

# Essentials in Endometriosis Online Course

## Activity Description

Essentials of Endometriosis is a groundbreaking online course that seeks to give an accurate base of knowledge about endometriosis. Endo is a complex, highly individual condition that affects at least 10-15% or 1 in 10 reproductive age persons with uteri. Despite its prevalence, the average delay in diagnosis is 10 years. Many reasons contribute to the diagnostic delay – menstrual taboos and stigma, gender bias, racial bias, and barriers to care (financial, institutional, cultural) all play a role. Yet, one of the primary reasons for the delay is a lack of emphasis in medical education. The vast majority of healthcare providers are not properly informed in recognizing the true symptomatic profile of endometriosis and current practice models contribute to this knowledge gap. It is common for patients to go to many providers before endometriosis is mentioned.

This Mayo Clinic and Think Endo collaboration addresses the basic pathophysiology of endometriosis, how to diagnose it, current management options, its relationship to pelvic pain, and the social policy and bioethics involved with this condition. A key part of the course is 'Below the Belt,' a PBS documentary called "a vitally important & powerful film" by the BBC and "a heart wrenching, intimate piece of work" by The Guardian. The film powerfully shines a light on the lived experience of four people with endometriosis.

## Target Audience

This course is designed for family medicine, primary care, internal medicine physicians, pediatric and adolescent medicine, OB/GYN and advanced practice providers to aid in the earlier recognition of endometriosis symptoms and improve care.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Recognize the basic pathophysiology of endometriosis.
- Identify endometriosis through the evaluation of patient symptoms, exam findings, and imaging.
- Identify medical treatment options and appropriately refer patients for surgical consultation for endometriosis.
- Recognize unique considerations of endometriosis in patients experiencing infertility or post-menopause.
- Identify a systematic approach to the evaluation and initial management of pelvic pain.

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Credit Statement(s)

### AMA

Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 3.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**AOA**

This program has been accredited by the American Osteopathic Association for 3.50 credits of AOA Category 2-A.

**ANCC**

Mayo Clinic College of Medicine and Science designates this activity for a maximum of 3.50 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

**AAPA**

Mayo Clinic College of Medicine and Science has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 3.50 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

**ABS**

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME requirements of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

**Other Healthcare Professionals**

A record of attendance will be provided to all registrants for requesting credits in accordance with state nursing boards, specialty societies or other professional associations.

**Disclosure Summary**

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

***Listed below are individuals with control of the content of this program who have disclosed...***

***Relevant financial relationship(s) with ineligible companies:***

Name	Nature of Relationship	Company
Tatnai Burnett, M.D.	Consulting	Chugai Pharmaceutical Co., Ltd.
Wendy VanBuren, M.D.	Business	International Endometriosis Imaging Congress

***All relevant financial relationships listed for these individuals have been mitigated.***

***No relevant financial relationship(s) with ineligible companies:***

Name	
Shannon Cohn	Isabel Green, M.D.
Louise Perkins King, M.D., J.D.	Jenna Wygant, APRN, C.N.P., D.N.P.
Rily Young, M.D.	Felecia Fick, P.A.-C.
Adela Cope, M.D.	Casey Lawler, P.A.-C.
Zaraq Khan, M.B.B.S	Corinne Irish
Kelsey Stewart, M.D.	
Morgan Briggs, M.D.	

**References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**

None

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

**Disclaimer**

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

**Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

**Method of Participation**

Participation in this activity consists of reviewing the educational material, completing the learner assessment and evaluation.

**How to Obtain Credit**

To obtain credit, complete the assessment, evaluation and submit.

**Release and Expiration Dates**

Release Date:	March 4, 2025
Renewal Date:	(If applicable)
Expiration Date:	March 3, 2028

**Acknowledgement of Commercial Support**

No commercial support was received in the production of this activity.

**Faculty and Course Director Listing and Credentials**

**Course Director**

Isabel Green, M.D.

**Mayo Faculty**

Wendy VanBuren, M.D.

Rily Young, M.D.

Adela Cope, M.D.

Tatnai Burnett, M.D.

Zaraq Khan, M.B.B.S

Kelsey Stewart, M.D.

Morgan Briggs, M.D.

**Guest Faculty**

Shannon Cohn

Louise Perkins King, M.D., J.D.

**Bibliographic Resources**

Parasar, P., Ozcan, P. & Terry, K.L. Endometriosis: Epidemiology, Diagnosis and Clinical Management. Curr Obstet Gynecol Rep 6, 34–41 (2017). <https://doi.org/10.1007/s13669-017-0187-1>

Agarwal SK, Chapron C, Giudice LC, Laufer MR, Leyland N, Missmer SA, Singh SS, Taylor HS. Clinical diagnosis of endometriosis: a call to action. *Am J Obstet Gynecol*. 2019 Apr;220(4):354.e1-354.e12. doi: 10.1016/j.ajog.2018.12.039. Epub 2019 Jan 6. PMID: 30625295

Horne AW, Missmer SA. Pathophysiology, diagnosis, and management of endometriosis. *BMJ*. 2022 Nov 14;379:e070750. doi: 10.1136/bmj-2022-070750. PMID: 36375827

Shim JY, Laufer MR, King CR, Lee TTM, Einarsson JI, Tyson N. Evaluation and Management of Endometriosis in the Adolescent. *Obstet Gynecol*. 2024 Jan 1;143(1):44-51. doi: 10.1097/AOG.0000000000005448. Epub 2023 Nov 9. PMID: 37944153

## **Copyright**

Mayo Foundation for Medical Education and Research. All rights reserved. Copyright 2025