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Ultrasound-based #Enzian classification in adolescents (12–20 years): diagnosis and follow-up

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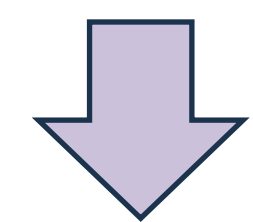
Introduction

To assess endometriosis in adolescents using #Enzian classification by transvaginal ultrasound (TVS) and to evaluate the progression of symptoms and disease in a follow-up period more than 24 months.

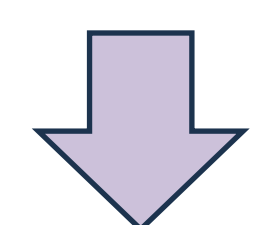
Methods

100 adolescents

- Age 12-20 years
- Ultrasound diagnosis of endometriosis, staged with #Enzian classification
- No previous pelvic surgery
- No hormonal treatment within the previous 6 months



Started continuous hormonal therapy inducing amenorrhea.



Ultrasound and clinical follow-up at 24, 36 and 48 months.

Results

Mean follow-up period was 26.4 ± 5.2 months.
Dysmenorrhea and heavy menstrual bleeding disappeared.

- Reduction in O2 lesions and a relative increase in O1 (Fig.1).
- Chronic pelvic pain and dyspareunia were significantly reduced (Fig.2).

- 50% of endometriomas were no longer detectable.

- Stability of all compartments.

24 months

36 months

48 months

Compartments FA, A, B and C showed no changes, indicating disease stability under therapy

Continuous medical therapy reduced endometrioma size without progression in other compartments.

The #Enzian classification provides a standardized and objective tool for monitoring pelvic endometriosis in adolescents.

