2 (3%)	6 (3%)	4 (2%)	6 (3%)	8 (5%)	16 (11%)
Homogeneous low-level	9 (12%)	17 (8%)	31 (13%)	21 (11%)	23 (15%)	26 (17%)
Ground glass	60 (77%)	162 (81%)	187 (80%)	140 (76%)	111 (70%)	93 (62%)
Haemorrhagic	2 (3%)	4 (2%)	1 (0%)	3 (2%)	6 (4%)	2 (1%)
Mixed	3 (4%)	9 (4%)	9 (4%)	13 (7%)	8 (5%)	11 (7%)
No cyst fluid	2 (3%)	3 (1%)	1 (0%)	2 (1%)	2 (1%)	2 (1%)

Presence of papillations	2 (3%)	12 (6%)	17 (7%)	16 (9%)	14 (9%)	21 (14%)
Number of papillations						
0	76 (97%)	189 (94%)	216 (93%)	169 (91%)	144 (91%)	129 (86%)
1	2 (3%)	7 (3%)	14 (6%)	12 (6%)	9 (6%)	15 (10%)
2	0 (0%)	3 (1%)	1 (0%)	2 (1%)	1 (1%)	2 (1%)
3	0 (0%)	1 (1%)	0 (0%)	1 (1%)	2 (1%)	2 (1%)
>3	0 (0%)	1 (1%)	2 (1%)	1 (1%)	2 (1%)	2 (1%)
Largest papillation height (mm), if present	19.5 (13.0)	7.5 (5.0)	8.0 (8.0)	10.0 (6.0)	8.5 (4.0)	7.0 (5.0)
Blood flow within papillations, if present	1 (50%)	4 (33%)	3 (18%)	5 (31%)	1 (7%)	9 (43%)
Presence of solid component	8 (10%)	21 (10%)	26 (11%)	26 (14%)	25 (16%)	33 (22%)
Proportion solid component, if present	0.4 (0.5)	0.3 (0.3)	0.3 (0.4)	0.4 (0.3)	0.4 (0.3)	0.3 (0.4)

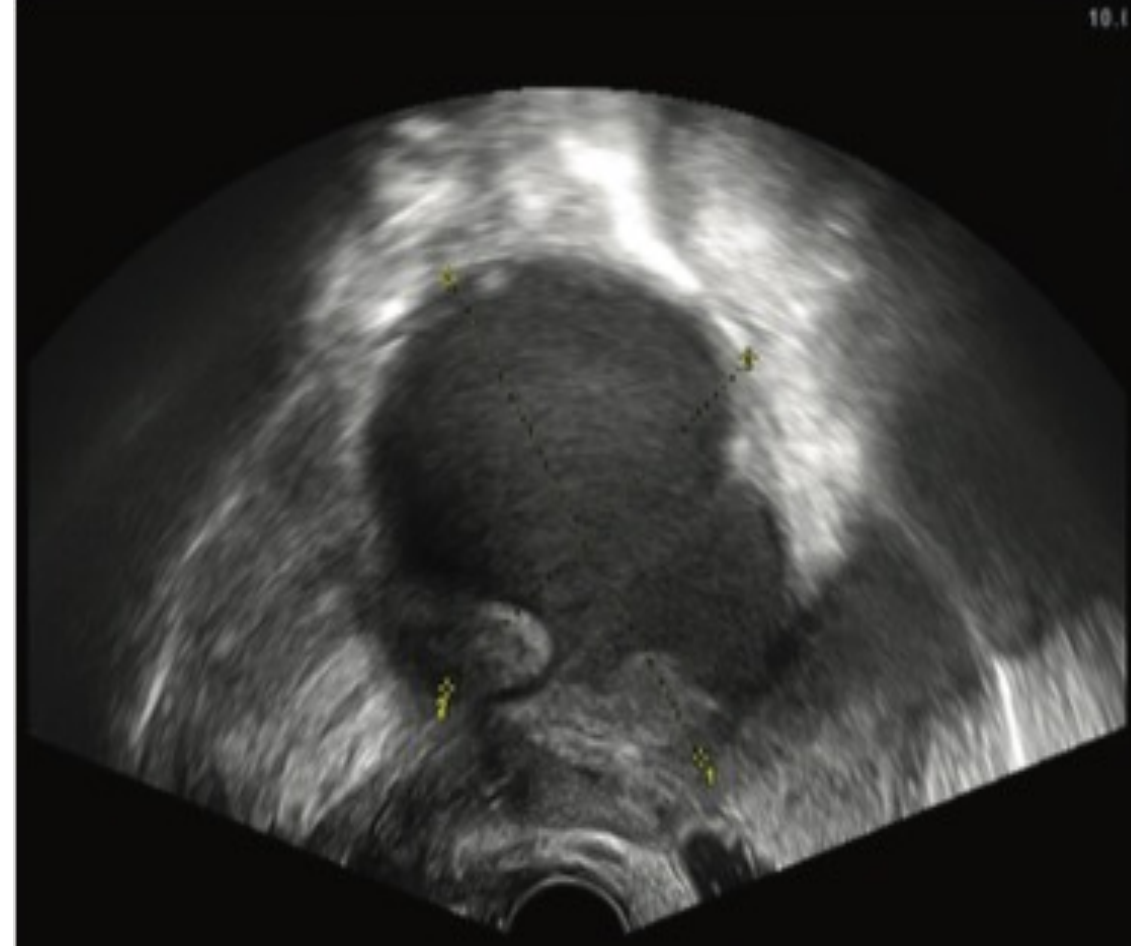
Largest diameter of lesion, mm	50.0 (31.0)	53.0 (32.0)	55.0 (35.0)	51.0 (29.0)	53.5 (35.0)	56.0 (34.0)
Colour score						
No colour	30 (38%)	73 (36%)	96 (41%)	68 (37%)	61 (39%)	52 (35%)
Minimal colour	37 (47%)	87 (43%)	92 (39%)	82 (44%)	68 (43%)	60 (40%)
Moderate colour	9 (12%)	32 (16%)	42 (18%)	29 (16%)	26 (16%)	37 (25%)
Abundant colour	2 (3%)	9 (4%)	3 (1%)	6 (3%)	3 (2%)	1 (1%)

- Size- mean of three orthogonal Planes
- the number of endometriomas
- ultrasound appearance should be noted



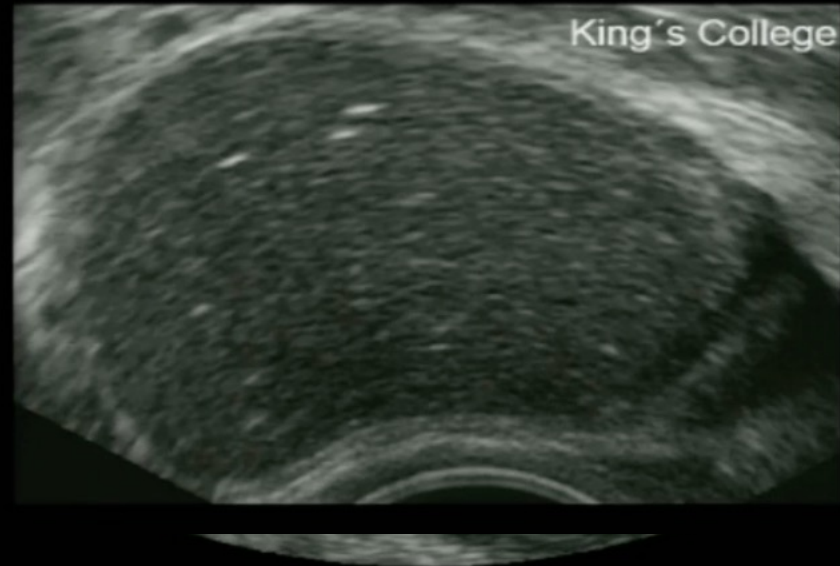
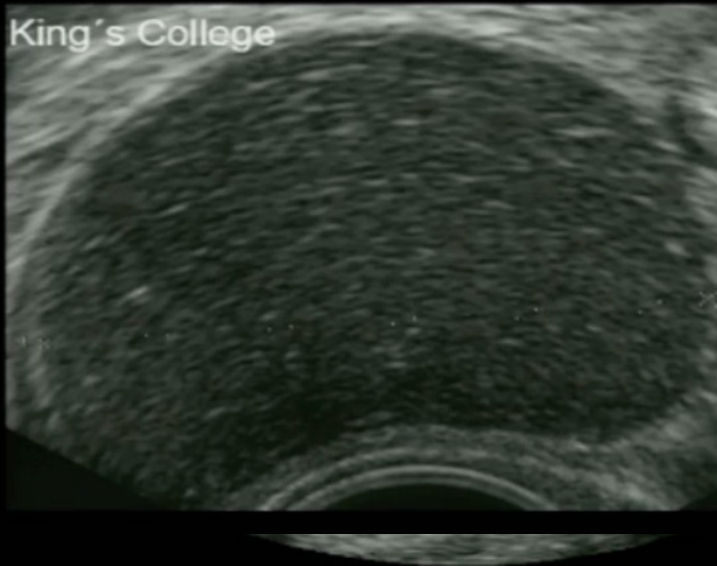


- a unilocular cyst with ground glass echogenicity of cyst content
- Cyst with homogeneous internal low-level echoes

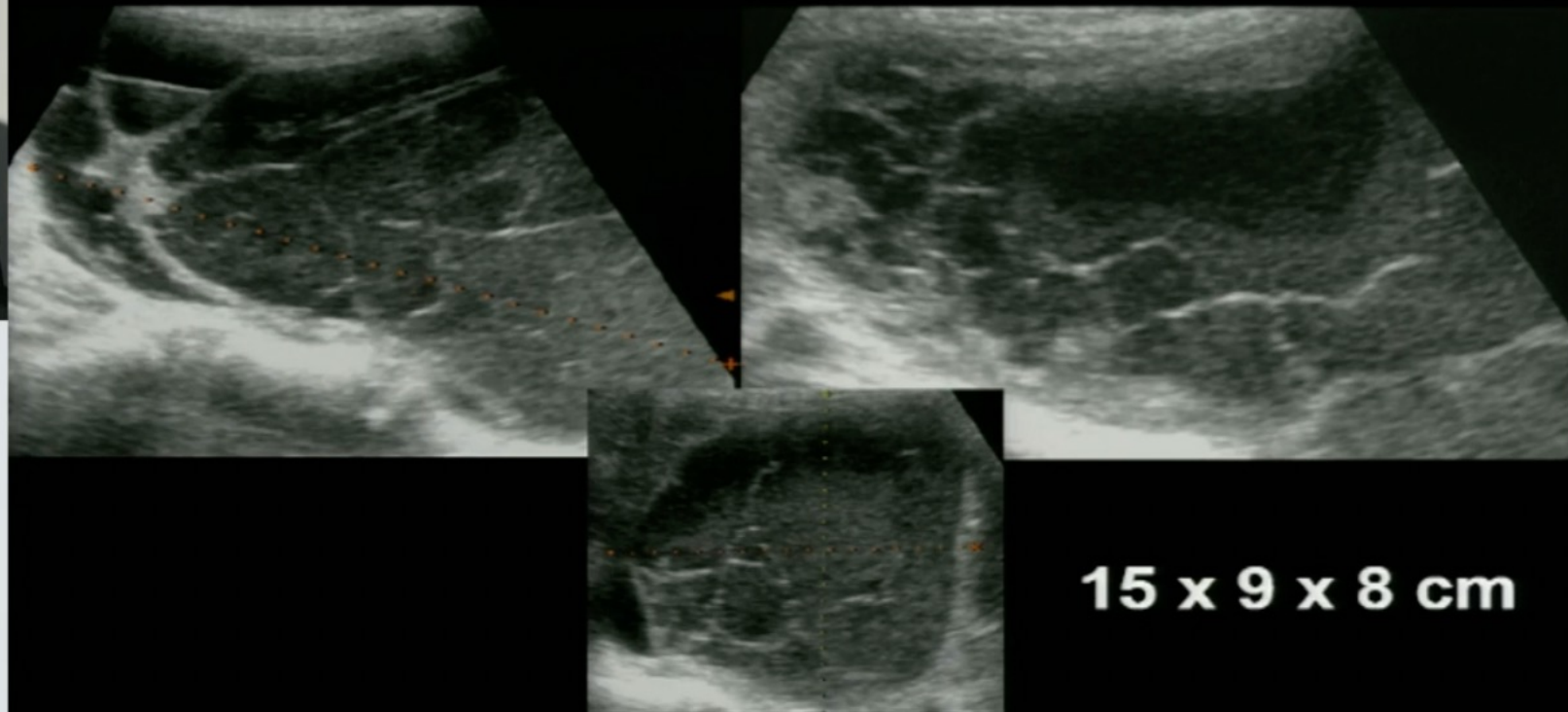


amorphous sludge attached to the cyst wall. Such sludge may be misinterpreted as a solid component.

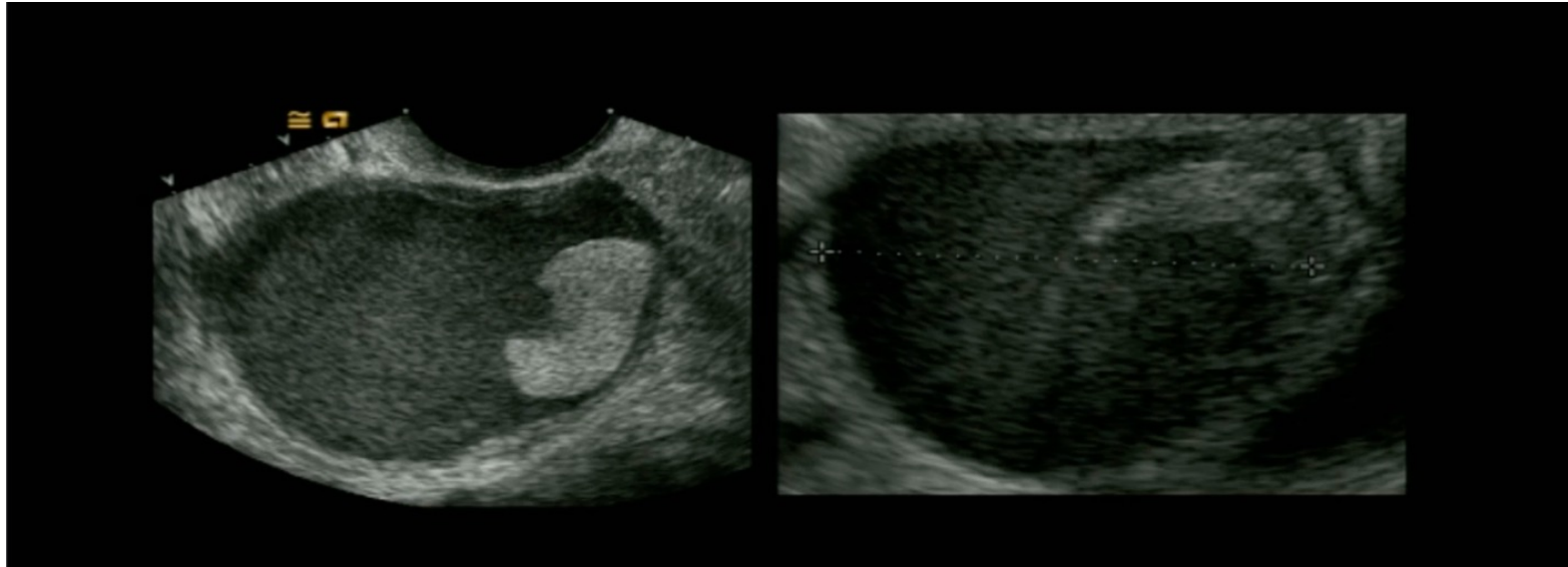
Atypical endometrioma - atypical internal echogenicity



Atypical endometrioma



Atypical endometrioma

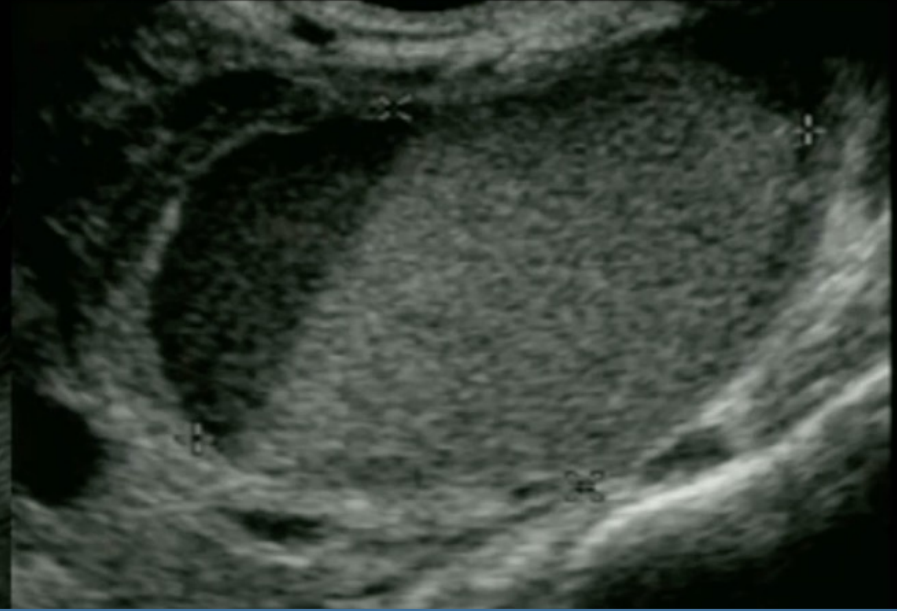


- Solid component ?
- Nope, retracted blood clot

Endometrioma with fluid level

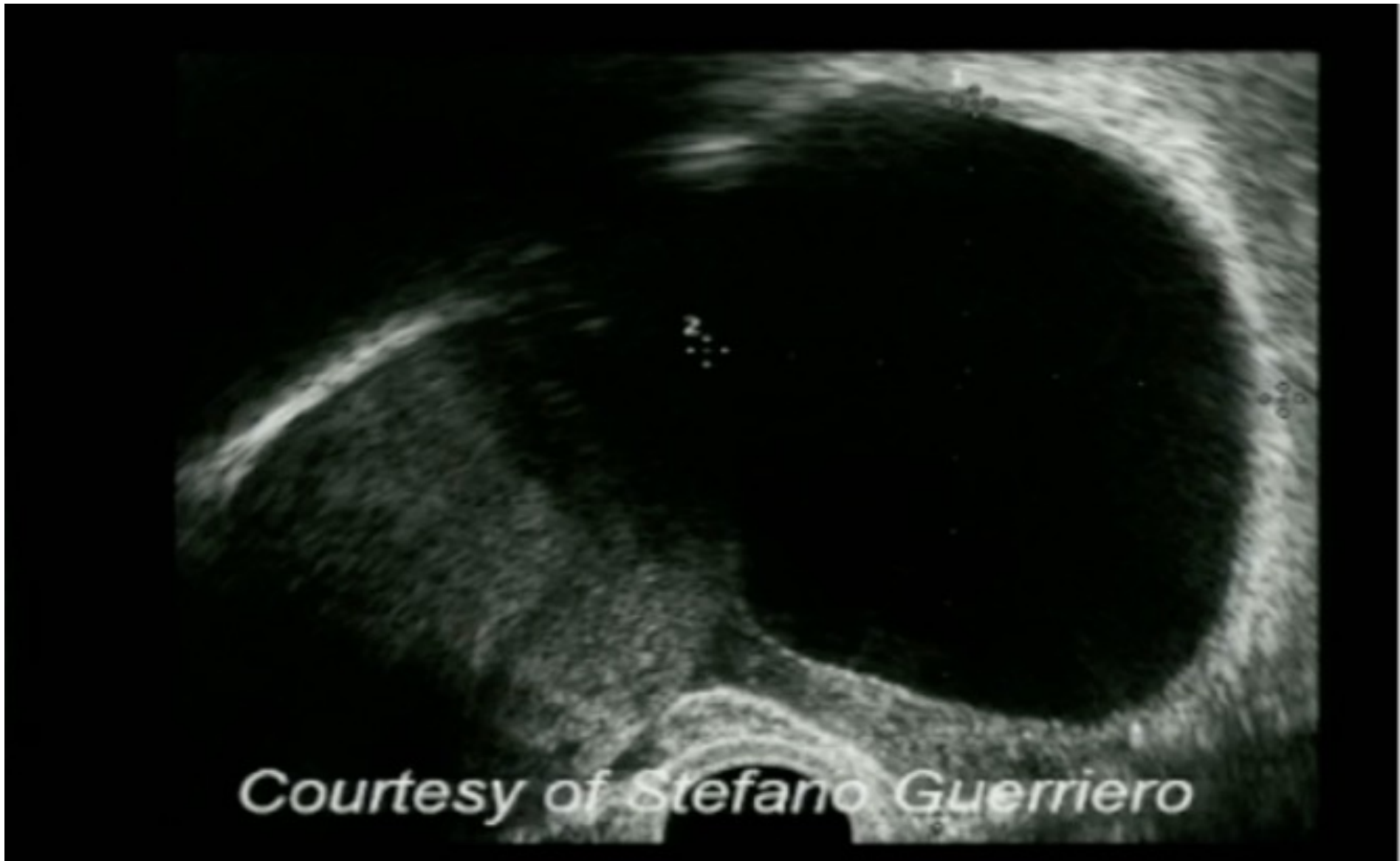


DERMOID

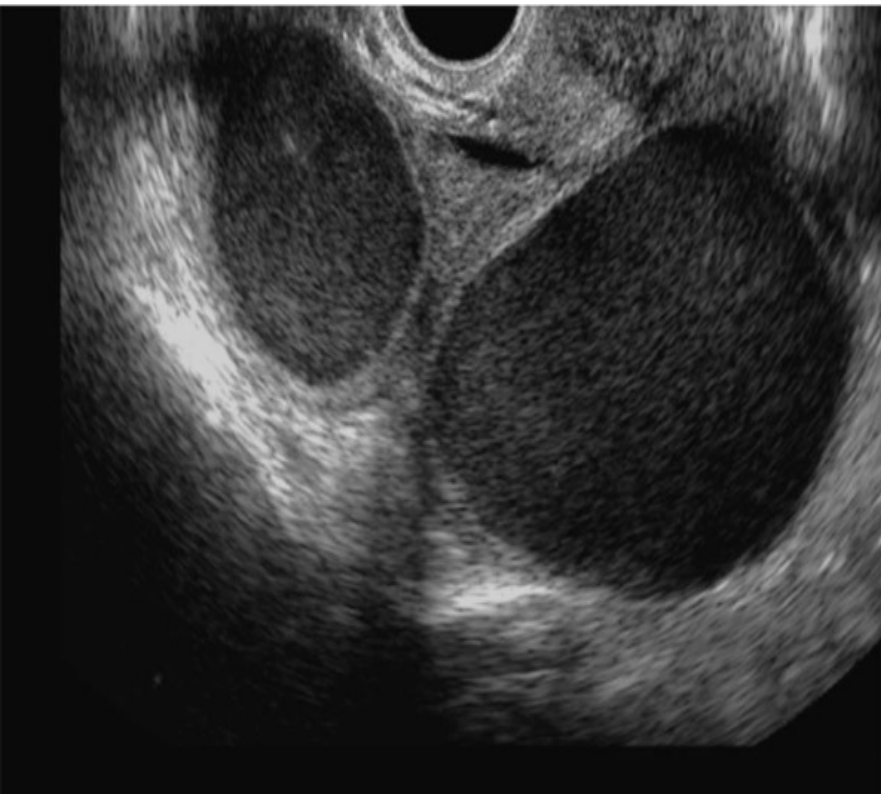


ENDOMETRIOMA

- Dermoid or endometrioma ? Fat floats



Clear looking unilocular cyst



- Kissing ovaries

Grade and disease location in patients with pelvic endometriosis.

Characteristics	Absence of kissing ovaries (n = 282)	Presence of kissing ovaries (n = 27)	P
Stage of the disease ^a			
Minimal	48 (17)	0	.01
Mild	72 (25.5)	0	<.001
Moderate	91 (32.3)	3 (11.1)	.02
Severe	71 (25.2)	24 (88.9)	<.0001
Fallopian tube involvement	93 (33.0)	25 (92.6)	<.0001
Completely obliterated cul-de-sac	62 (22.0)	17 (63.0)	<.0001
Mono-/bilateral ureteral endometriosis	9 (3.2)	5 (18.5)	.05
Uterosacral ligaments endometriosis	59 (20.9)	19 (70.4)	<.0001
Bladder endometriosis	9 (3.2)	1 (3.7)	.60
Bowel endometriosis	7 (2.5)	5 (18.5)	<.01

Ghezzi et al FS 2005

Isolated Ovarian Endometrioma: A History Between Myth and Reality

One hundred eighty-six patients (73%) had adhesions, and 134 patients (53%) showed signs of myometrial adenomyosis on TVS. Thirty-eight patients (15%) exhibited only a single isolated endometrioma with a mobile ovary and no other signs of pelvic endometriosis/adenomyosis at TVS.

