

## Vitamin D as a Treatment for Endometriosis

**Haley Berry** and Marc Nahmani

Endometriosis is a condition that causes endometrial cells to grow outside of the uterus and implant on organs within the pelvic cavity. This condition causes chronic inflammation and has a negative effect on the immune system. Vitamin D is a known anti-inflammatory and has pro-immunologic properties that can be beneficial as a treatment for endometriosis without inducing negative side effects. The focus of this review was to analyze the effects of vitamin D treatment on inflammation levels, immune function, disease progression, chronic pelvic pain, and menstrual cramps in patients diagnosed with endometriosis. Research revealed that vitamin D supplements were able to lessen the degree of inflammation and improved immune system responses caused by endometriosis. In addition, vitamin D supplements stopped the progression of uterine lesions associated with the disease, but were not able to decrease the chronic pelvic pain or painful menstruation. This review argues that vitamin D can be used as a medical treatment for level of endometriosis in conjunction with current medical treatments to manage pain and hormonal related symptoms. While vitamin D may not be the most effective treatment for endometriosis, these results have highlighted other anti-inflammatory and pro-apoptosis medications as possible treatments. Fortunately, current research efforts are working towards finding a better treatment plan for a disease that has been considered a “women’s issue”, which shows some improvements toward gender equality within the medical field.