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Ask the patient – What have we learned?

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Abstract

Since 12 years we are using a structured questionnaire for the anamnesis of endometriosis patients. It is well accepted by the patients, because the waiting time before the medical examination is turned already into treatment time. The standardized anamnesis is very helpful for our scientific sampling and also for finding new correlations of biomarkers to the disease. Although it was not possible to identify highly endometriosis-specific pain parameters, we revealed new pain parameters to better describe the disease. Besides the well-known pain parameters such as period pain, dyschezia, dysuria, and dyspareunia, we found that the actual pain as well as the strongest pain during the last four weeks are also significantly associated with endometriosis. From our data it was also possible to develop a new prediction algorithm with an approximately 80% positive predictive value. All in all we have learned more about the disease from a patient's perspective with the questionnaire as from textbooks.