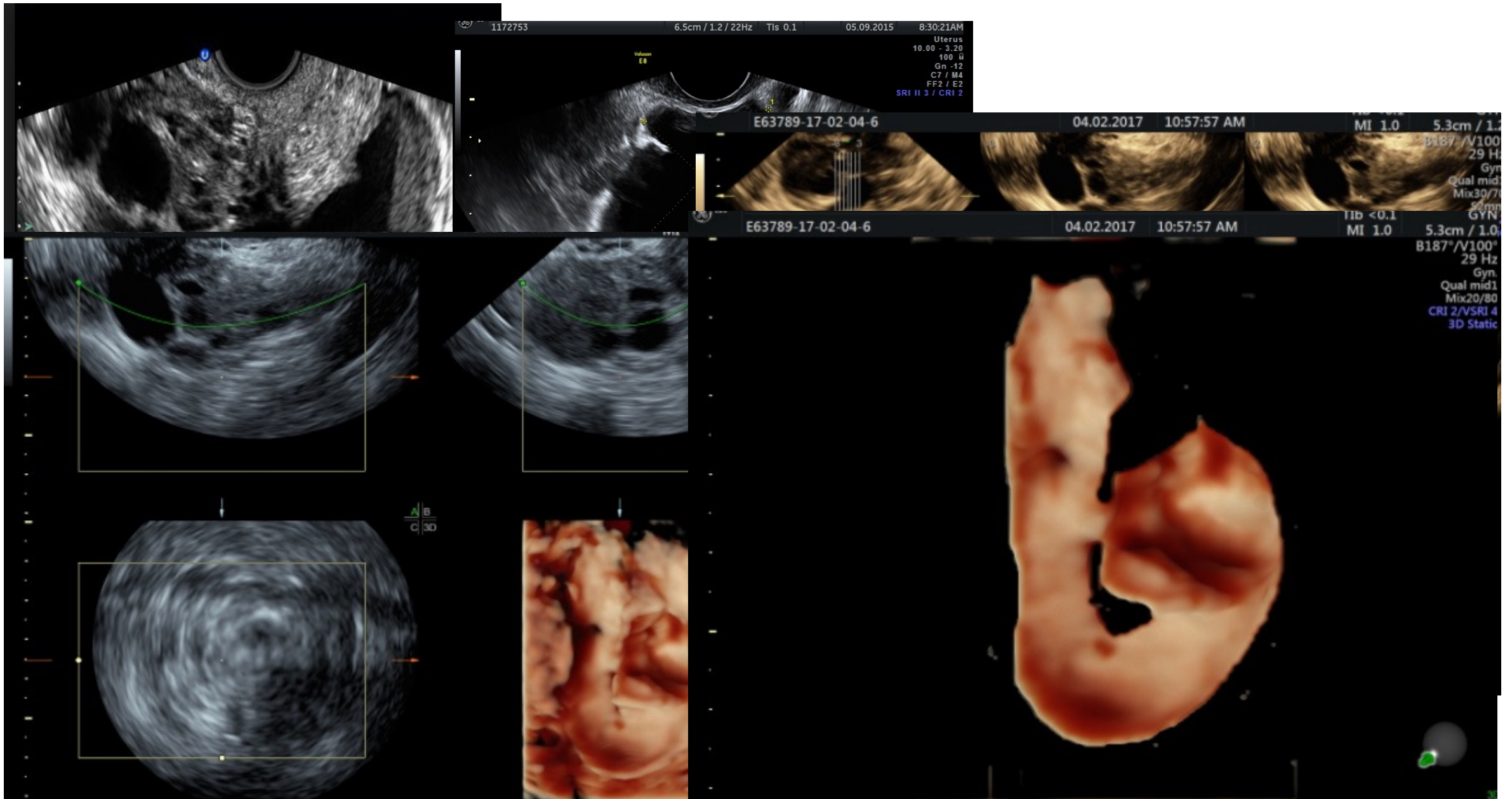
Evaluation of transvaginal sonographic 'soft markers' Second step

- Site-specific tenderness
- fixed ovaries



- Apply pressure between the uterus and ovary, assess if the ovary is fixed to the uterus medially, to the pelvic side wall laterally or to the USLs
- Search for hydro/hematosalpinx
- Presence of loculated peritoneal fluid in the pelvis.

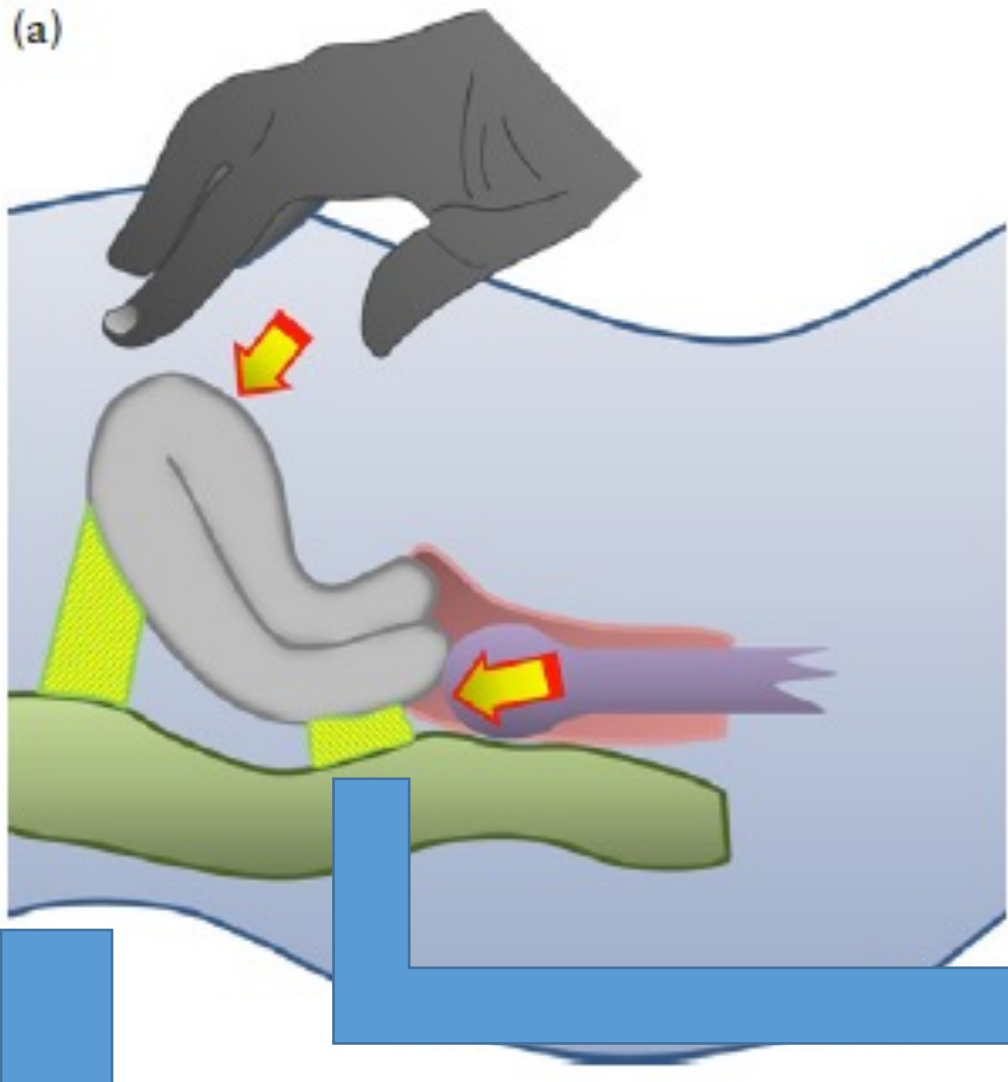




Assessment of status of POD using real-time
ultrasound-based 'sliding sign'

Third STEP

(a)



SLIDING SIGN

the anterior rectum glides freely across the posterior aspect of the cervix (retrocervical region) and posterior vaginal wall.

ballot the uterus between the palpating hand and the transvaginal probe (which is held in the other hand), to assess whether the anterior bowel glides freely over the posterior aspect of the upper uterus/fundus.

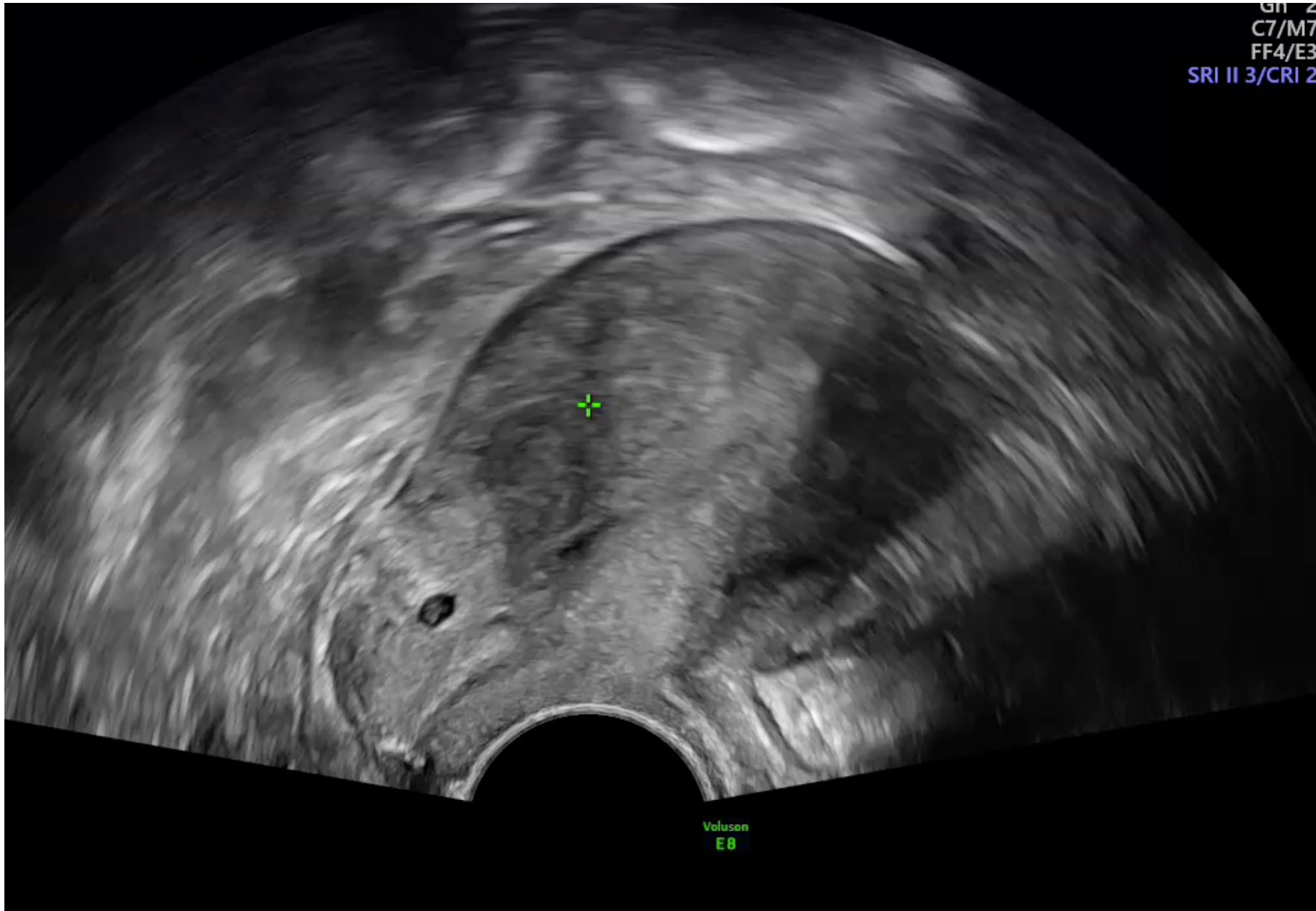
+ sliding
retrocervix



+ sliding
posterior
uterine
fundus

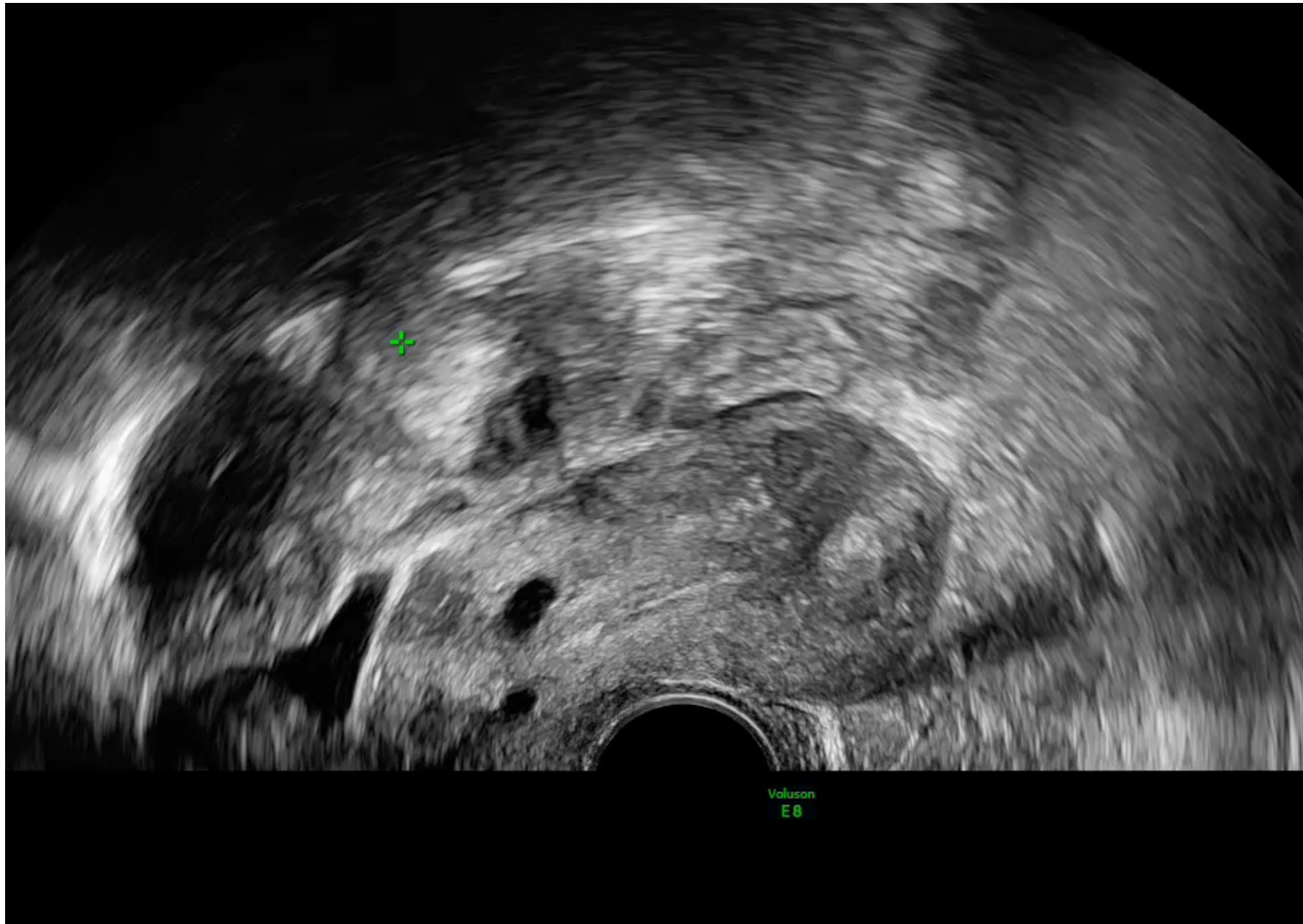


No
obliteration
in POD



GN 2
C7/M7
FF4/E3
SRI II 3/CRI 2

Voluson
E8



Assessment of DIE nodules

STEP 4

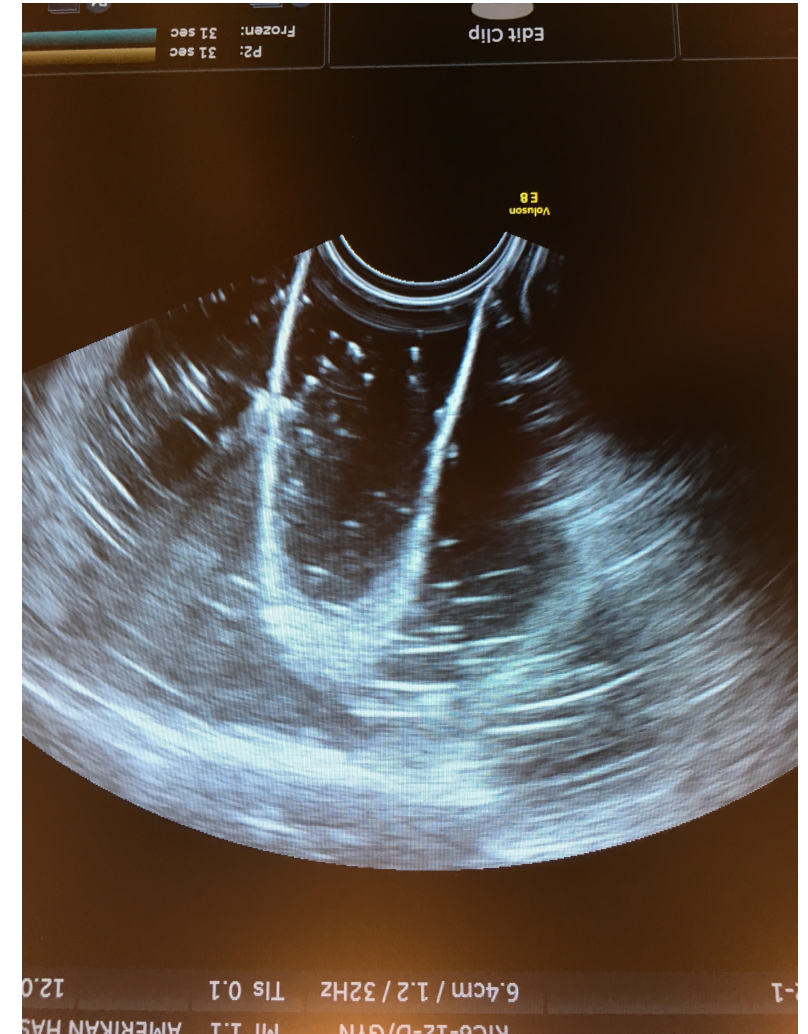
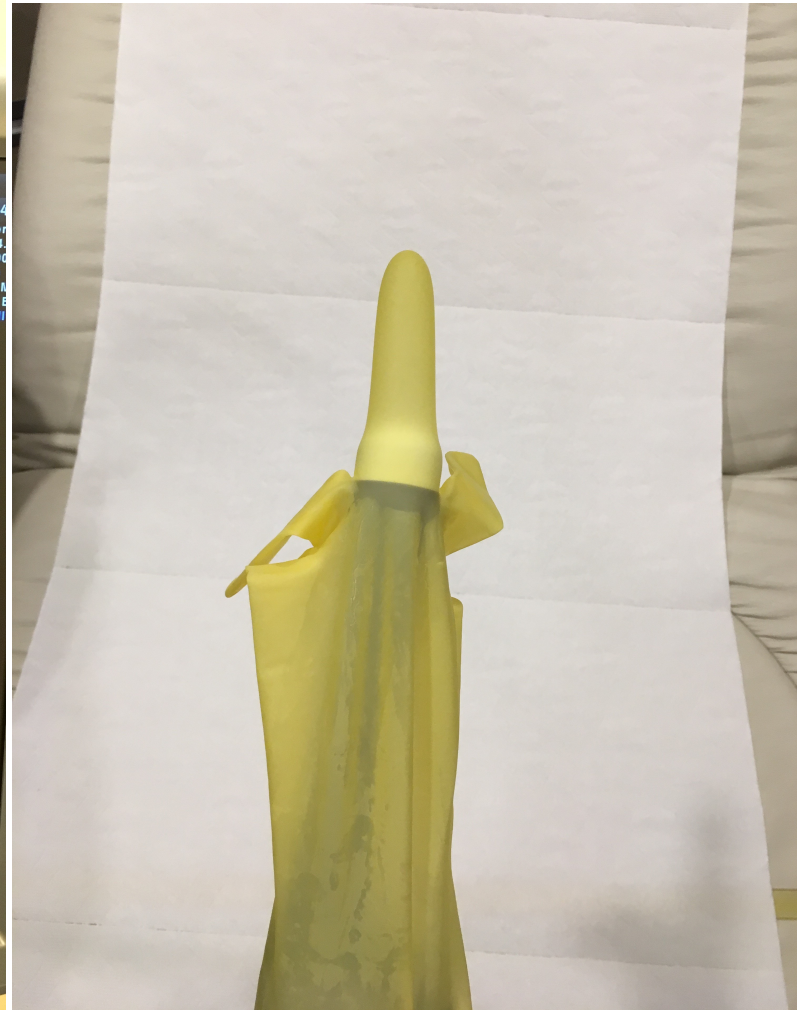


on the evening before the pelvic scan and
within an hour or 2 before the ultrasound

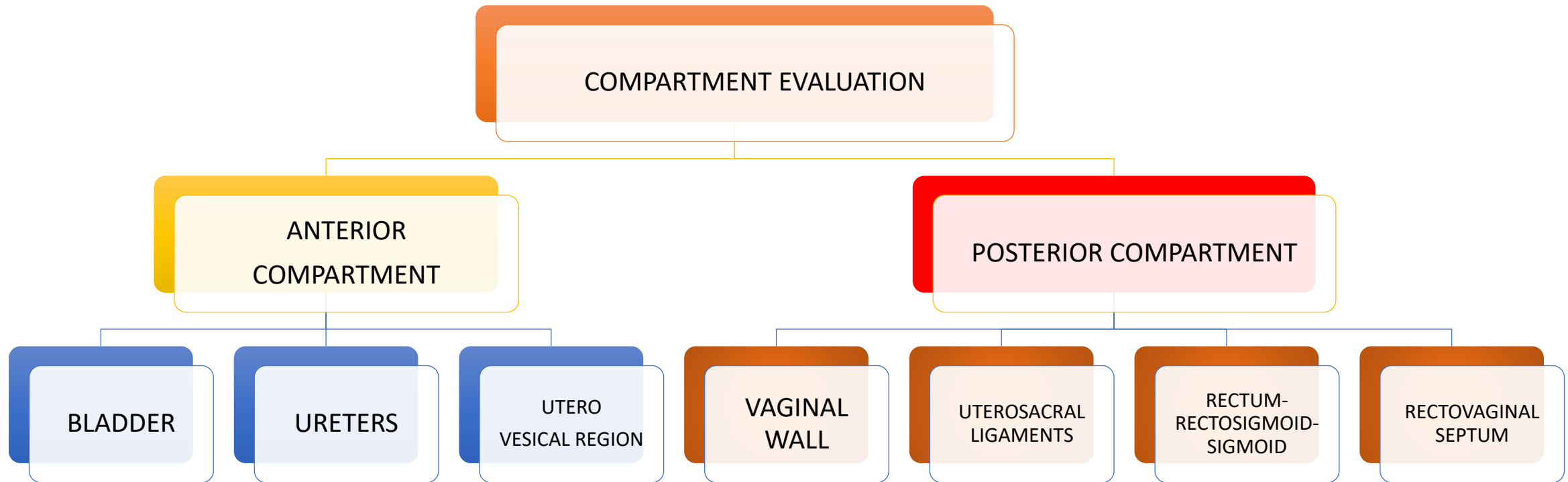
Bladder should not totally empty

- Spacious- quiet examination room
- Dedicated nurse
- Lidocaine vaginal gel





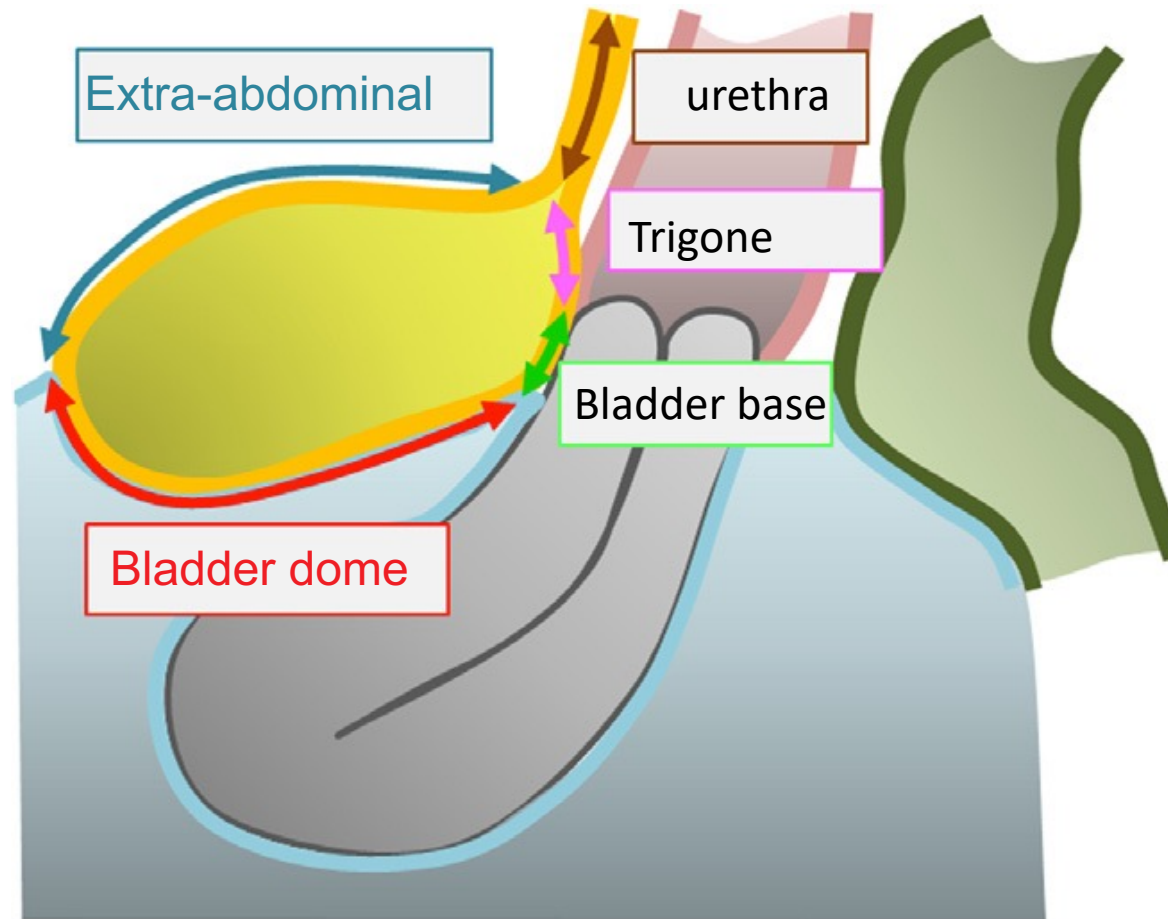
create an acoustic window between the transvaginal probe and the surrounding vaginal structures.



