

March 30, 2026

Edited by Sun-Wei Guo

Editor's Note: This is the first edition of the ASEA Newsletter. As part of the ASEA Board decision, this Newsletter will be released on a quarterly basis, with each issue edited by one of the Board members.

President's Message

It gives me enormous pleasure to issue this statement to the inaugural Newsletter of the Asian Society of Endometriosis and Adenomyosis (ASEA).

ASEA represents 52% of the world's population and thereby a significant proportion of the global burden of endometriosis. Adenomyosis is known to be commoner amongst women in Asia.

ASEA represents a spectrum of resources and opportunities. While we are a powerhouse in endometriosis research, some of our member countries face constraints. Through our internal and external partnerships, we are striving to improve the care of women suffering endometriosis.

Our Newsletter is meant to showcase activities of our member, promote networking and promote our visibility.

I express my gratitude to Prof. Sun-Wei Guo who coordinated this activity to get it off the ground.

I am certain that you will enjoy reading this Newsletter.

Dr Hemantha Senanayake

President, The ASEA

Report on the ACE 2025

The 13th Asian Congress on Endometriosis (ACE 2025) concluded successfully after four days of ground-breaking discussions and collaboration aimed at improving the understanding, diagnosis, and management of endometriosis and adenomyosis—two conditions that continue to affect millions of women worldwide.

Held from 31st October to 3rd November 2025 at The Cinnamon Life Hotel, Colombo, Sri Lanka, the congress brought together 367 delegates and faculty members from across Asia and beyond. Participants included distinguished clinicians, researchers, scientists, and policymakers in reproductive medicine, gynecology, and women's health from across the world.

The congress was hosted by the Endometriosis and Adenomyosis Association of Sri Lanka on behalf of the Asian Society of Endometriosis and Adenomyosis (ASEA), and organized in collaboration with the World Endometriosis Society (WES) and the European Endometriosis League (EEL). This collaboration marked a significant milestone in regional and global cooperation in advancing women's health.

ACE 2025 commenced with two pre-congress workshops: a Pelvic Ultrasound Workshop on 31st October and a Laparoscopic Surgery Workshop on 1st November. Both workshops offered practical insights delivered by leading international experts. The laparoscopic surgery workshop was a collaboration between the EEL and ASEA. The main congress, held on 2nd and 3rd November, featured nine plenary lectures, symposia, seven country sessions, oral and poster free paper presentations, and panel discussions highlighting the latest clinical and research advancements. A highlight of the Congress was the launch of the Sri Lanka Menstrual Health Survey, conducted by the Health Promotion Bureau of the Ministry of Health of Sri Lanka in collaboration with the UNFPA. Both days featured lunchtime symposia, one sponsored by Bayer and the other by Ziwig. The plenary speakers were Diana Bitner, Rahul Gajbhiye, Sun-Wei Guo, Tasuku Harada, Andrew Horne, Stacey Missimer, Hugh Taylor, and Sean Tsai. The Congress saw well-engaged participants, with four parallel sessions on the first day and six parallel sessions on the second. Dedicated country sessions were held by Bangladesh, Indonesia, Russia, the Central Asian Countries, the Sino-Japanese group, the Philippines, and Iran. Two parallel sessions, the "Young ASEA Sessions," were dedicated to free papers by young researchers from ASEA countries. Emphasizing the broader impact of the congress, Prof. Hemantha Senanayake, Congress Chair of ACE 2025, stated, *"ACE 2025 was not only a scientific congress, but also a collective movement towards improving care and understanding for millions of women living with endometriosis and adenomyosis across the world."* Professor Asgi Fazleabas, Distinguished Professor from Michigan State University, and Patron of the Endometriosis and Adenomyosis Association of Sri Lanka, delivered the Keynote Address titled "How the Notch pathway has contributed to our understanding of the pathophysiology of endometriosis."

