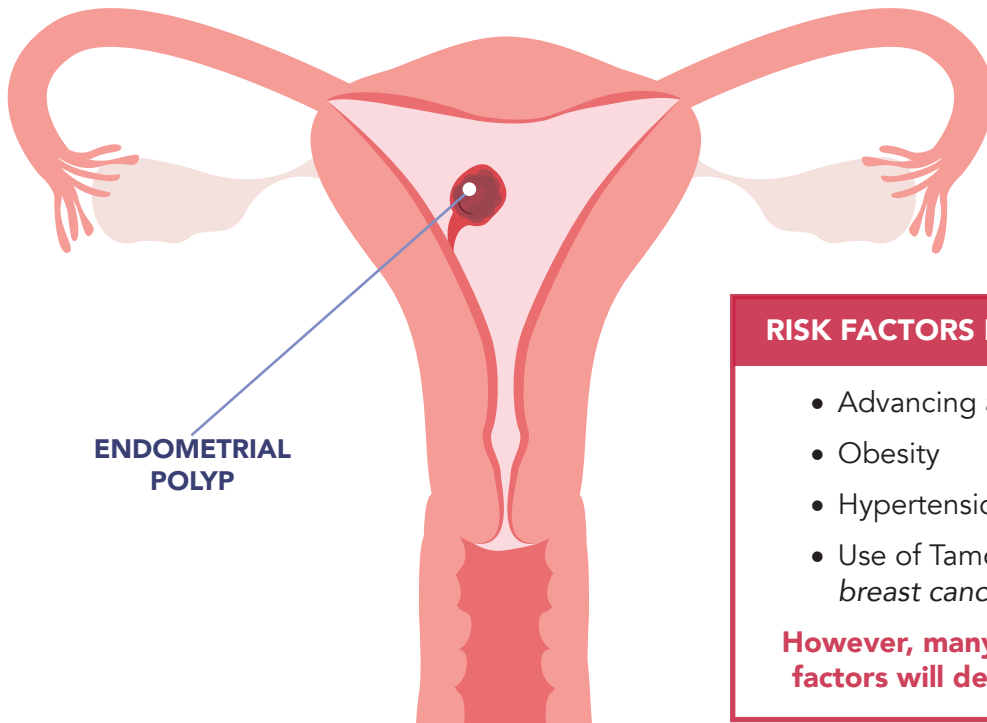


Endometrial polyps represent overgrowths of endometrial tissue (i.e. the inner uterine lining) that protrude into the uterine cavity. Polyps can be thought of as “skin tags” of the uterus.

- Endometrial polyps are common and may occur in up to 35% of women. However, this proportion may be underestimated. Many people with polyps don’t have symptoms, so they go undiagnosed.
- Endometrial polyps are sometimes incidentally diagnosed at the time of pelvic ultrasounds being completed for another reason.



RISK FACTORS FOR ENDOMETRIAL POLYPS

- Advancing age
- Obesity
- Hypertension
- Use of Tamoxifen (a medication used in breast cancer treatment)

However, many people without these risk factors will develop endometrial polyps.

The majority (90%) of endometrial polyps are benign. However, some endometrial polyps may contain precancerous or cancerous cells. The risk of cancer in endometrial polyps ranges between 0 – 12% depending on the patient population. **The risk of a polyp being cancer goes up with increasing patient age, presence of symptoms, increasing polyp size, and history of Tamoxifen use.**

Symptoms of Endometrial Polyps

Most endometrial polyps are not associated with symptoms. Endometrial polyps are **not likely** to be associated with pelvic pain, pressure, bloating, or bowel/bladder symptoms.

- Of those who are symptomatic, the most common symptom is **abnormal vaginal bleeding**
- Other symptoms include **difficulty getting pregnant** in women of reproductive age

References

1. Wolfman W. No. 249-Asymptomatic endometrial thickening. J Obstet Gynaecol Can. 2018 May; 40(5):e367-377.
2. AAGL Advancing Minimally Invasive Gynecology Worldwide. AAGL Practice report: Practice guidelines for the diagnosis and management of endometrial polyps. J Minim Invasive Gynecol. 2012 Jan; 19(1):3-10

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