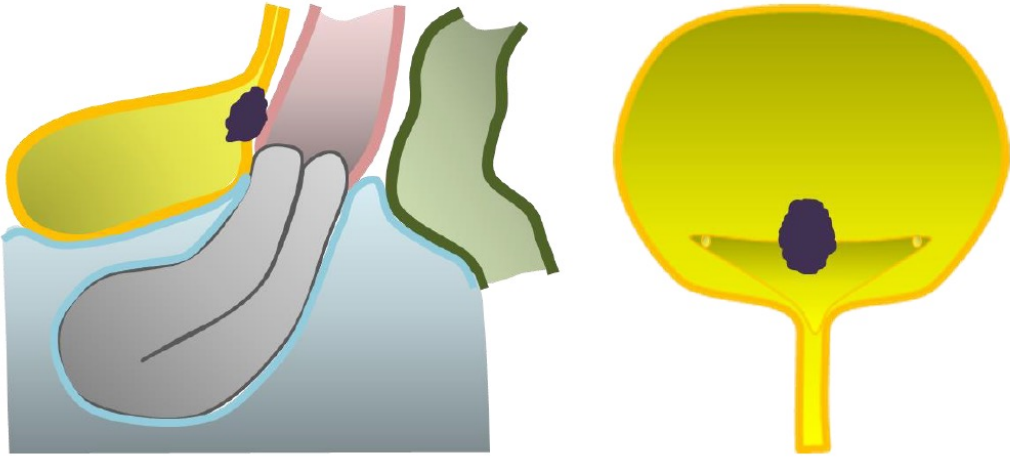
General Rule

- deep-infiltrating endometriosis (DIE) of hollow organs induces a retraction of margins with a subsequent irregular profile of both external and internal surfaces (i.e., bladder, bowels, and vagina),
- DIE of dense organs (i.e., peritoneal and retroperitoneal organs) maintains a nodular hypoechoic structure.

ANTERIOR COMPARTMENT



S4 (a) trigonal zone of bladder



S4 (b) base of bladder

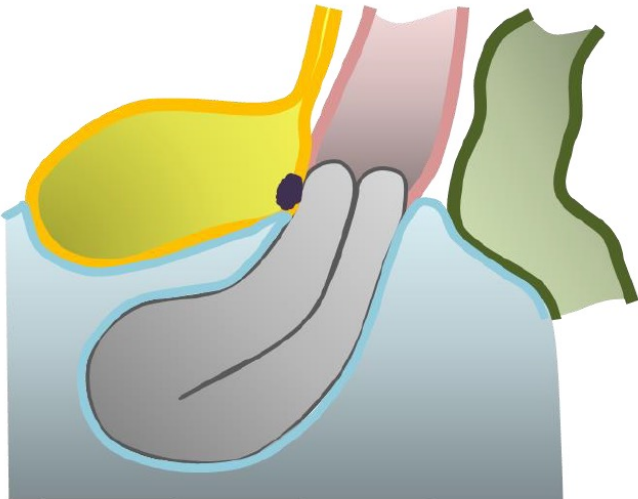
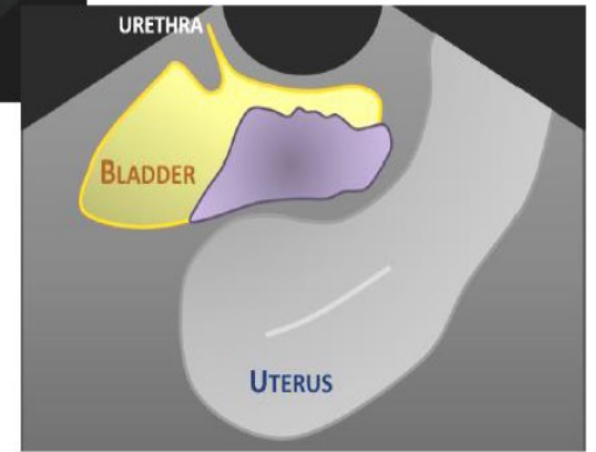
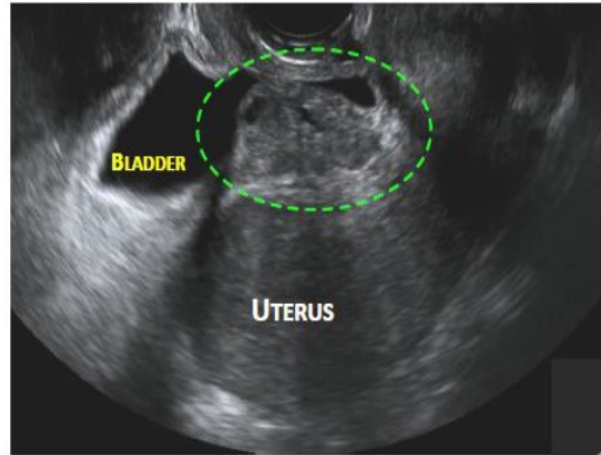
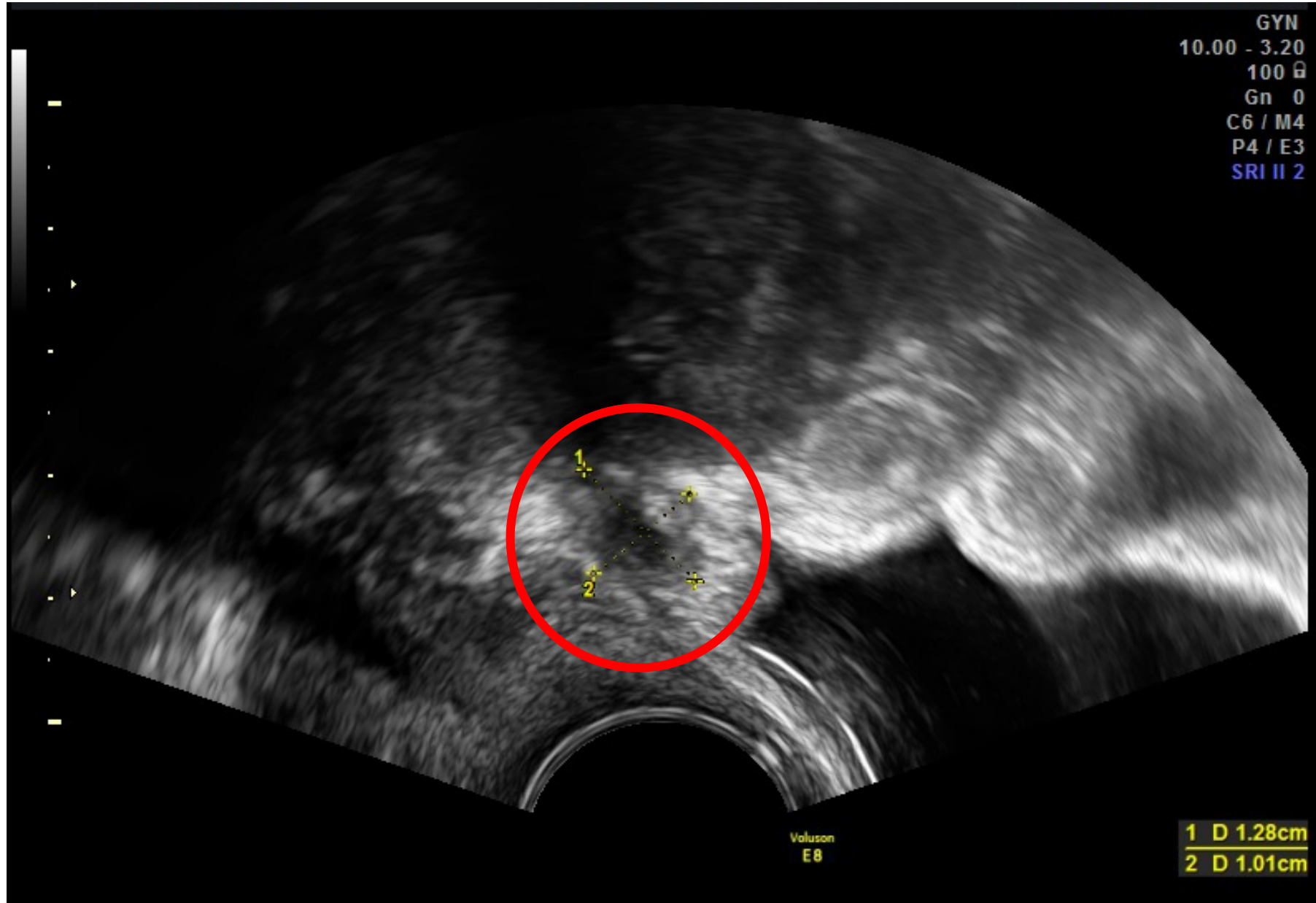
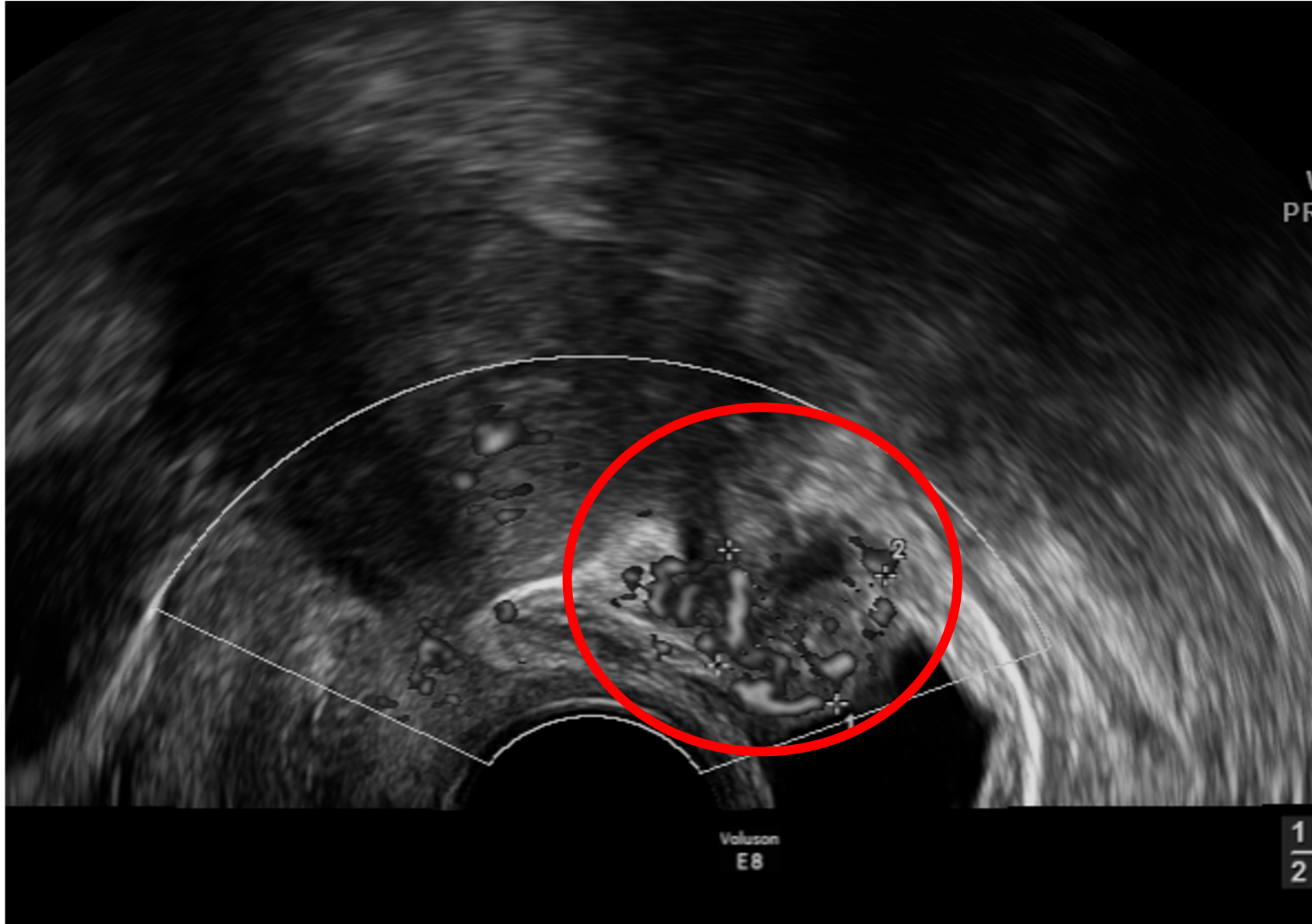
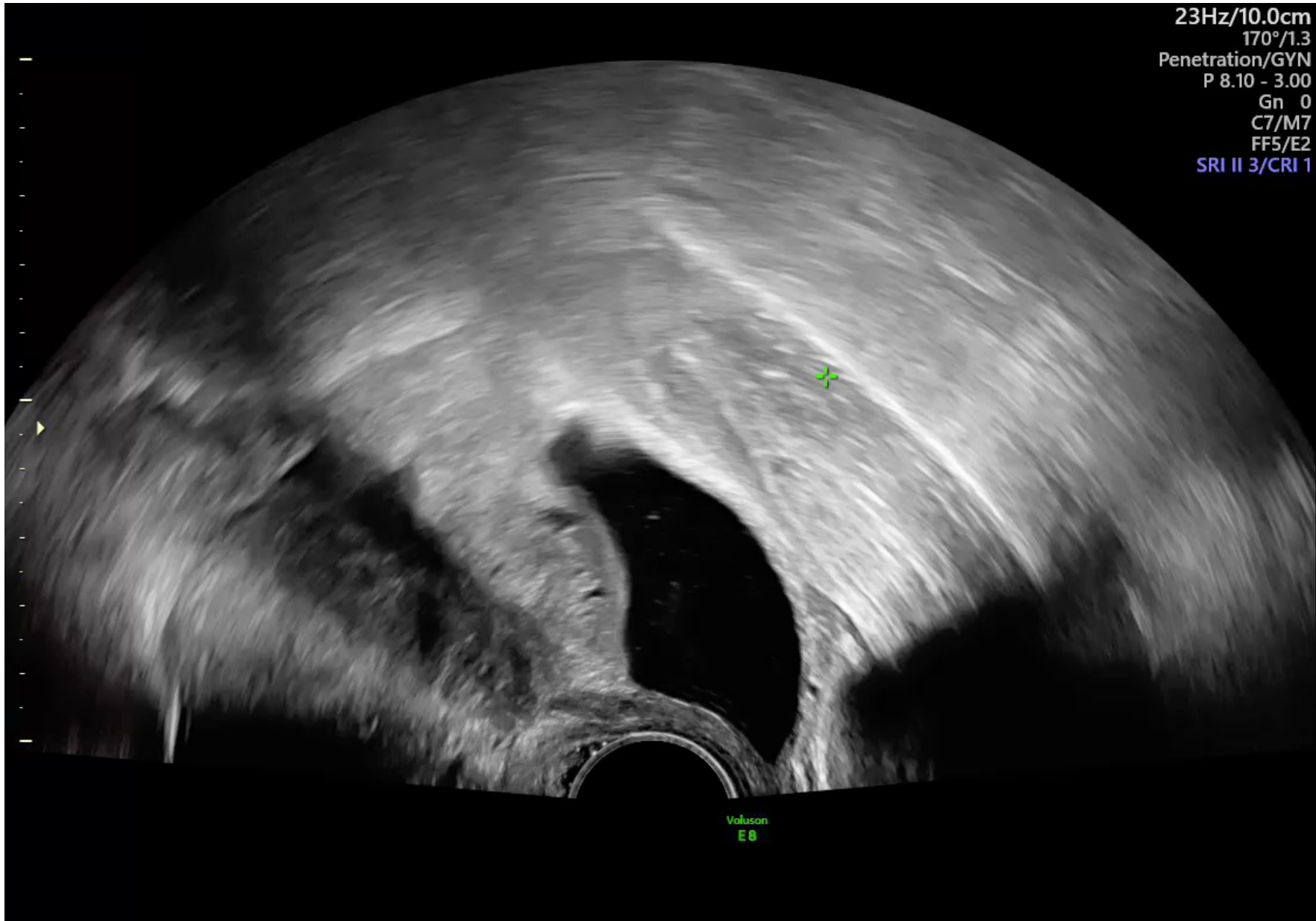


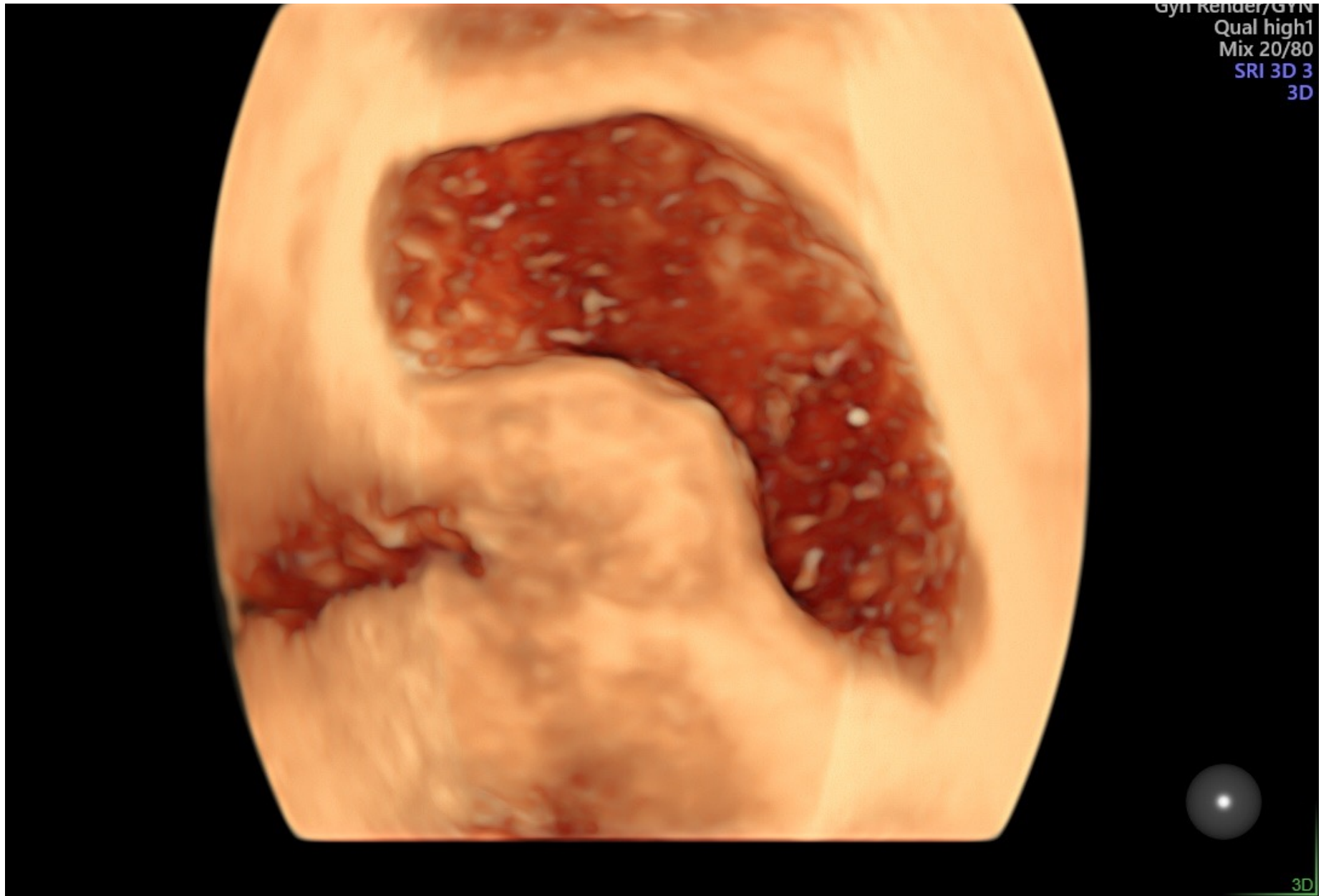
Figure S5 Schematic drawing and ultrasound image demonstrating the most frequent location of endometriotic bladder nodules: the bladder base.









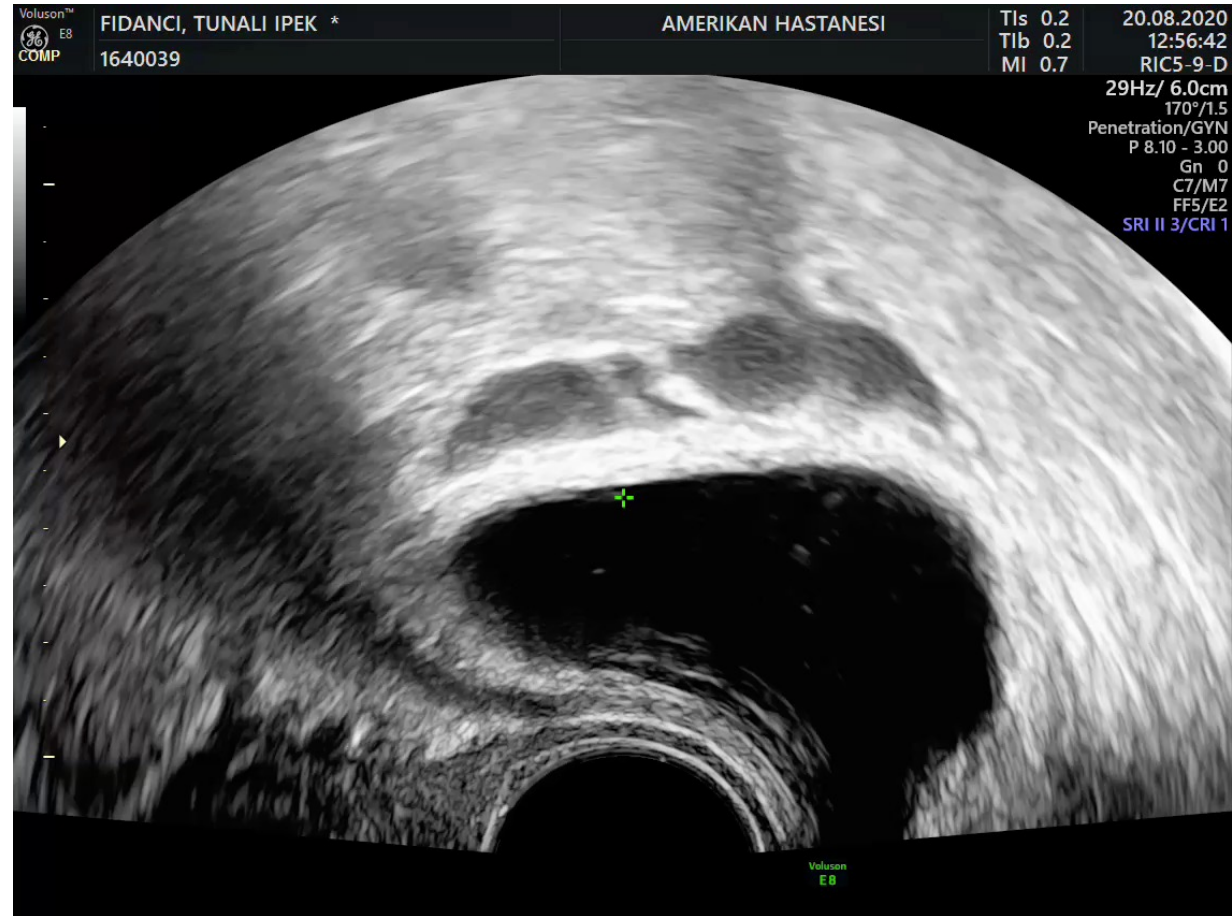


Gyn Render/GYN
Qual high1
Mix 20/80
SRI 3D 3
3D

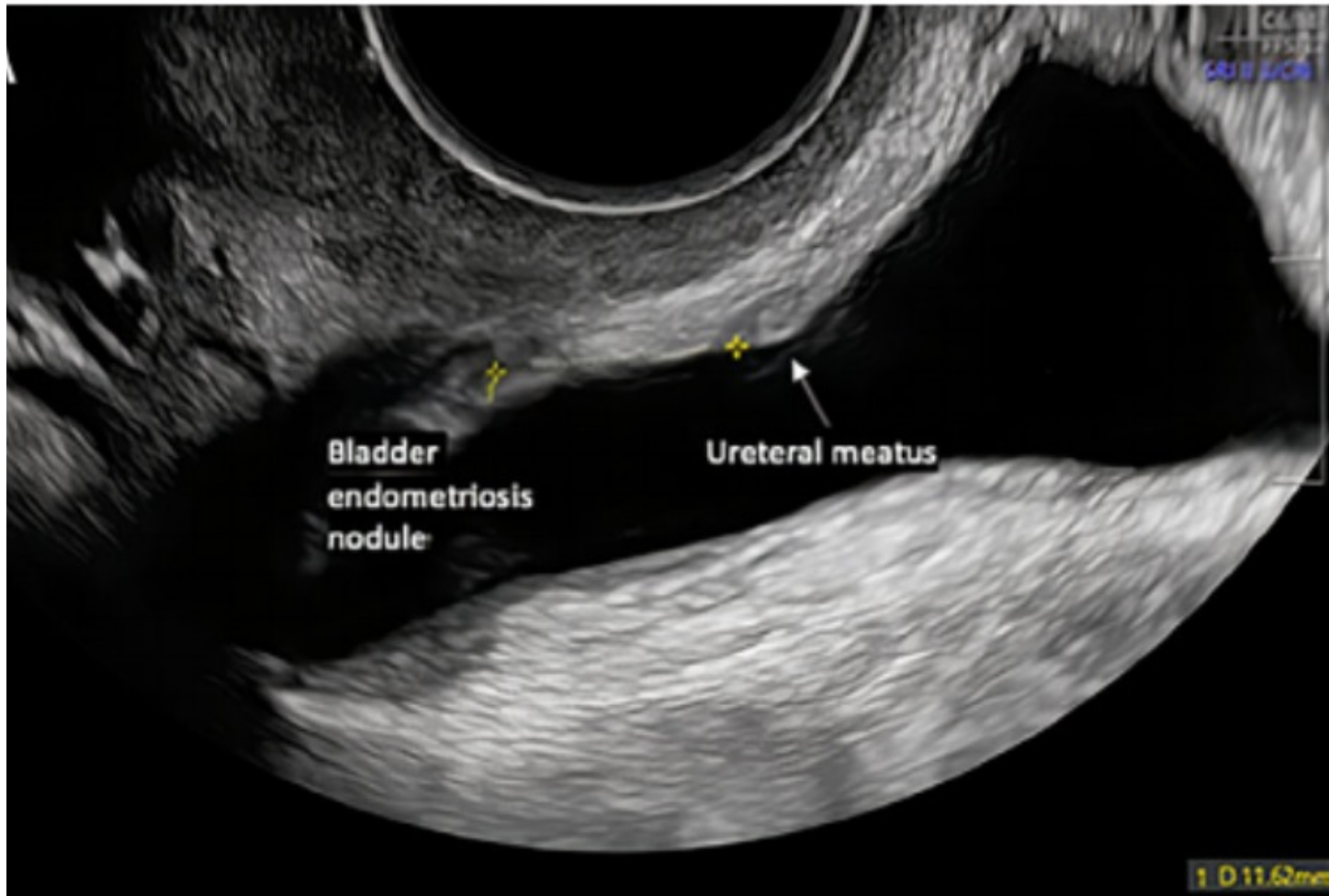
3D

Ureters

- Move the probe to lateral pelvic wall
- From intravesical segment to the level of bifurcation
- Always check for kidneys



