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Integrative endometriosis: New treatment alternatives

Endometriosis, a chronic inflammatory disease that affects the pelvic peritoneum and ovaries, is one of the most commonly diagnosed gynecological conditions in women. It represents a debilitating condition for females and a challenging and complex disease for clinicians. Endometriosis often is underdiagnosed and poorly treated, resulting in delayed diagnose, significant pelvic pain and infertility. Multiple studies have shown that endometriosis has a strong affinity towards estrogen, angiogenesis and dysregulation of the immune system. While conventional treatments are used, there is an unmet medical need to not only help improve treatment outcomes but provide treatment with a reduced risk of undesirable side effects. Fortunately, there are a wide variety of therapies available in nutritional and herbal supplements which may be used to treat endometriosis. Certain nutritional and herbal supplements have shown to exert complex actions on endometrial cells as well as regulate inflammation, angiogenesis and aromatase inhibitors. Additionally, nutritional and herbal supplements can safely be integrated with conventional treatments.

Biography

Vijay Nielsen has completed his Diploma in Homeopathic Medicine at Dr. Nielsen's Homeopathic Medical Education and Research Centre Inc. in Winnipeg, Canada; and fellowship at Vinayaka Mission's Hospital in Salem, India. In 2005, he opened Nielsen Clinic where he specializes in women's health and dermatology, combining homeopathic medicine with a clinical approach. His clinic has won numerous awards and he was recently selected as one of the Impact Magazines Top Doctor for 2018. He has published his article in the *Journal of Pharmacy & Pharmaceutical Sciences*.

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