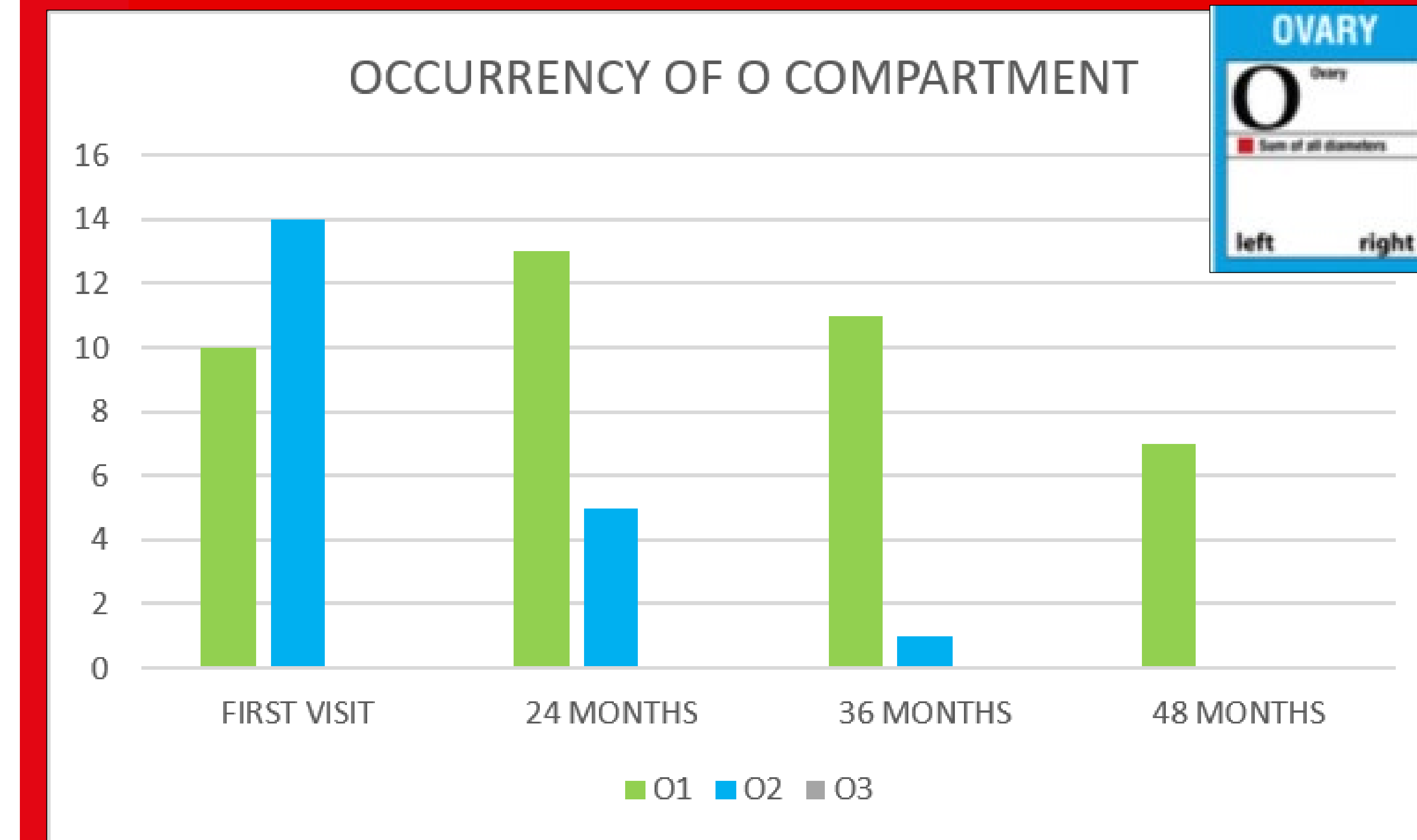


Fig. 1. Occurrence of O compartment during the 48-month follow-up.

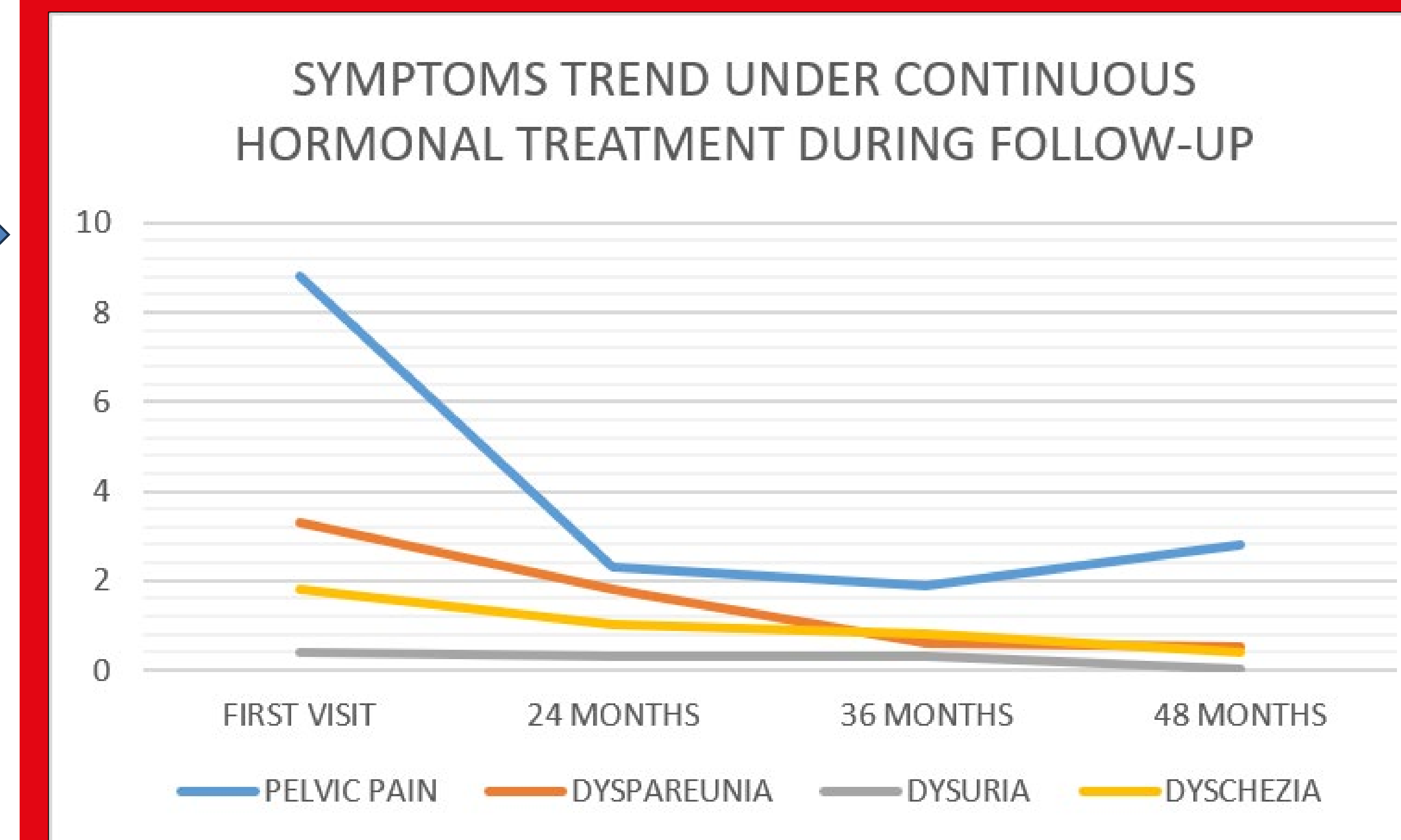


Fig. 2. Symptoms trend during follow-up in patients with TVS diagnosis of endometriosis receiving hormonal treatment.