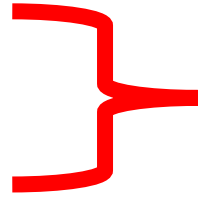




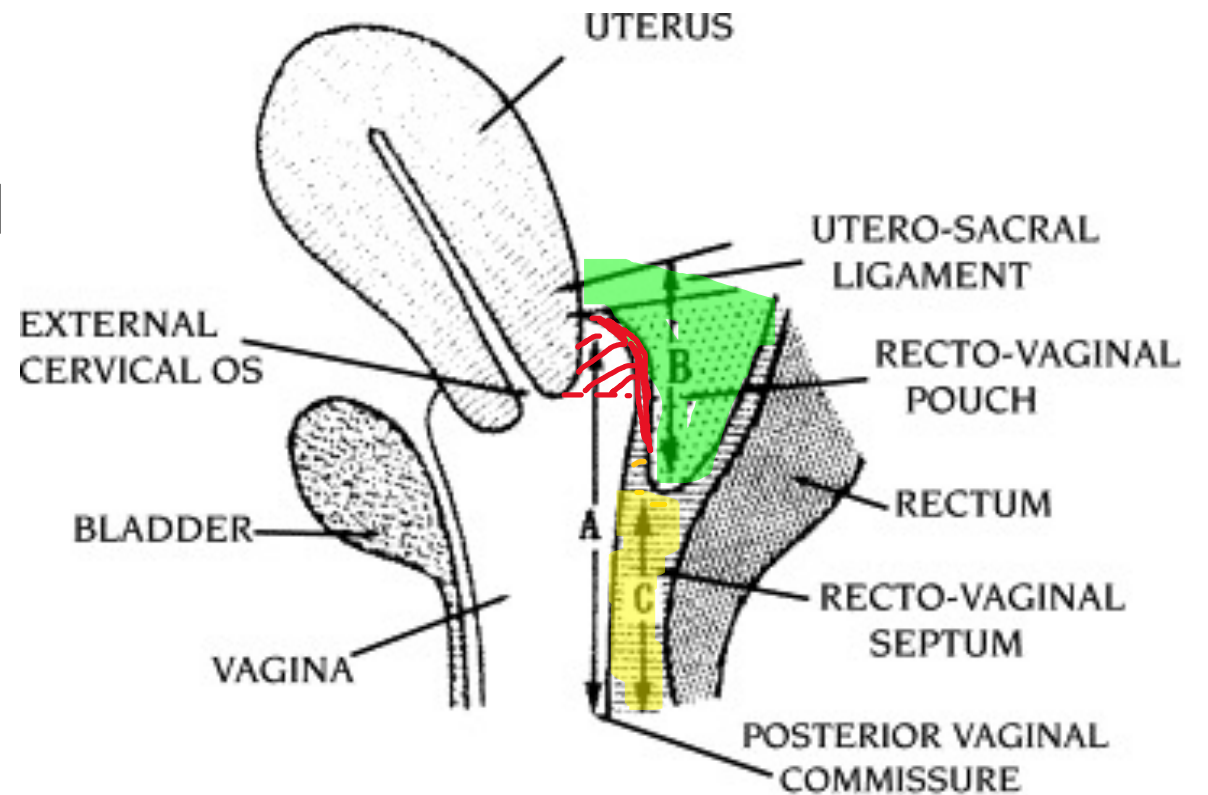
The distance between the lateral part of bladder endometriosis and the ureteric orifices is important !!!

POSTERIOR COMPARTMENT

- Rectovaginal Septum
- Vaginal Wall
- Uterosacral ligaments
- Rectum, rectosigmoid, sigmoid

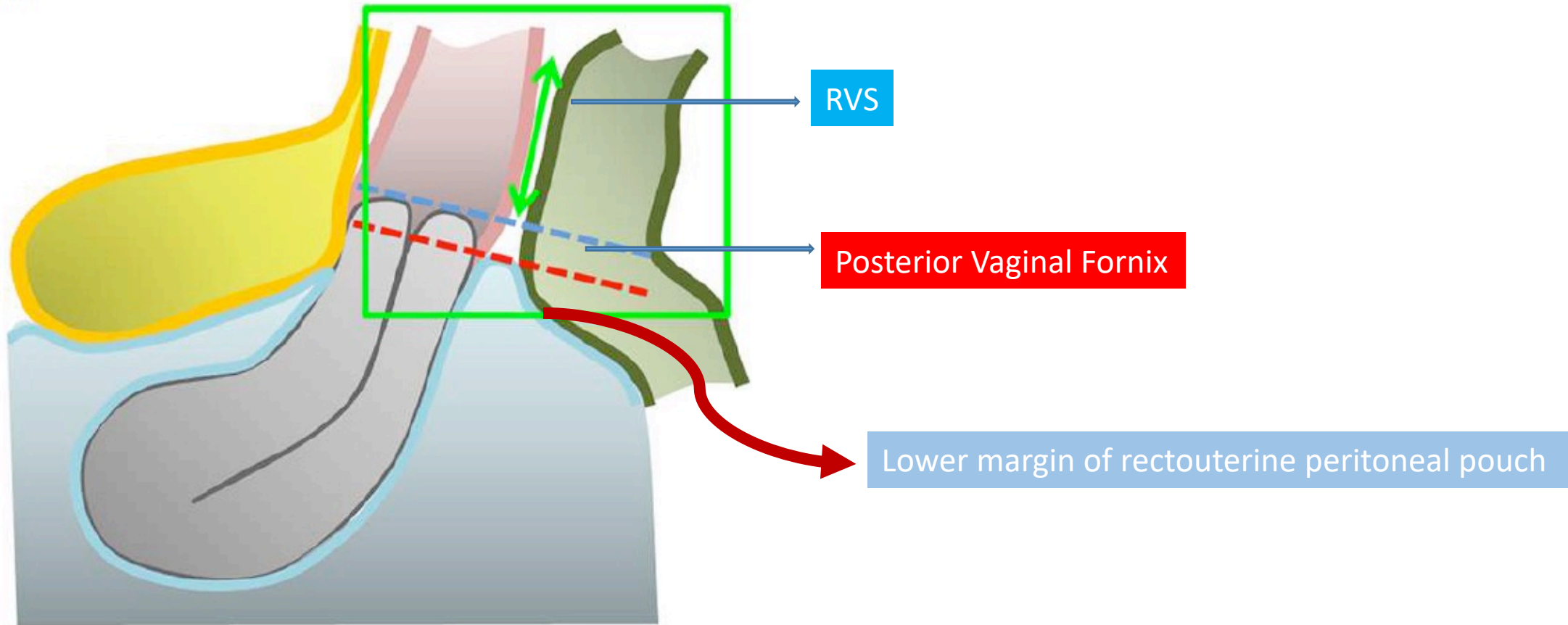


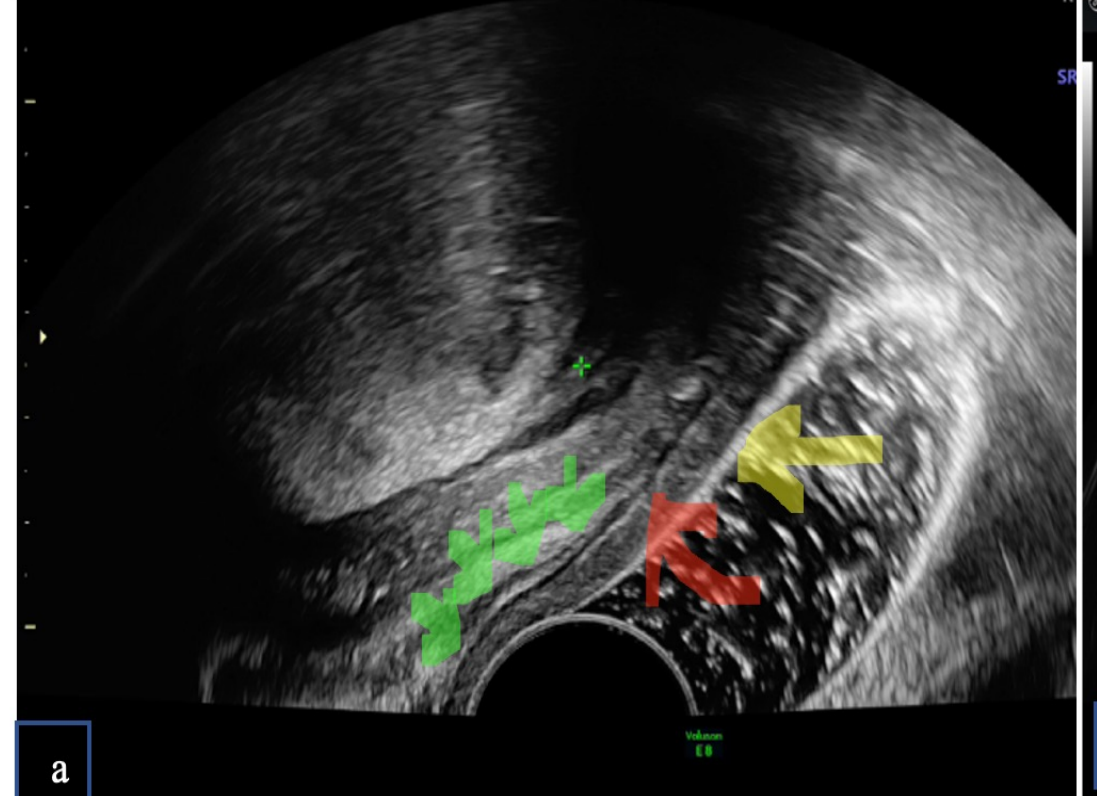
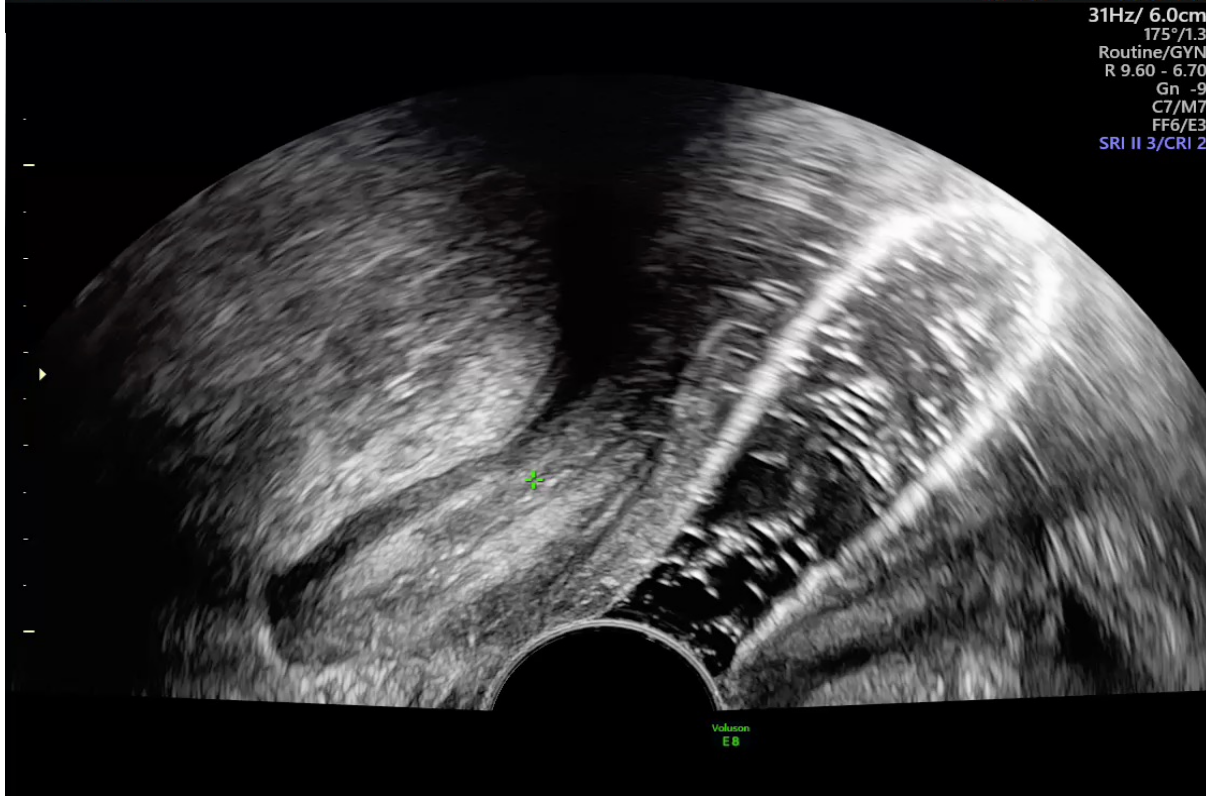
below the peritoneal reflection



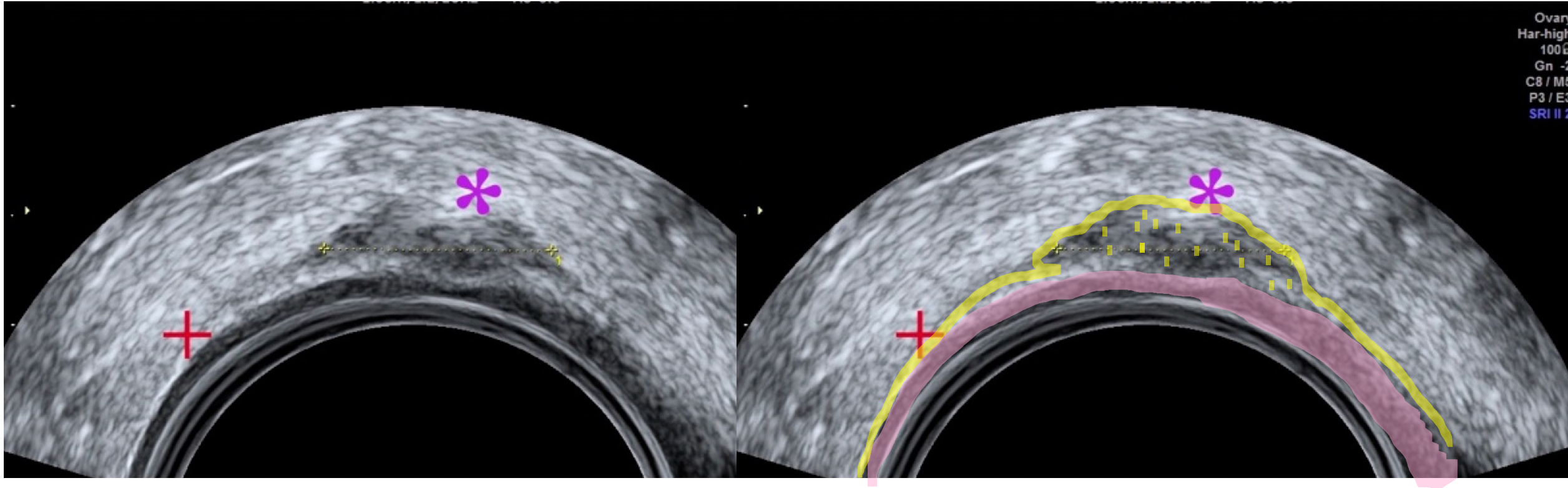
Rectovaginal Septum

(a)

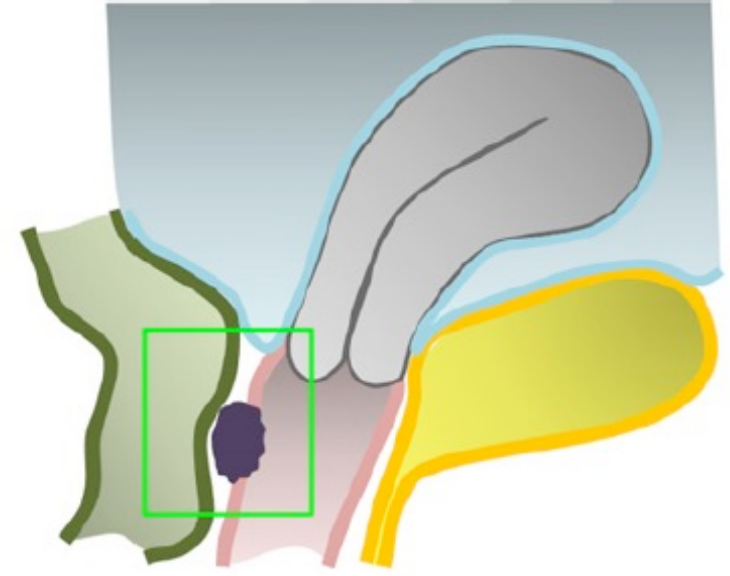
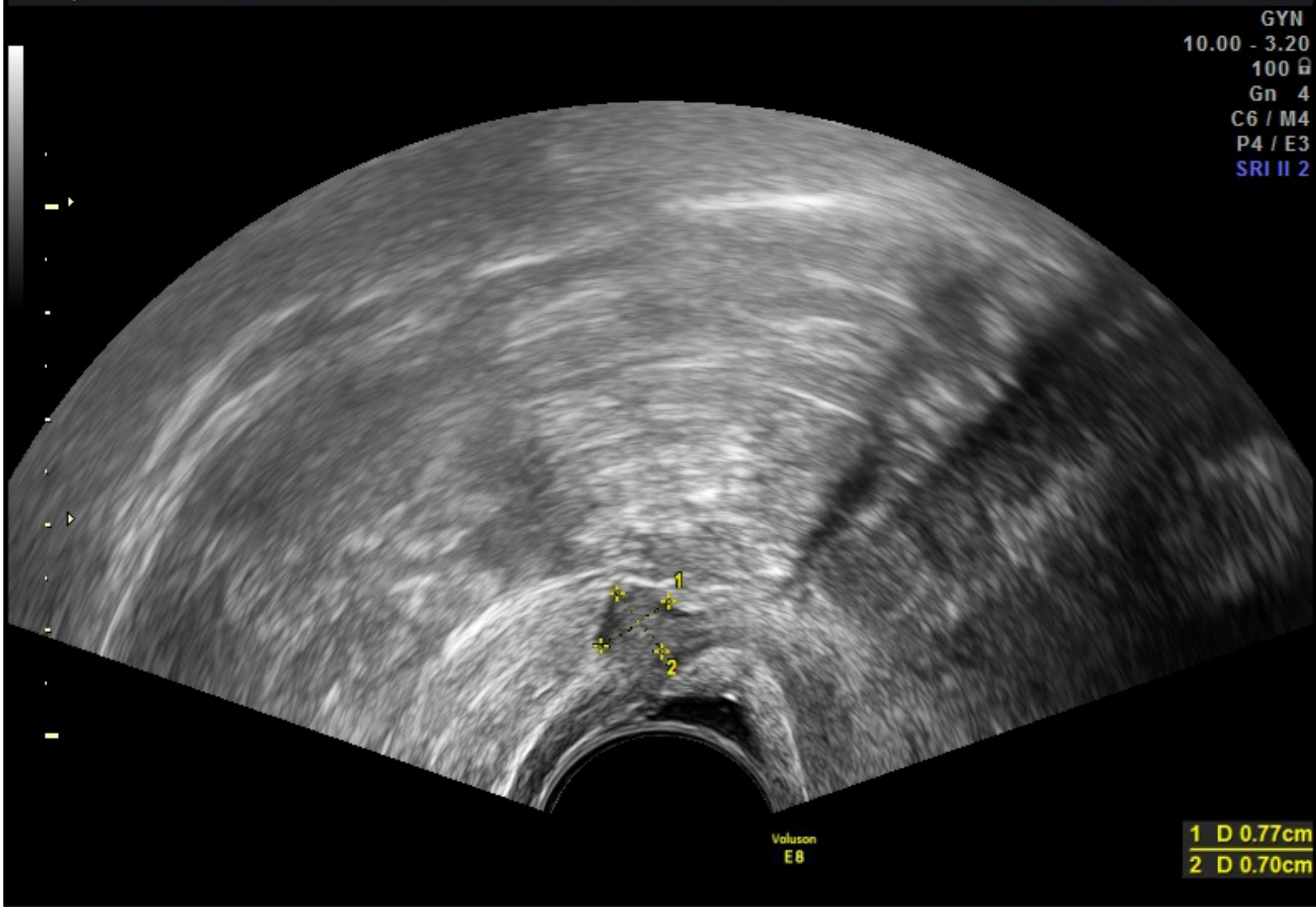


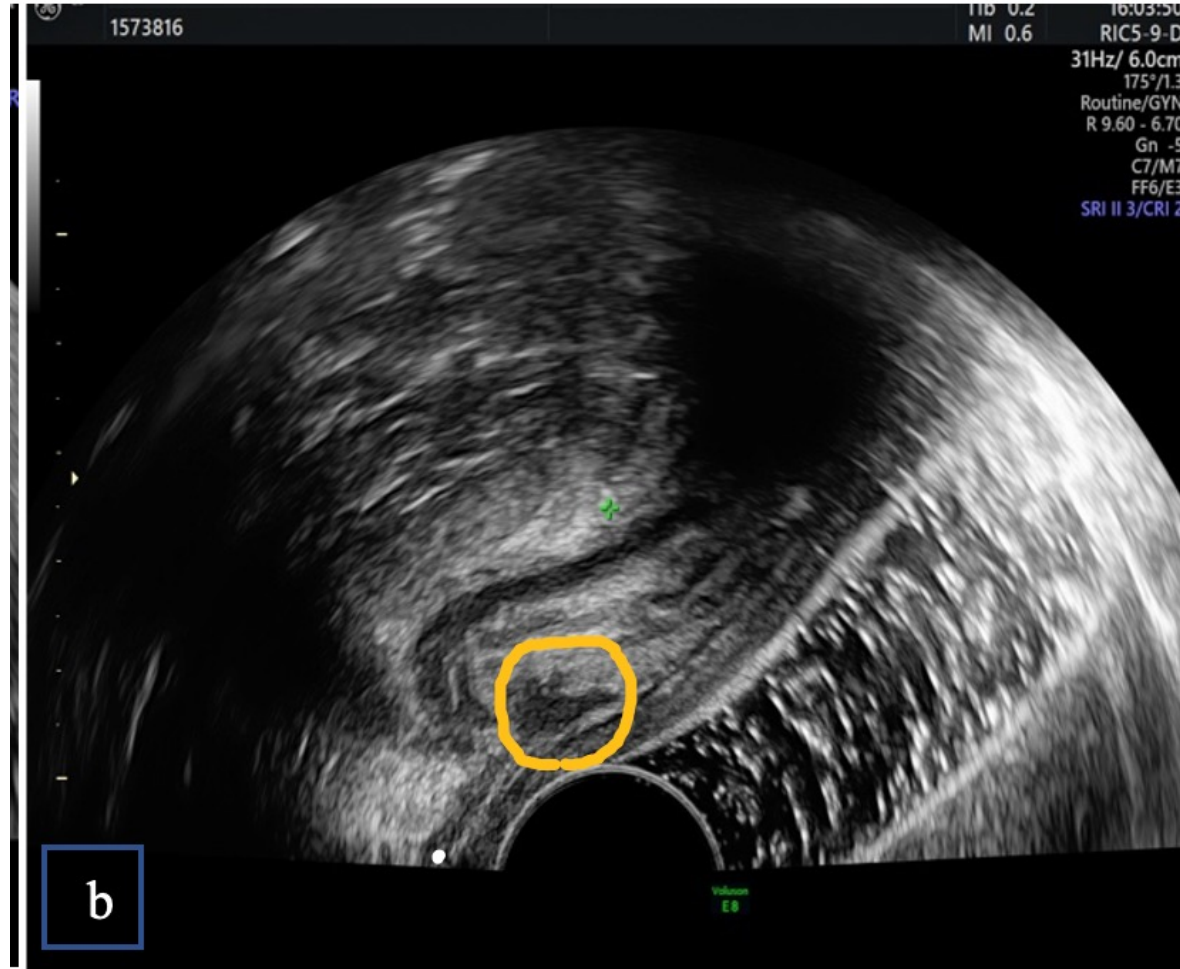


Prob önündeki hipoekojen jel, hiperekojen eldiven (sarı ok), hipoekojen vajen duvarı (kırmızı ok), hiperekojen RVS katmanı (yeşil oklar)



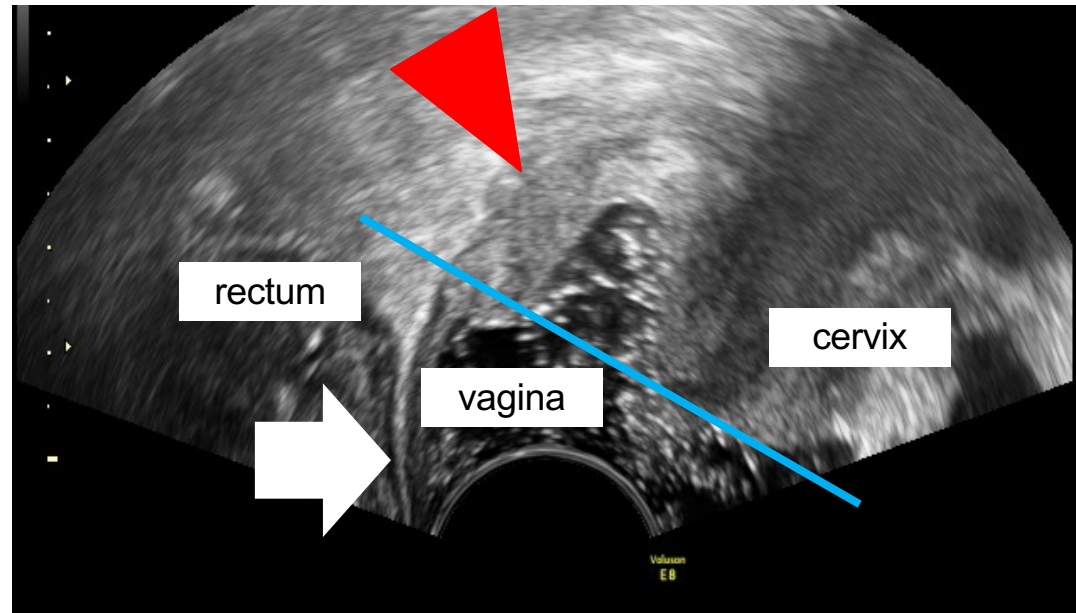
- Hypoechoogenic: vagina
- Hyperechoogenic: RVS



