

Abstract

Endometriosis is chronic, inflammatory and very painful disease which contains with estrogen. This disease affect about 10 % of female population in childbearing age. Etiology and pathogenesis of this illness is largely unknown. 20-40 % of women who suffer from endometriosis have concurrent problems with sterility and 50 % of women suffer from various forms of sexual dysfunction, the most common of which is pain. It is assumed that, that symptoms of endometriosis might be affected by diet interventions.

Objectives of this thesis: 1. Determine awareness of women in fertile age with endometriosis about influence of nutritional factors on this disease. 2. Determine, if women with endometriosis were instructed by their doctor (gynecologist) about influence of nutritional factors on this disease. 3. Determine, if women with endometriosis changed their eating habits.

Part of the research were 212 women with diagnosed endometriosis, which were addressed with using of questionnaire in Nemocnice České Budějovice and electronic questionnaires. Women with diagnosed endometriosis, which were part of the observed sample were not even half informed about influence of nutritional factors on this illness. There has not been proven significant statistical dependence between awareness about influence of nutritional factors on this illness and education of respondent. The total number of changes in eating habits were not statistically significantly different according to level of highest achieved education. The amount of changes in eating habits were significantly statistically affected on that, if woman is informed by her doctor or not. There exist statistically significant differences in perception improvement of the disease state after modification of eating habits and full informed state by doctor.

In nowadays there are not available sufficient amount of studies, which deals with relations between nutritional factors and endometriosis. The main basis of the present recommendation is balanced diet which contains PUFA, antioxidants, vitamins D, C and E, mineral substances and fiber. It is also recommended to reduce industrially processed food and reduction of red meat and animal fats. It is recommended to prefer untreated and organically grown fruits and vegetables. Changes in eating habits should be carried out individually and consulted with doctor or nutritional specialist to prevent of incomplete composition of the diet.

Keywords: endometriosis, diet, risk factors, preventive factors, dietary supplements.