

# Spotting may be endometriosis marker for women with infertility

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(HealthDay)—Premenstrual spotting for two or more days is associated with endometriosis in women with infertility, according to a study published in the October issue of the *American Journal of Obstetrics & Gynecology*.

Ryan J. Heitmann, D.O., from the Madigan Healthcare System in Tacoma, Wash., and colleagues examined the prevalence of [endometriosis](#) in [women](#) with premenstrual spotting in a retrospective cohort study. Participants included 80 women who presented to the [infertility](#) clinic for evaluation and underwent laparoscopic assessment for infertility.

The researchers found that in subfertile women who reported premenstrual spotting for two or more days, endometriosis was significantly more prevalent than in women without this symptom (89 versus 26 percent; P

"In this cohort of women with infertility, premenstrual spotting of greater than or equal to two days was associated strongly with histologically confirmed endometriosis and a better predictor than dysmenorrhea or dyspareunia of finding endometriosis at laparoscopy," the authors write.

**More information:** [Abstract](#)  
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