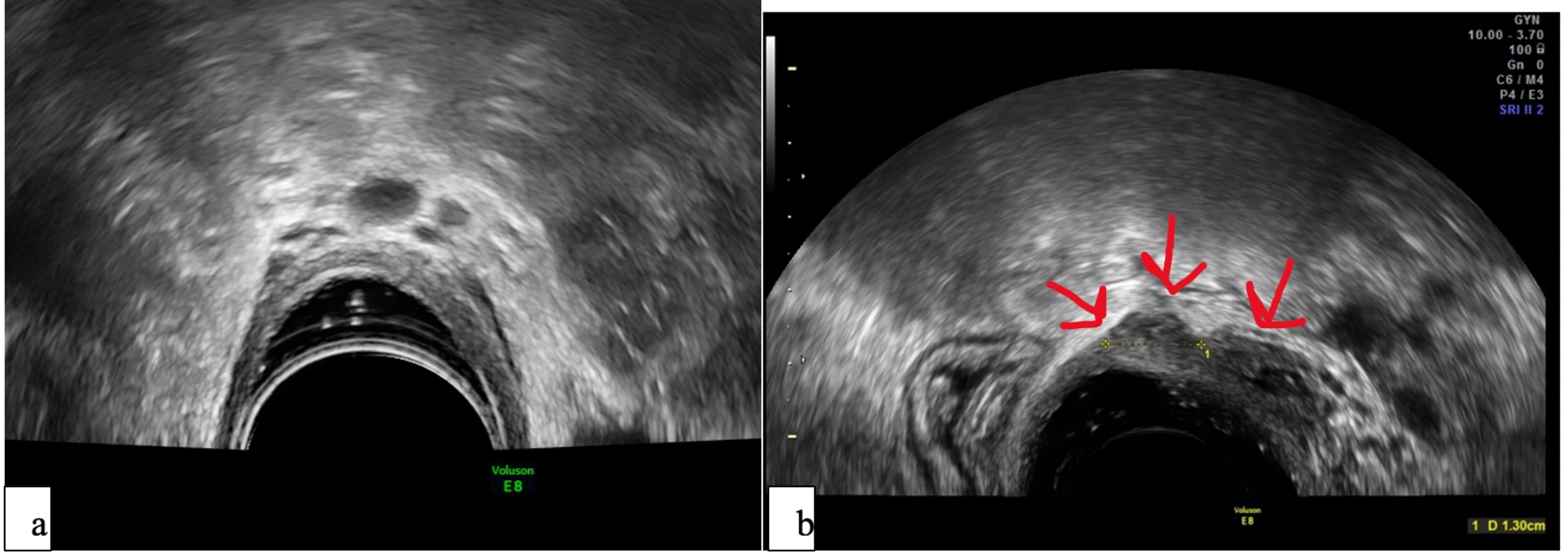


Rektovajinal septum ve anterior rektal duvarı birlikte tutan hipoekojen (daire içinde izlenen) DIE nodülü

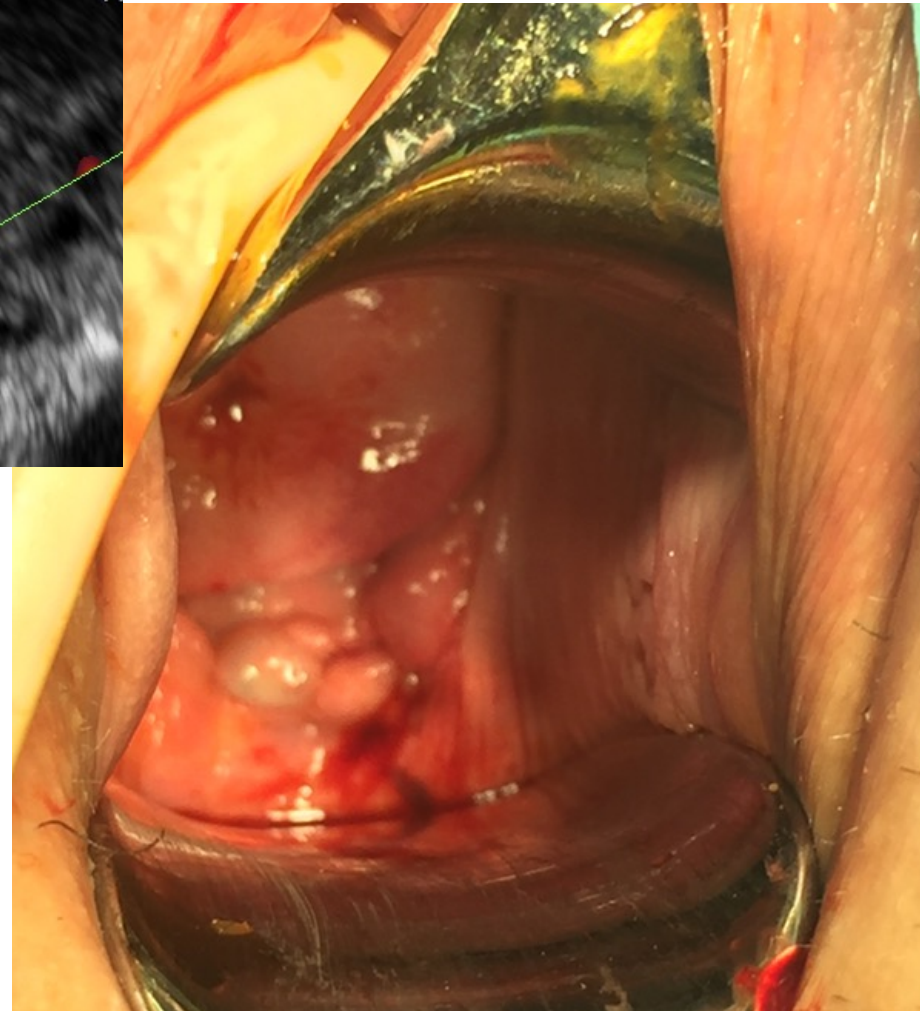
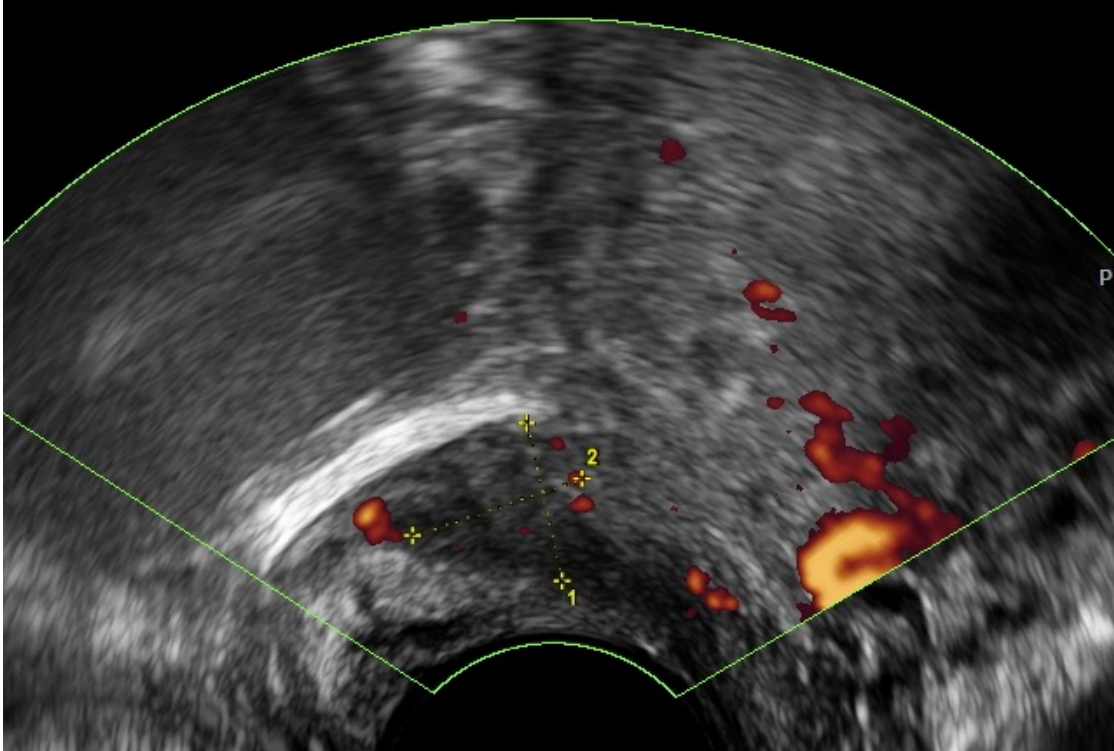
Forniceal – vaginal DIE



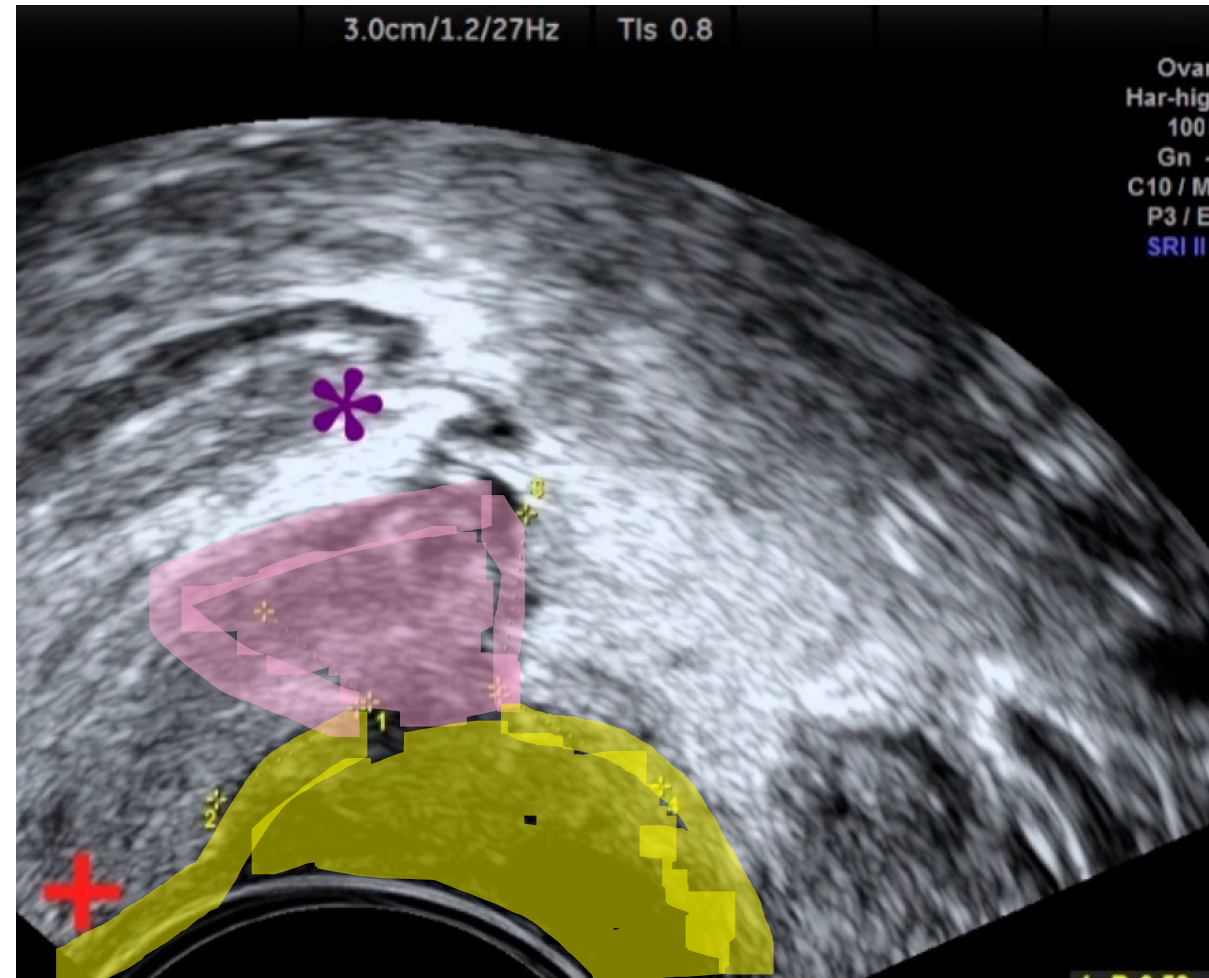
nodular thickening of the vaginal wall that causes pain under a gentle pressure with the probe the posterior or lateral-posterior upper third of the vagina



a) Normal, ince hypoekojen vajinal duvar b) Posterior vajinal fornikte, hypoekojen ince vajinal duvarda kalınlaşma ve işaretli/oklarla gösterilen alanda hypoekojen nodül imajı

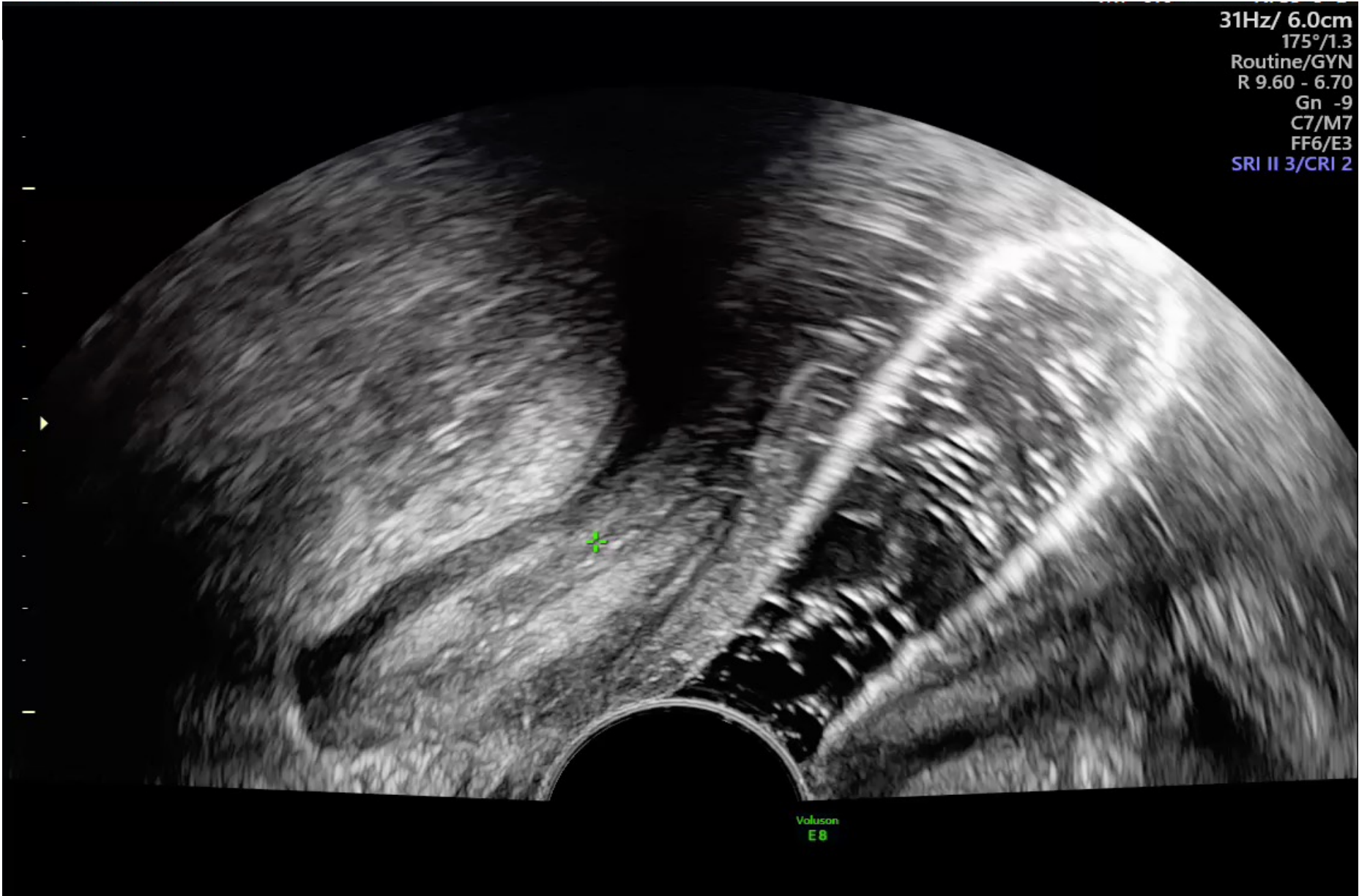


- a hypoechoic lesion with a negative/minimal color Doppler signaling.

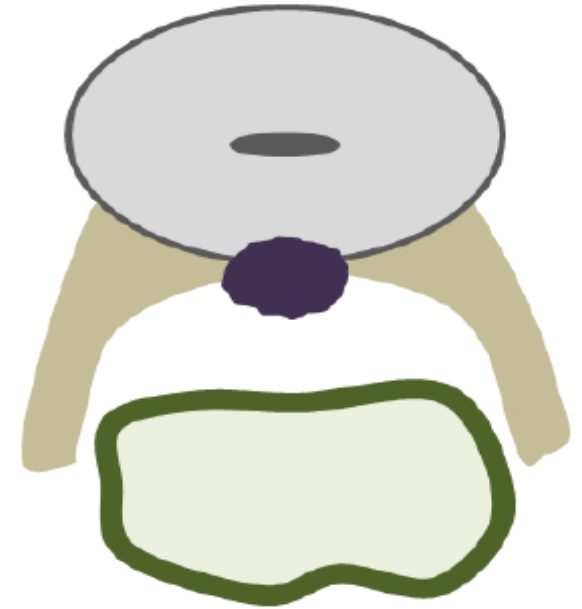
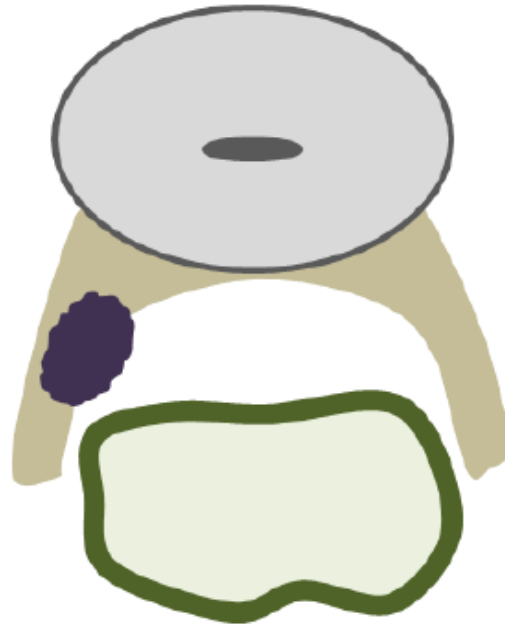
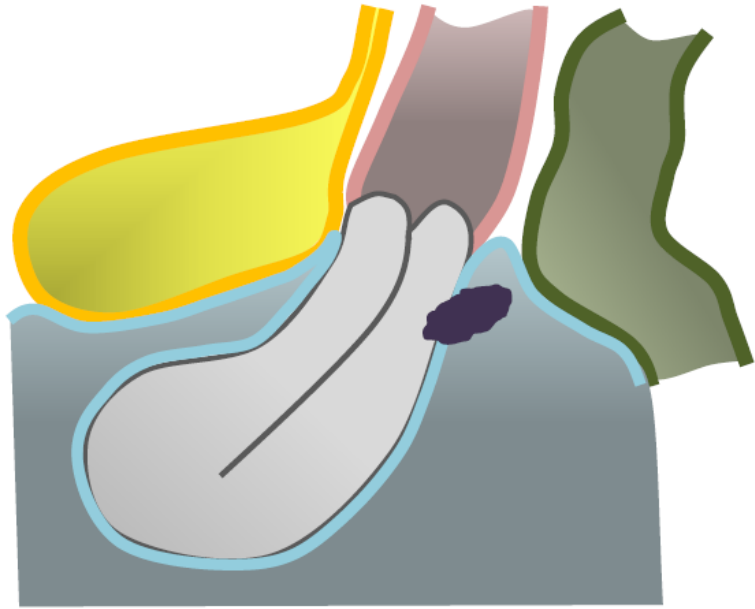


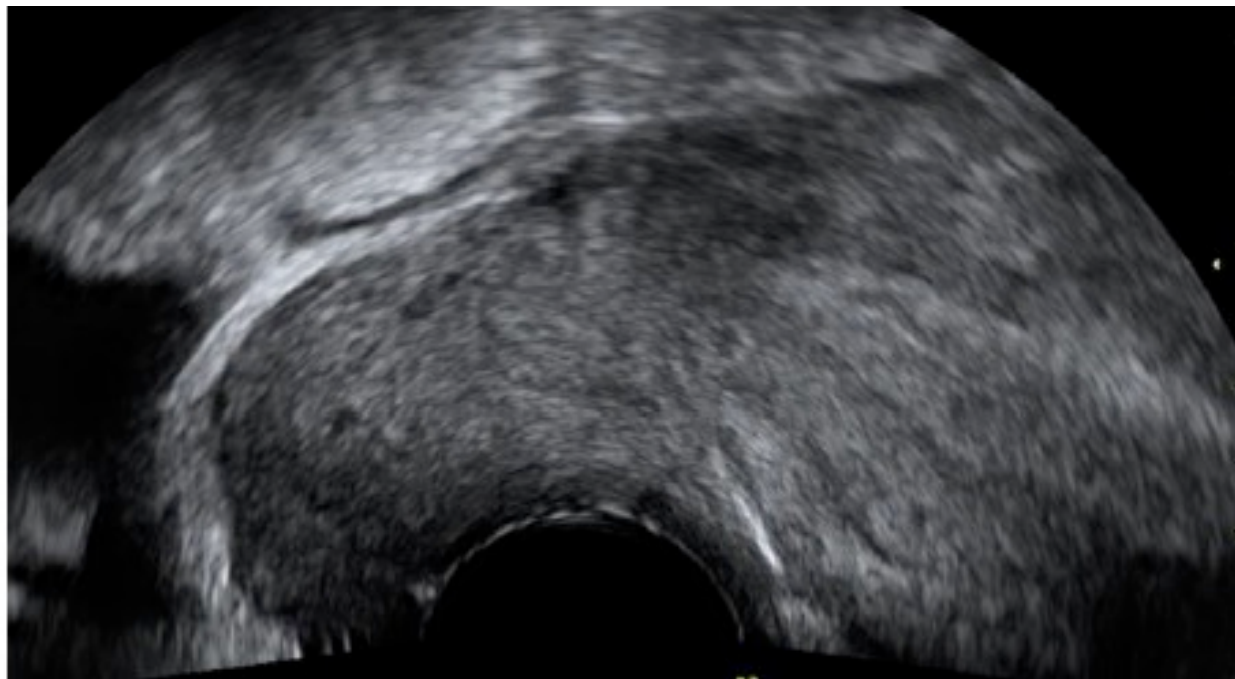
nodule infiltrating the posterior vaginal fornix and the anterior wall of the rectum.
(+) the vaginal wall, (*) the bowel



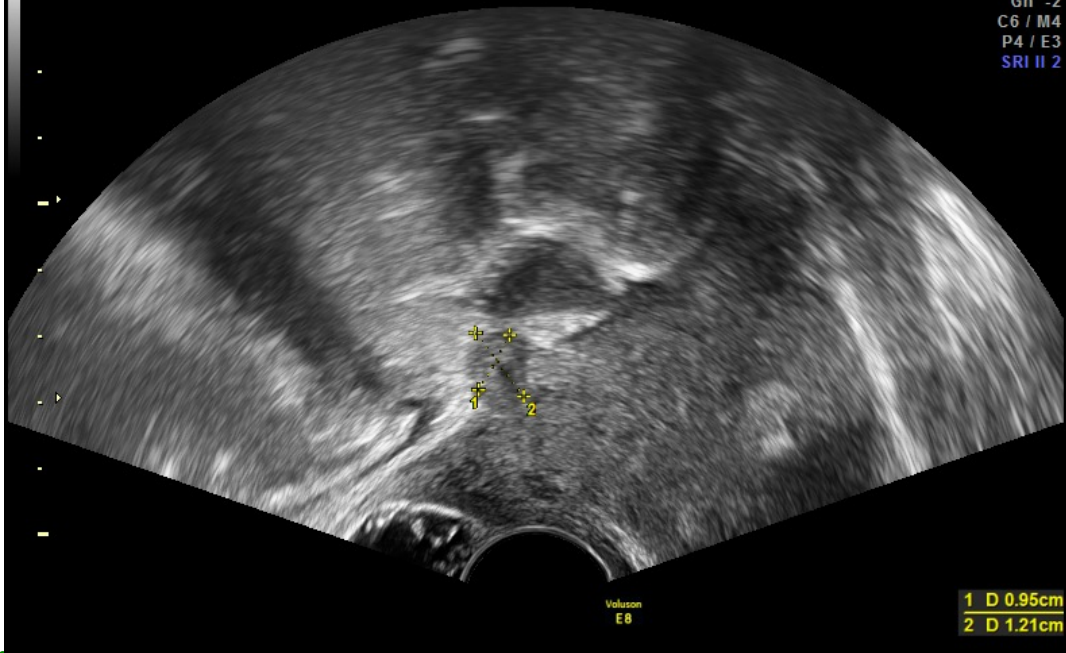


Uterosacral ligaments

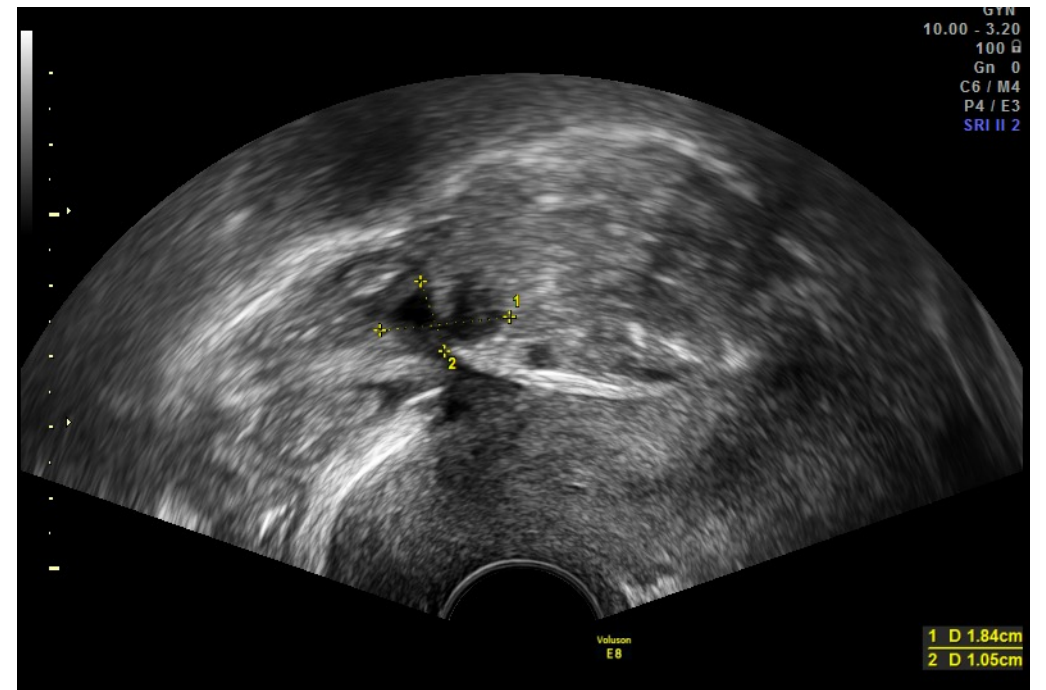




GYN
10.00 - 3.20
100 Hz
Gn -2
C6 / M4
P4 / E3
SRI II 2



1 D 0.95cm
2 D 1.21cm

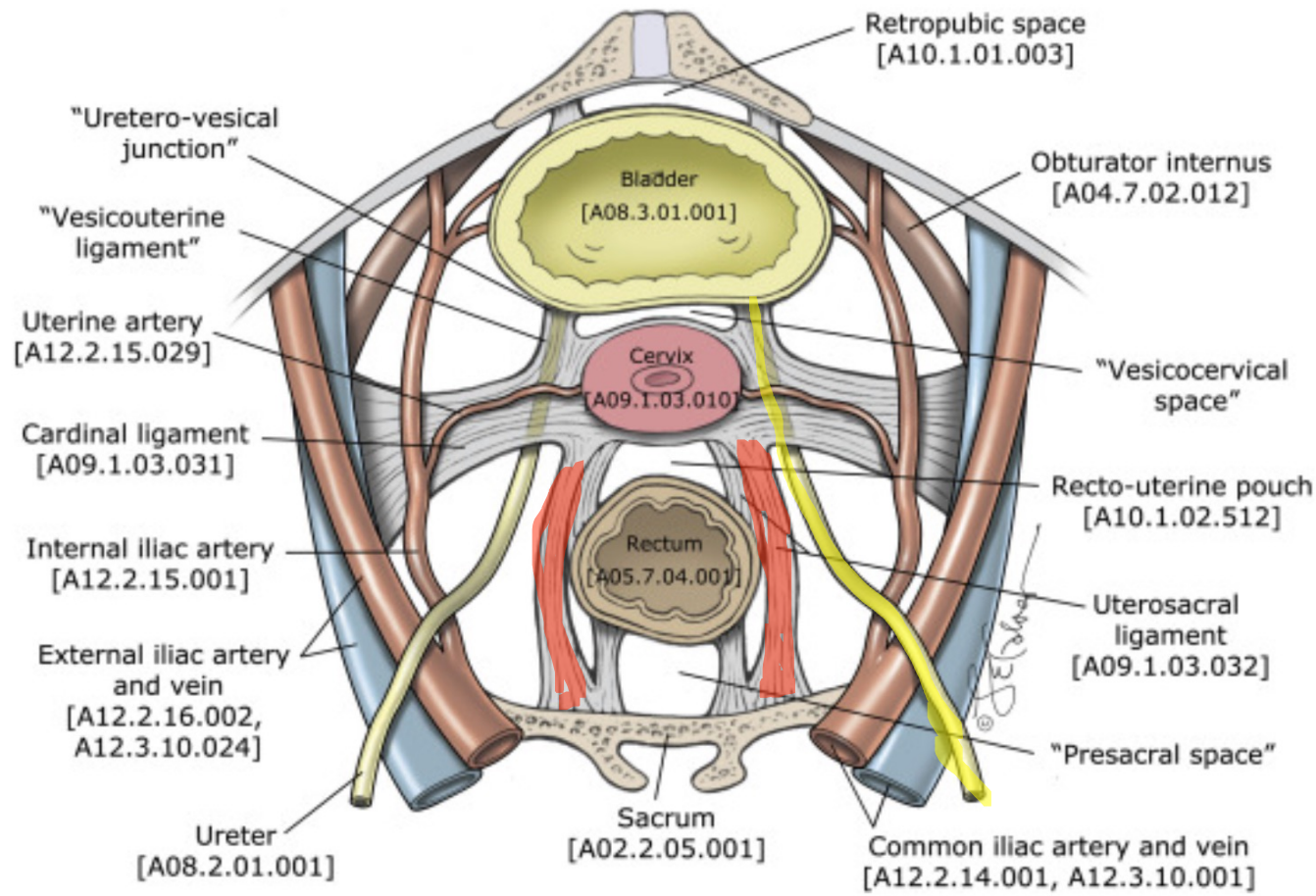


GYN
10.00 - 3.20
100 Hz
Gn 0
C6 / M4
P4 / E3
SRI II 2

Voluson
E8

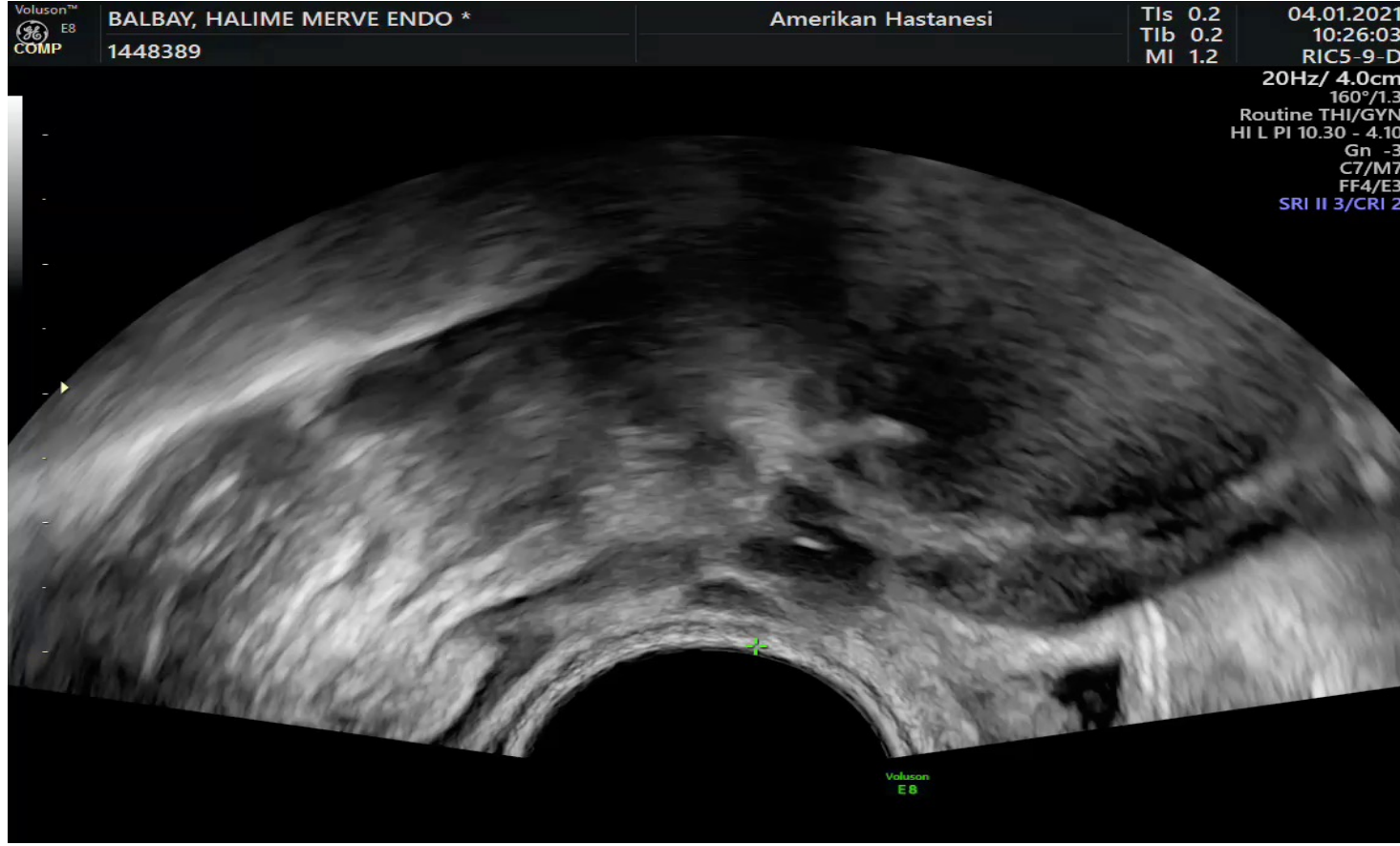
1 D 1.84cm
2 D 1.05cm

- place probe into the posterior fornix, at the midline, in a sagittal plane
- sweep inferolateral to the cervix
- Hypoechoic thickening



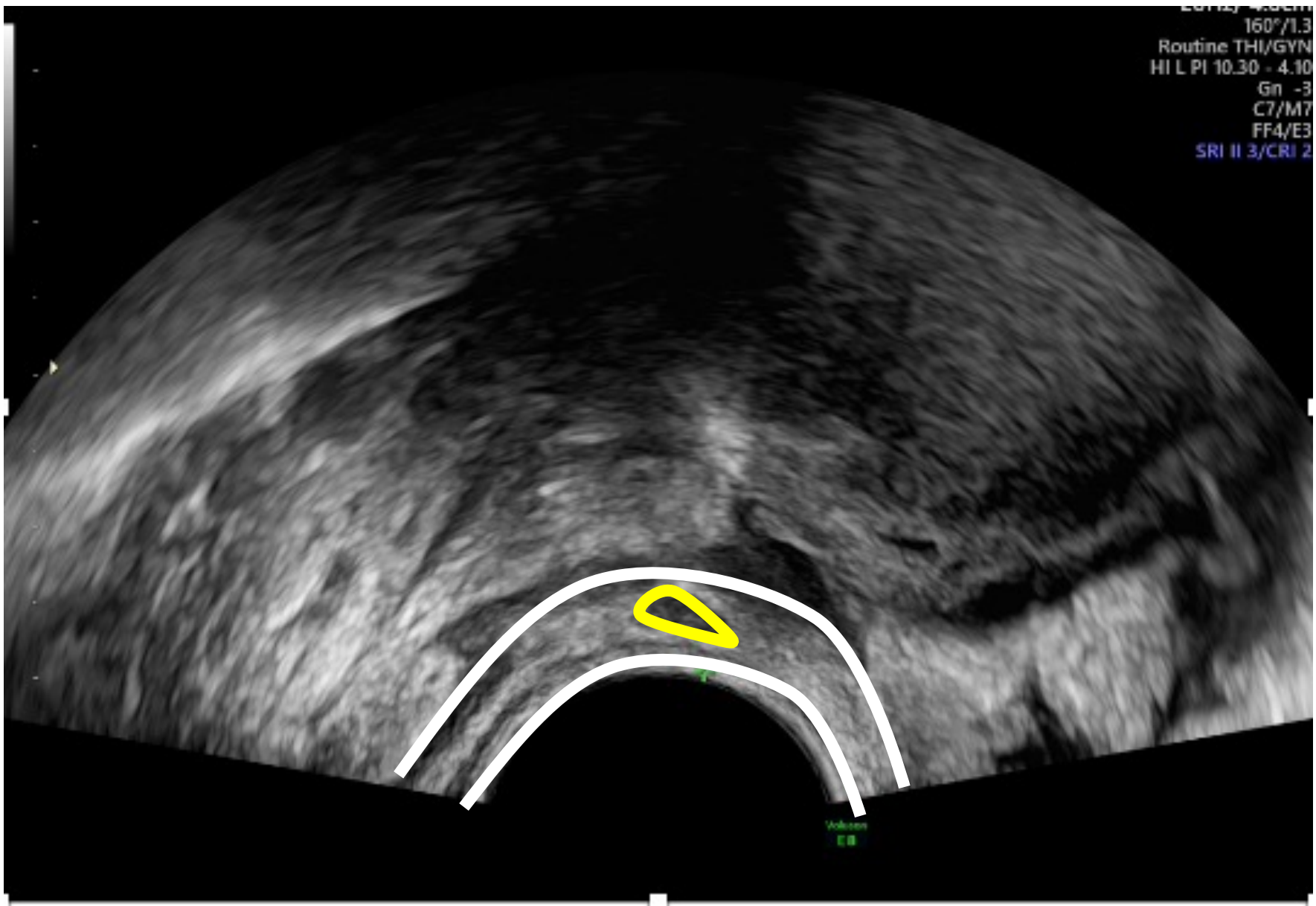
Üreter - USL servikal kısmı arasındaki mesafe 0.9 ± 0.4 cm

USL nodül > 17 mm ipsilateral üretere dışardan baskı yaparak striktüre, proksimal hidroüretere hatta hidronefroz



- Midsagittal pozisyonda rektuma doğru açılmış olan prob ile en yakınındaki hipoekojen vajinal duvar ve hemen üstünde hiperkojen Douglasın peritonu bulunur.
- süpürme hareketi ile sağ bacağa doğru ilerletip saat yönünün tersine probu yavaşça çevirerek ince hiperekojen periton çizgisinin kalınlaştığı alana fokuslanır ve hiperkoik çizginin en kalın olduğu yer sakrouterin ligamentin sagittal kesitidir

160°/1.3
Routine THI/GYN
HI L PI 10.30 - 4.10
Gn -3
C7/M7
FF4/E3
SRI II 3/CRI 2



Voluson™
E8
COMP

Cagliyan, Natali *

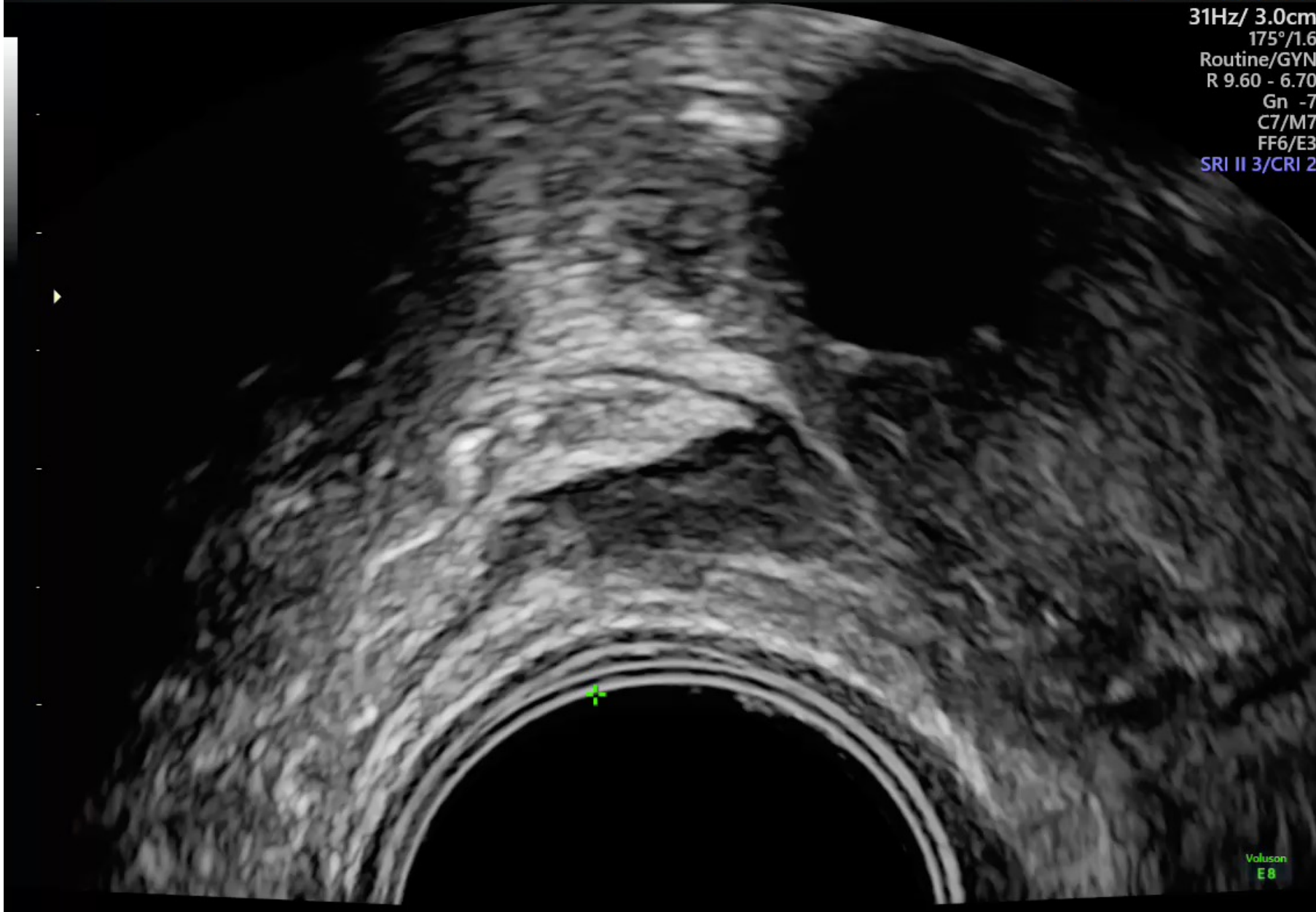
802638

Amerikan Hastanesi

TIs 0.2
Tlb 0.2
MI 0.8

09.12.2020
10:10:34
RIC5-9-D

31Hz/ 3.0cm
175°/1.6
Routine/GYN
R 9.60 - 6.70
Gn -7
C7/M7
FF6/E3
SRI II 3/CRI 2



Voluson
E8



Cagliyan, Natali ^

802638

Amerikan Hastanesi

Tis 0.2

09.12.2020

Tib 0.2

10:10:34

MI 0.8

RIC5-9-D

31Hz/ 3.0cm

T75°/1.6

Routine/GYN

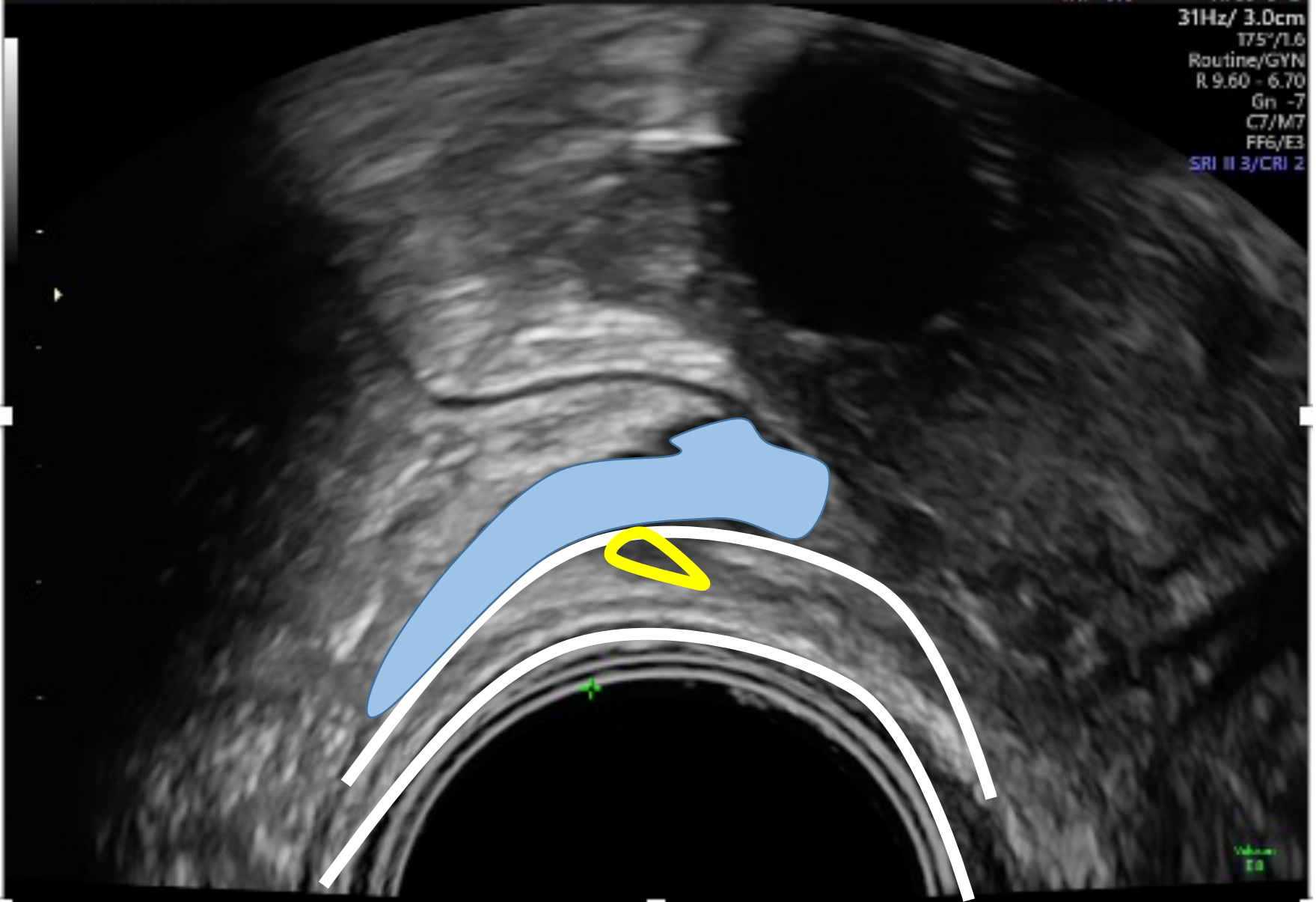
R 9.60 - 6.70

Gn -7

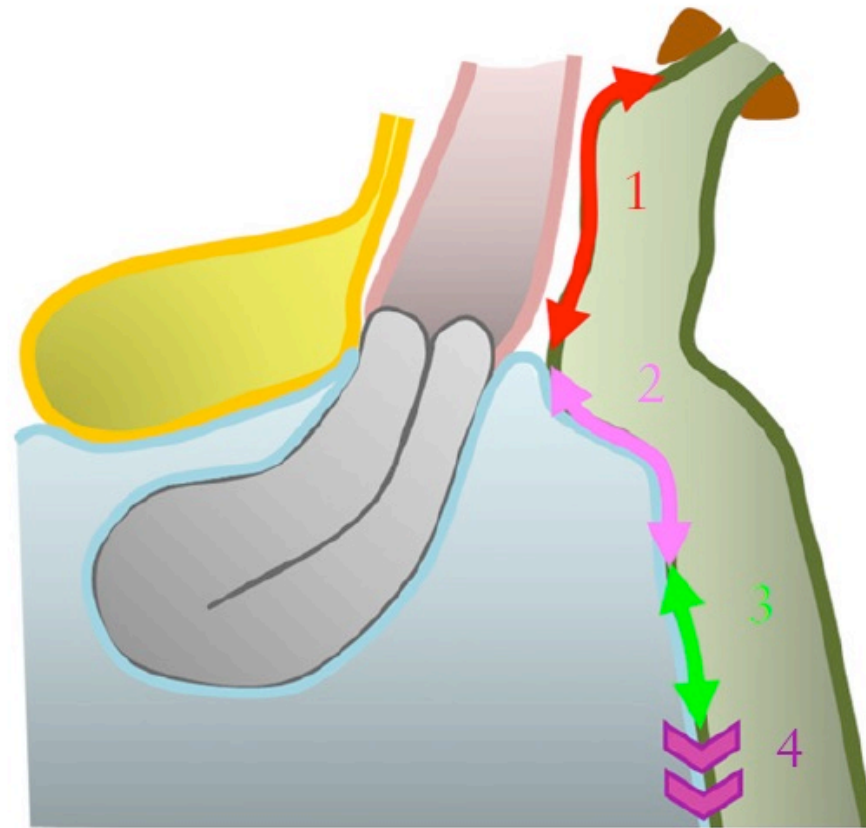
C7/M7

FF6/E3

SRI II 3/CRI 2



Rectum, rectosigmoid, Sigmoid

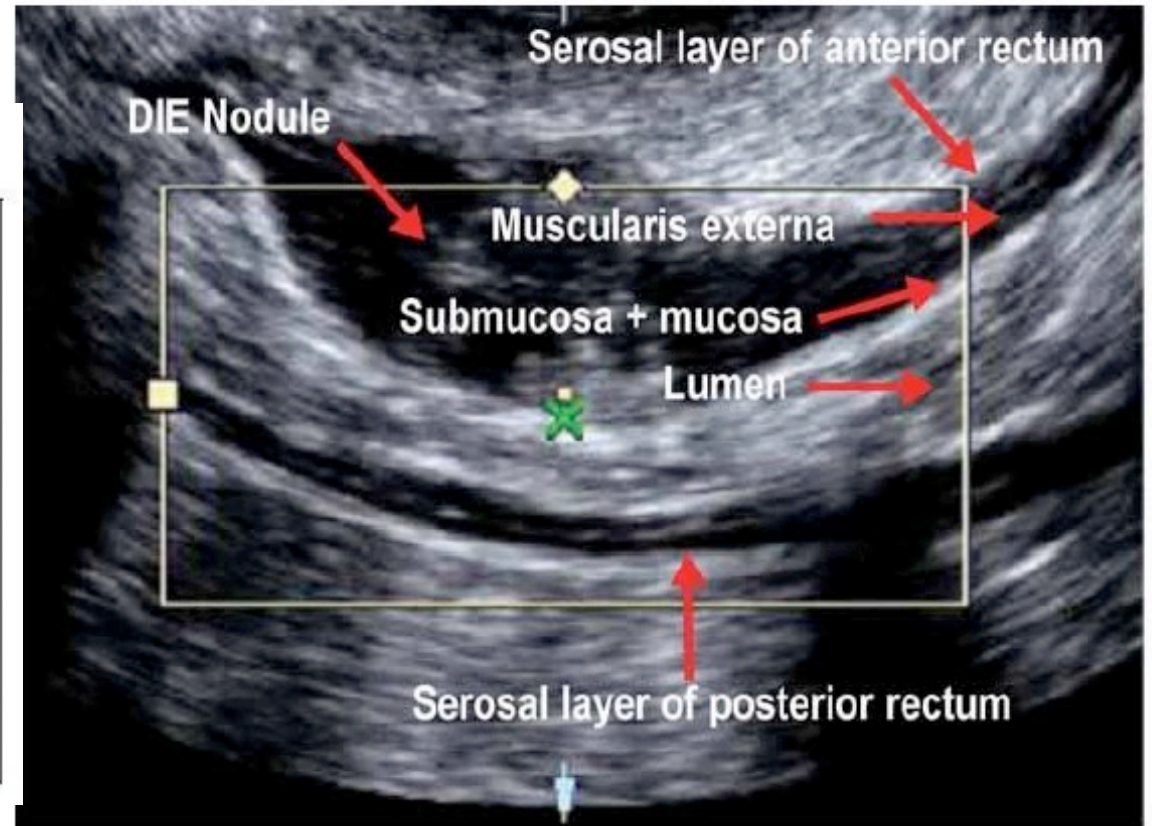
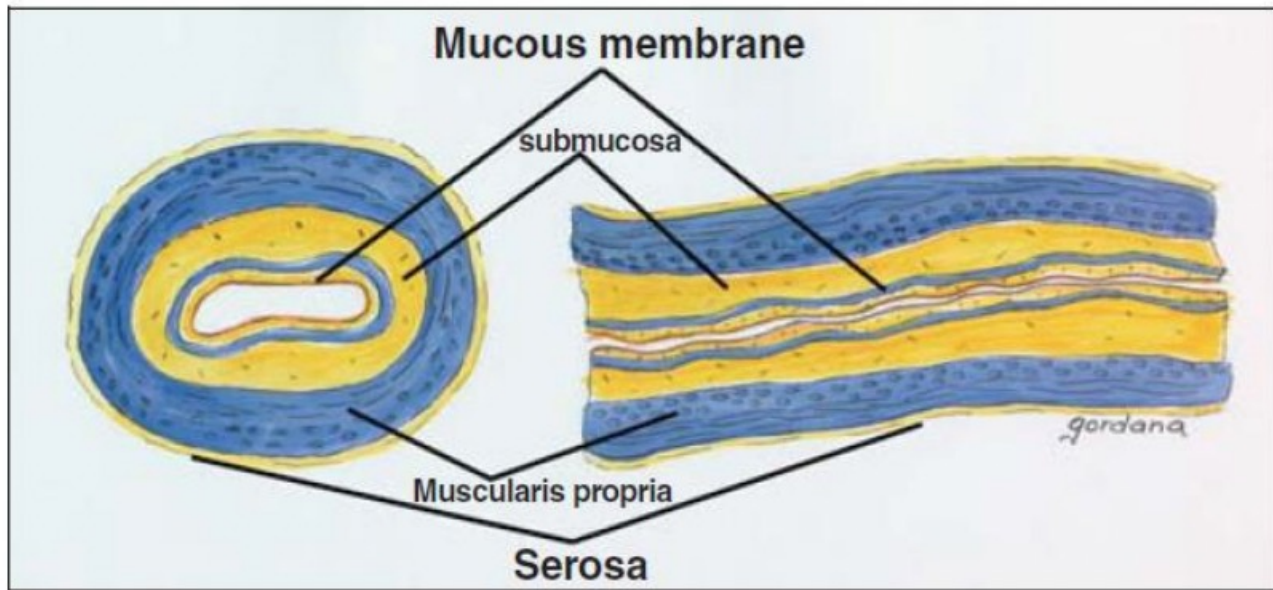


1
Lower anterior rectum

2
upper anterior rectum

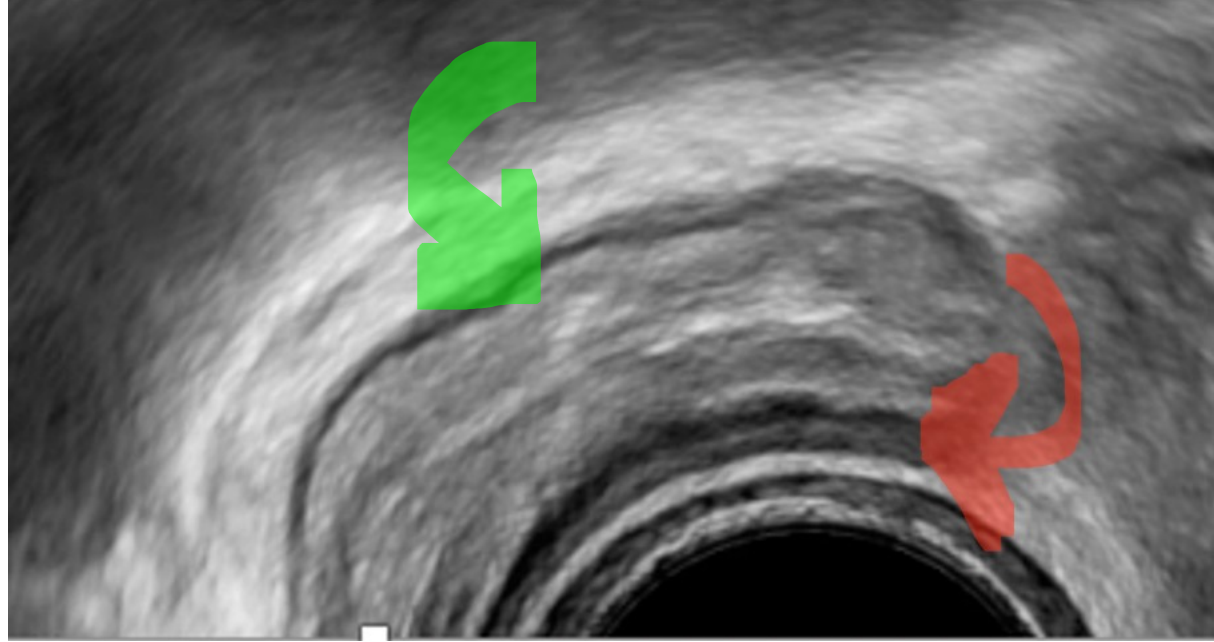
3
rectosigmoid

4
sigmoid

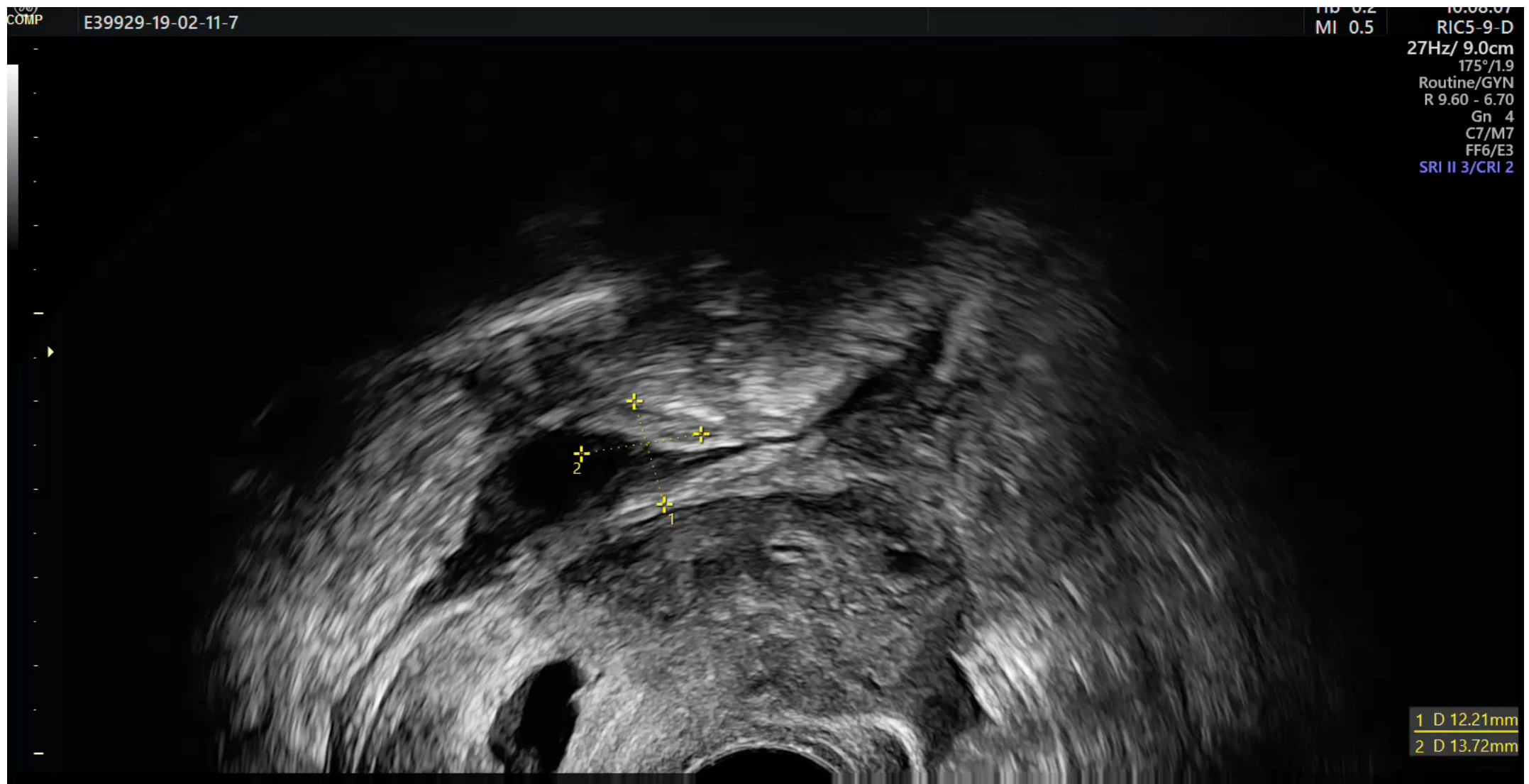




Almost always involves the anterior or the lateral rectosigmoid wall

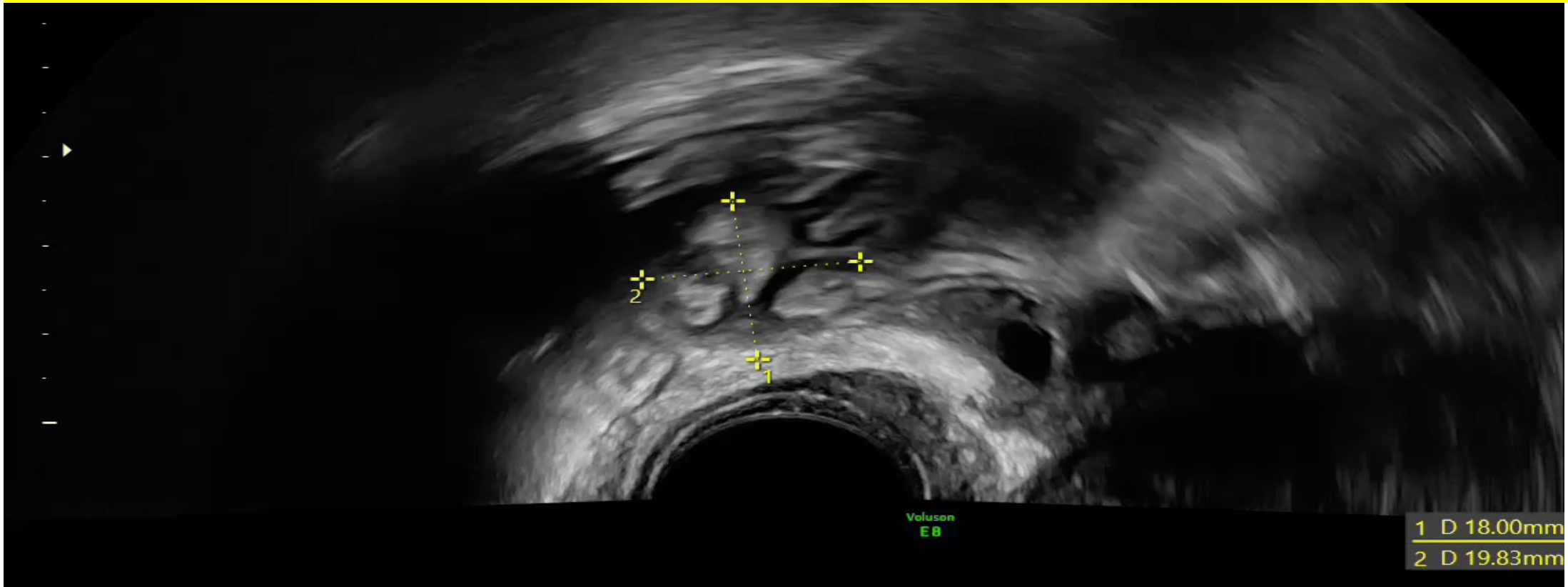


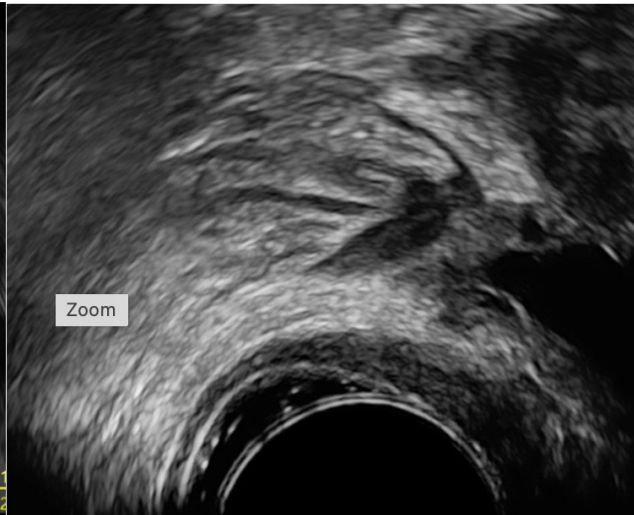
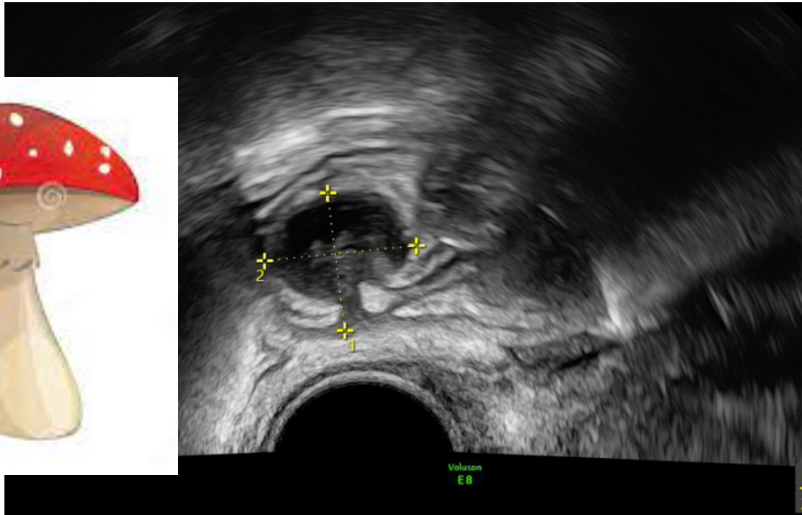
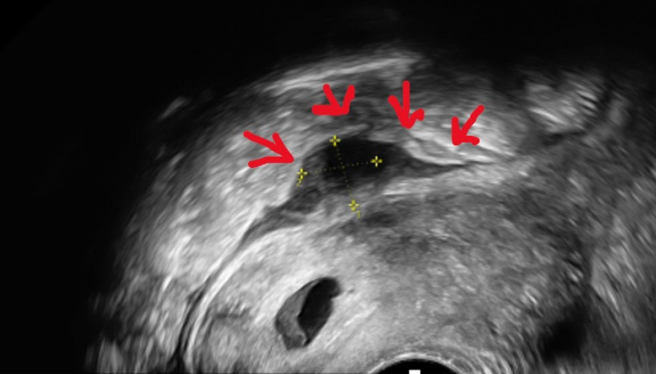
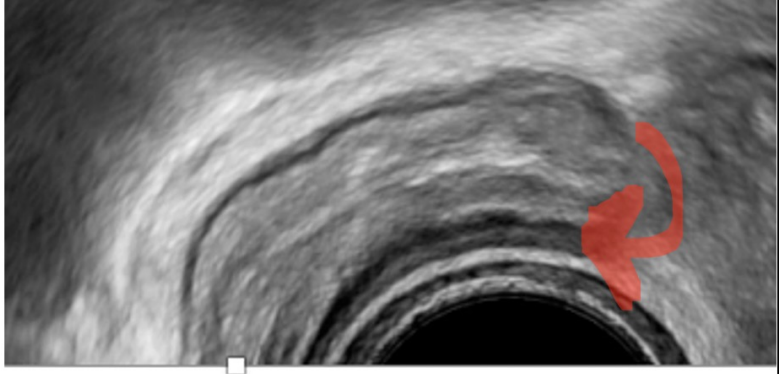
- hiperekojen anterior rektal seroza, hipoekojen muskularis propria, hiperekojen submukoza, hipoekojen mukoza ve lümen olarak

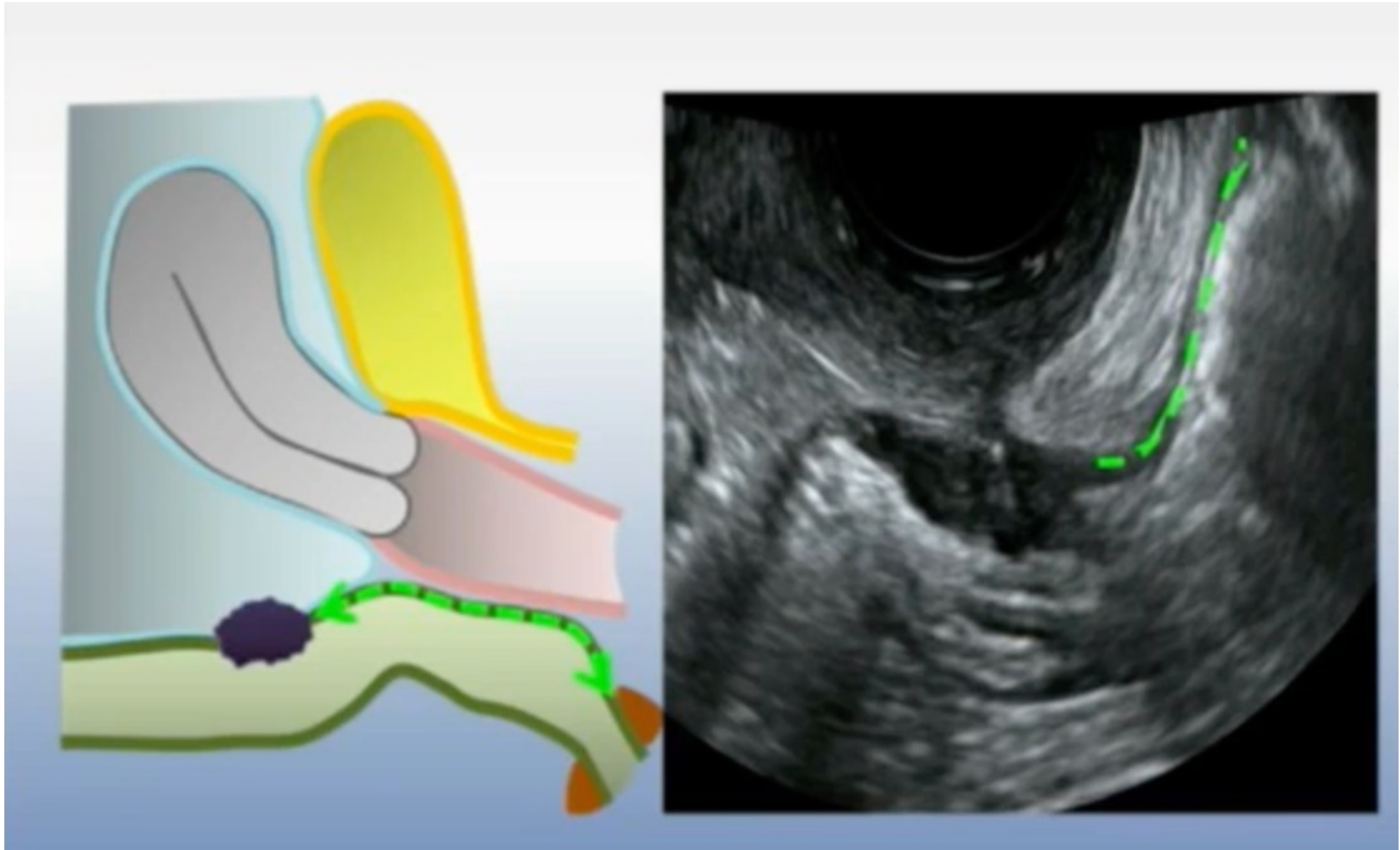


colon cancer growths typically extend outward and reach the serosa, whereas endometriosis lesions grow inward.

- Any focal thickening of the bowel wall that suggests an endometriotic nodule should be followed by gentle pressure with the probe to elongate the intestinal loop
- observe the peristalsis of the surrounding bowel because the nodule will remain immobile

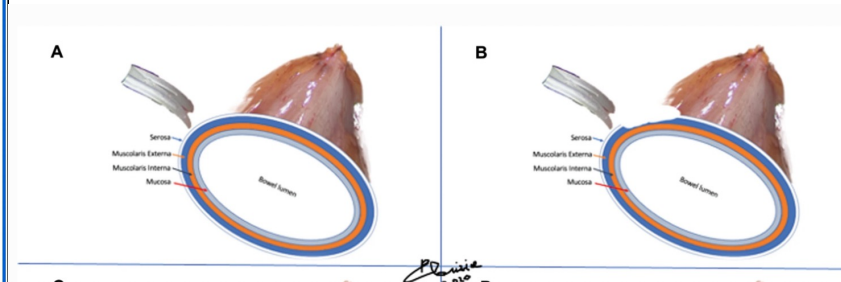
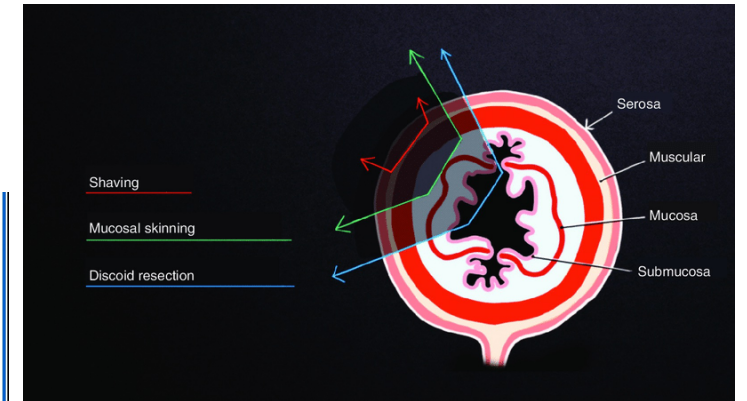
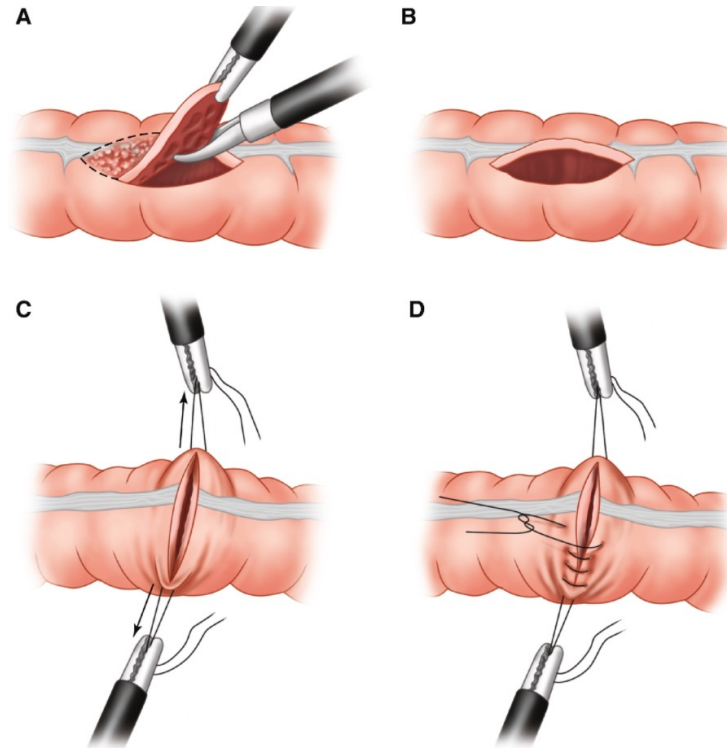
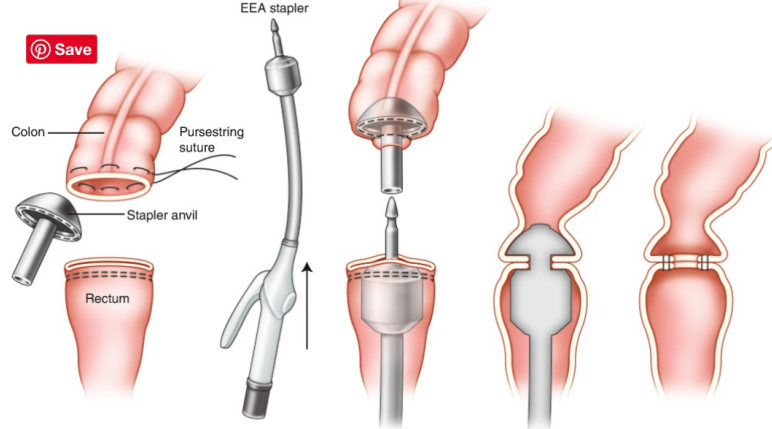






Which Surgical Method ?

Low Anterior Resection



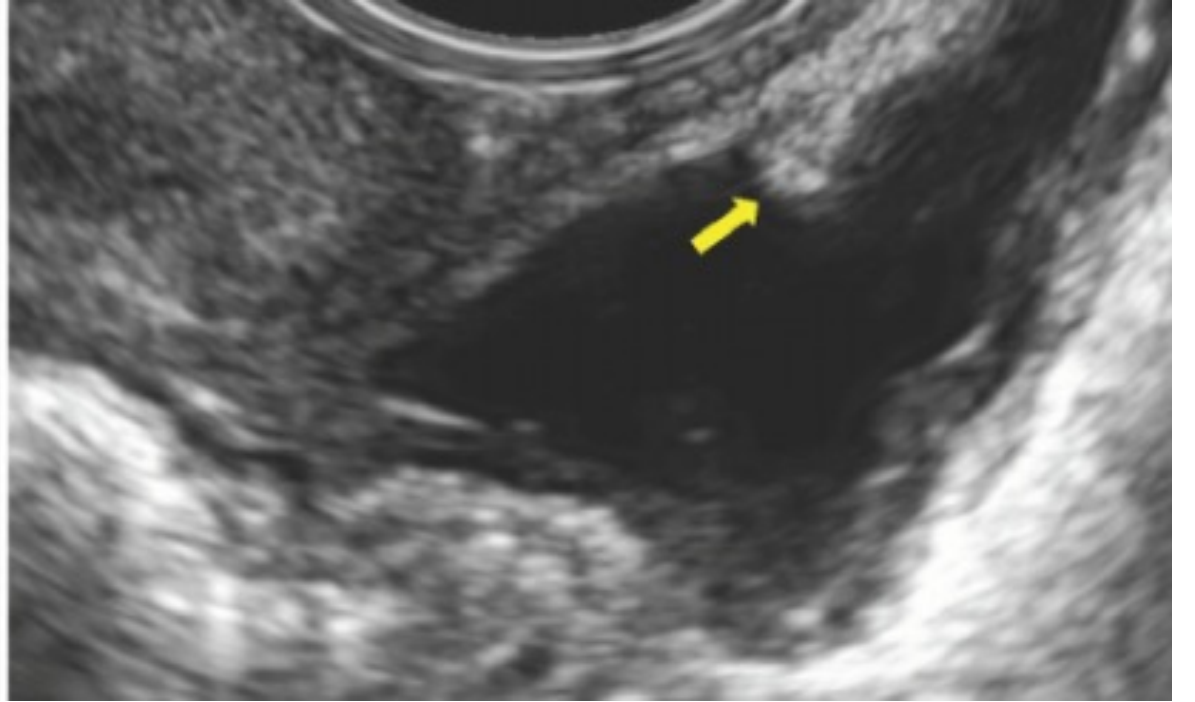
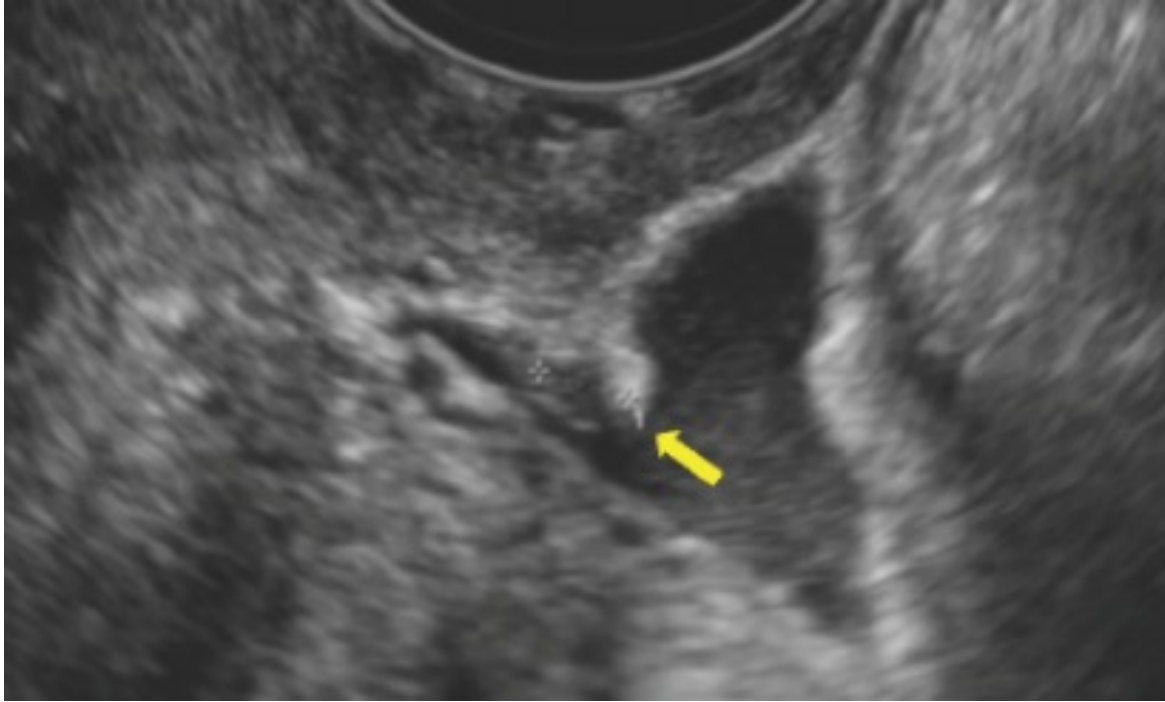
Hangi Cerrahi Yöntem ?

- Nodülün uzunluğu $>3\text{cm}$, derinliği $\geq 7\text{mm}$ ise segmental rezeksiyon yapılması
- Nodülün uzunluğu $2\text{-}3\text{cm}$, derinliği $\geq 7\text{mm}$ ise diskoid rezeksiyon yapılması $<7\text{mm}$ ise tıraşlama (shaving) tekniğinin düşünülmesi
- Nodülün uzunluğu $<2\text{cm}$, derinliği $\geq 7\text{mm}$ ise diskoid rezeksiyon yapılması $<7\text{mm}$ ise tıraşlama (shaving) tekniğinin düşünülmesi

SonoPOD

- 35 yaş
- Dismenore+++





> 1

COMP 441014

MI 1.0

20Hz/ 7.0cm

160°/1.3

Routine THI/GYN

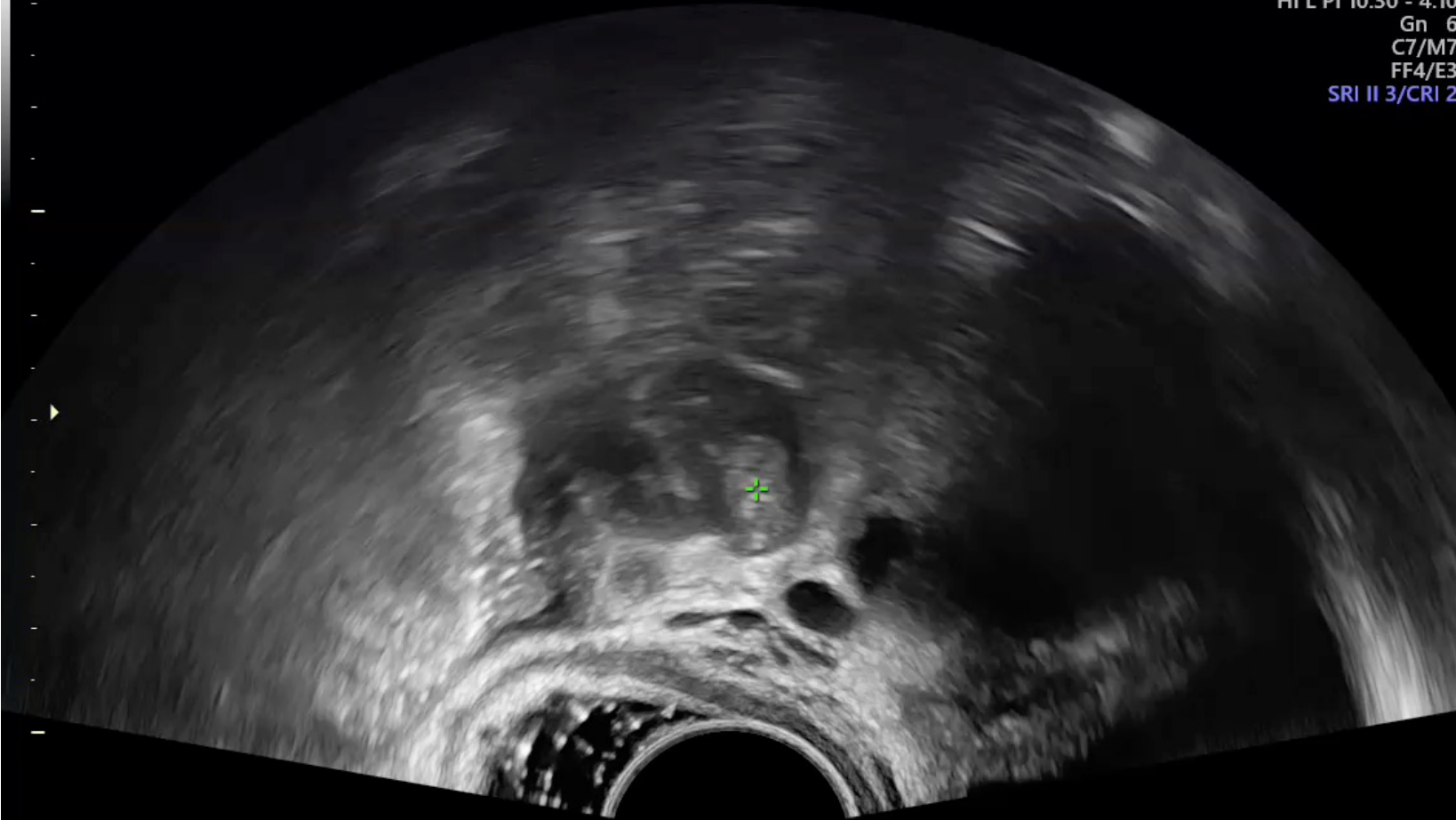
HI L PI 10.30 - 4.10

Gn 6

C7/M7

FF4/E3

SRI II 3/CRI 2

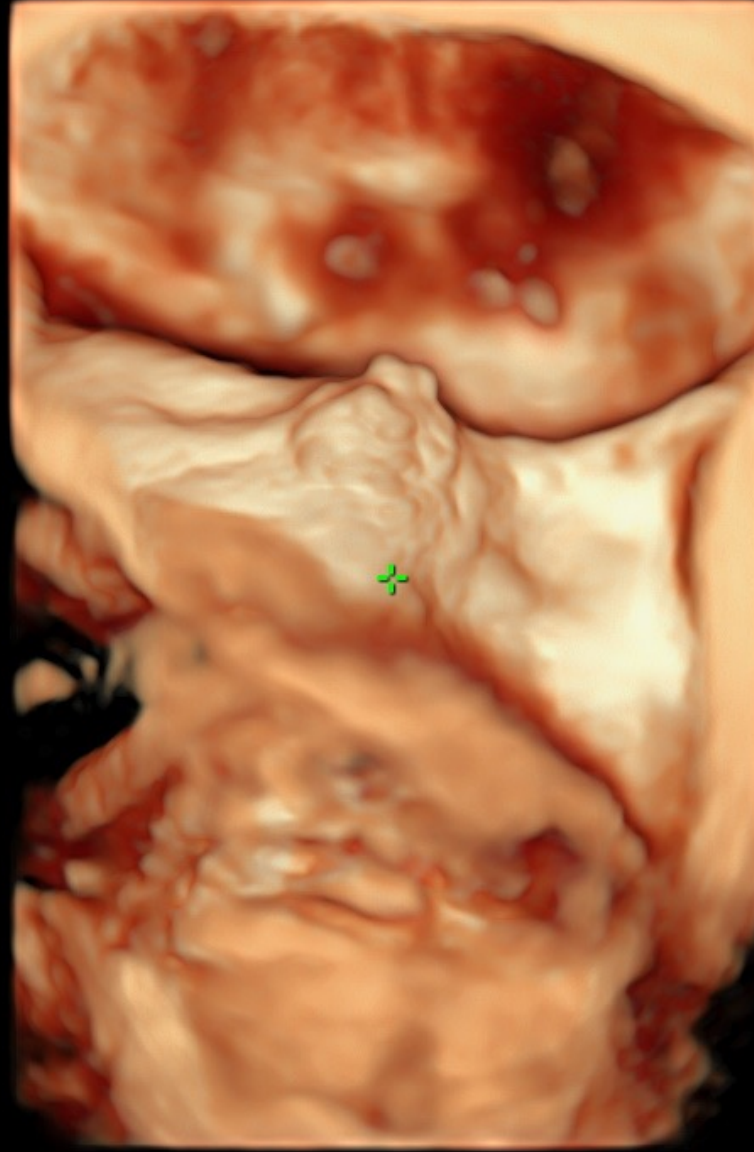


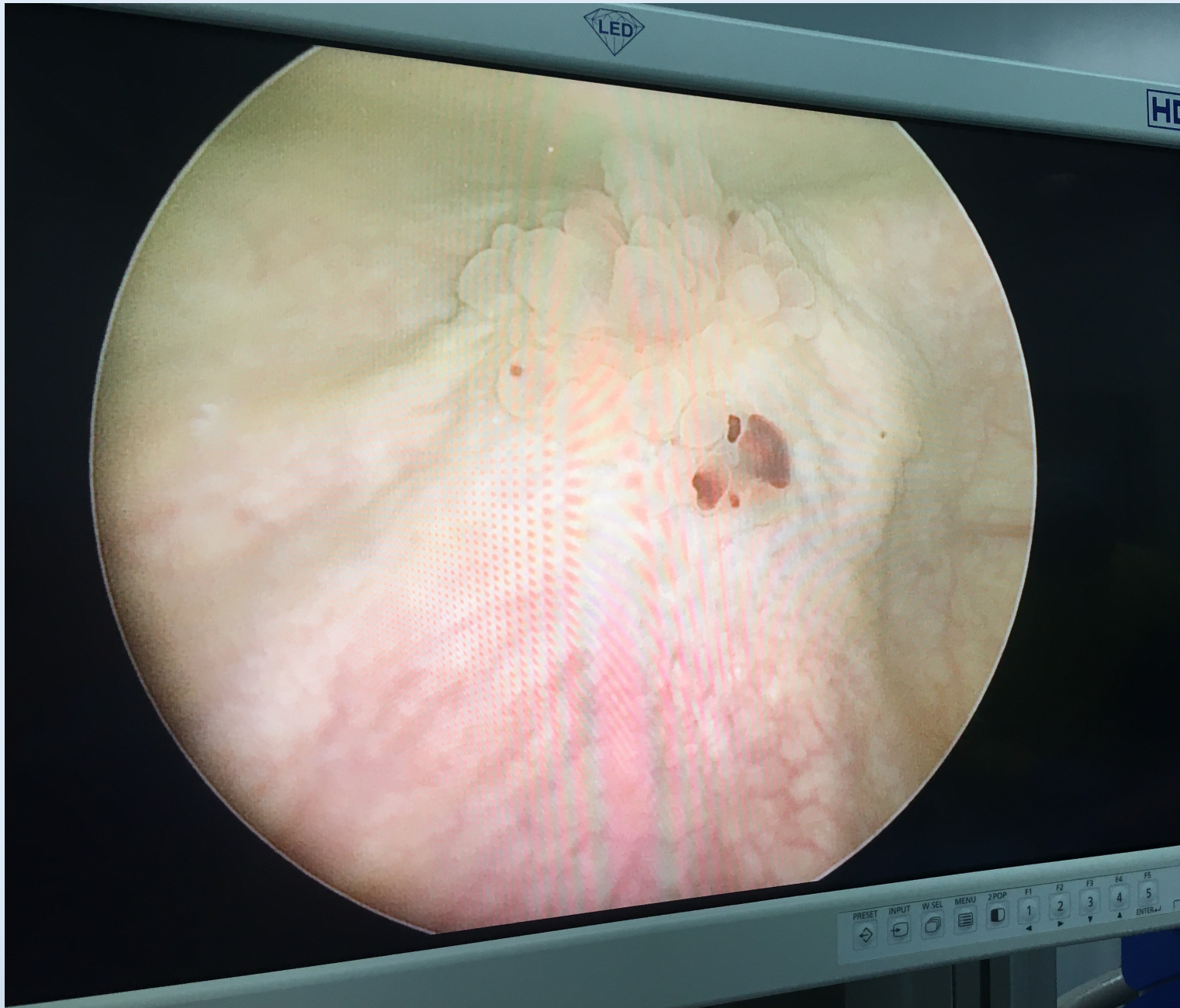
Voluson
E8

*

AMERIKAN HASTANESI

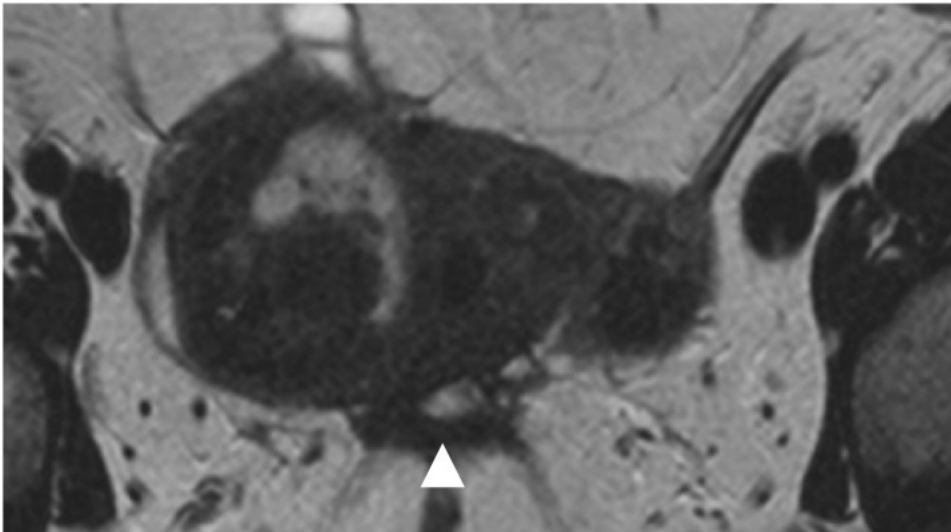
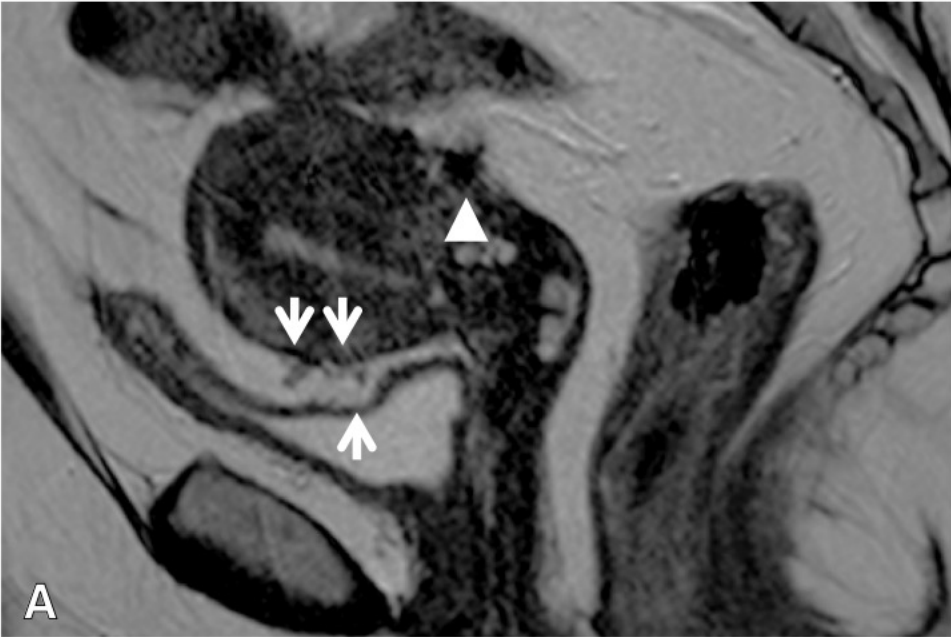
05.09.2020
10:51:43
RIC5-9-D
24Hz/0.9
B161°/V80°/ 6.3cm
Gyn Render/GYN
Qual high1
Mix 20/80
SRI 3D 3
3D











enc

T2-

weighted dark plaques, with or without high-signal-intensity foci on T1-weighted or fat suppression T1-weighted MRIs, corresponding to hemorrhagic foci or small hyperintense spaces on T2-weighted imaging

Wise



Wiser



Wisest





	RR	SR	SER	RR vs. SR	RR vs. SER	SR vs. SER
Overall (%)						
Sensitivity	42.18% (62/147)	86.39% (127/147)	74.15% (109/147)	$p < 0.001^*$	$p < 0.001^*$	$p = 0.002^*$
Specificity	95.27% (141/148)	45.95% (68/148)	81.76% (121/148)	$p < 0.001^*$	$p < 0.001^*$	$p < 0.001^*$

Structured expert read (SER) : expert radiologist with availability of the structured reporting template for use and 20 years of post-fellowship experience in abdominal imaging ,with particular interest and expertise in endometrio- sis.

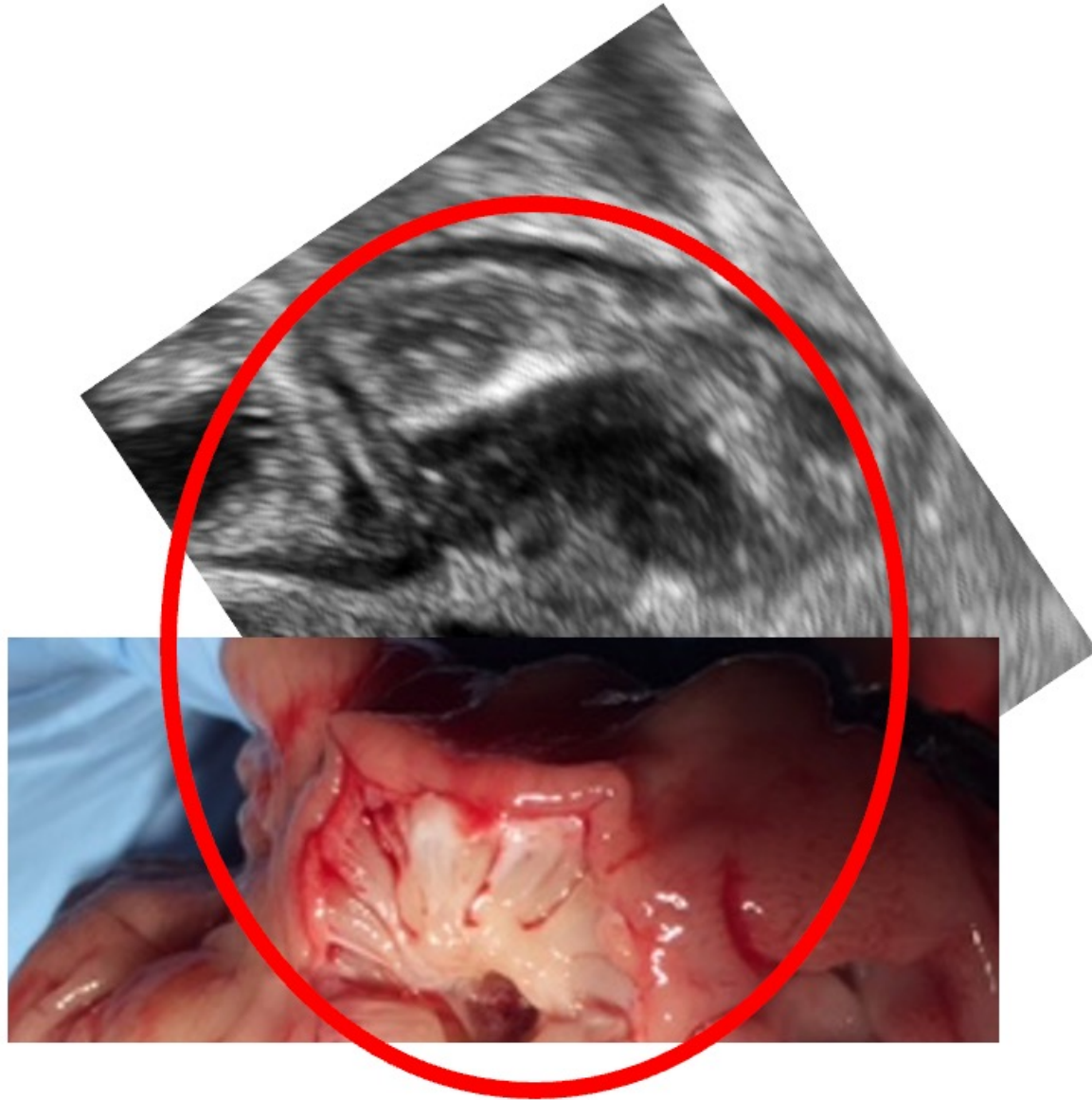
Competence reached after how many evaluations?

- Rectosigmoid DIE, an average of 39 evaluations
- USL : average, 44 evaluations
- RVS : 21 evaluations
- Post vaginal fornix: 25 evaluations

Stefano Guerriero

Map DIE, Get appropriate consents, Counsel your patient, prepare your team







Sabrınıza teşekkürler