(Contributed by Hemantha Senanayake)

Endo March 2026 In Bangladesh

Roundtable Discussion

Theme: Endometriosis Care Services in Bangladesh

Organized by: Endometriosis Adenomyosis Society of Bangladesh (ESB)

Chairperson: Prof. Sameena Chowdhury , President , ESB

Moderator: Prof. Saleha Begum Chowdhury, Secretary General, ESB

Dr. Sharmin Abbasi, Scientific Secretary, ESB

Participants: Senior Gynecologists & Multi-disciplinary Doctors, Journalists, Media Personalities, Health Activists & Representatives from Pharmaceuticals

Coverage: In a Popular daily newspaper & TV Channel



Take home message of the Round Table:

Endometriosis is a chronic, often debilitating condition affecting millions of women globally, yet it remains widely underdiagnosed and misunderstood. It has significant physical, emotional, and social implications for those who suffer from it. The establishment of an Endo care Clinic, a dedicated facility for the diagnosis, treatment, and management of endometriosis, plays a crucial role in improving care and empowering women.

The roundtable discussion on "Women Empowerment: Breaking Barriers to Endometriosis Care and Establishment of an Endo care Clinic" brought together experts from healthcare, patient advocacy, and policy sectors to address the challenges and solutions for improving care for women with endometriosis.

The following take-home messages encapsulate the key discussions and recommendations.

Endometriosis as a Women's Health Priority

Endometriosis is a significant women's health issue, affecting an estimated 1 in 10 women worldwide. However, it remains underrecognized in many healthcare settings, often dismissed or misdiagnosed. The roundtable emphasized that endometriosis should be prioritized in women's healthcare discussions and policies. By acknowledging the high prevalence of the condition and its profound impact on women's physical and

mental health, it becomes imperative to create more awareness within the medical community, the general public, and policy-making bodies.

The roundtable participants discussed the importance of advocacy and public education campaigns to raise awareness about the condition. Empowering women with knowledge about their bodies, symptoms, and potential diagnoses was highlighted as a key element in improving early diagnosis rates and ensuring women feel heard and validated when seeking care.

Breaking the Silence: Redefining Stigma Around Endometriosis

One of the major barriers to adequate endometriosis care is the stigma surrounding menstrual and reproductive health. Endometriosis, often associated with painful periods, is frequently dismissed as a "normal" part of menstruation, leading women to delay seeking help. Additionally, there is a lack of open dialogue surrounding menstruation and reproductive health issues, contributing to feelings of shame and isolation.

The roundtable emphasized the need to break the silence around endometriosis, with a focus on destigmatizing menstrual health issues. Participants discussed the importance of creating safe spaces where women can discuss their experiences openly without judgment. Through public awareness campaigns, workplace education, and school programs, there is potential to normalize conversations about conditions like endometriosis, making it easier for women to seek help when needed.

Improving Access to Specialized Endometriosis Care Clinic

Access to specialized endometriosis care is a critical barrier for many women, particularly in low-resource settings. The roundtable discussions underscored the importance of developing specialized clinics, like the proposed EndoCare Clinic, that provide comprehensive, multidisciplinary care for women with endometriosis. These clinics would offer a range of services, including accurate diagnosis, pain management, fertility support, psychological counseling, and educational resources.

Creating EndoCare Clinics that focus on women-centered care was seen as a transformative step. Participants emphasized that such clinics should not only provide medical expertise but also prioritize compassionate, patient-centered approaches. Empowering women to be active participants in their treatment plans and providing them with options to manage their symptoms and improve their quality of life was seen as essential in fostering better health outcomes.

Multidisciplinary Care: A Holistic Approach

Endometriosis is a complex condition that affects various aspects of a woman's life, including physical health, fertility, and mental well-being. The roundtable emphasized that a holistic, multidisciplinary approach is essential for optimal care. This involves

collaboration between gynecologists, pain management specialists, fertility experts, mental health professionals, and patient advocates.

Participants discussed how EndoCare Clinics could bring together these diverse healthcare professionals under one roof, providing coordinated care that addresses all aspects of a woman's health. By combining medical, emotional, and psychological support, the clinic model could reduce the fragmentation of care that many women experience when navigating multiple healthcare providers. This model would also help in providing personalized treatment plans that are tailored to each woman's specific needs.

Research and Data Collection for Better Care

The lack of robust research on endometriosis has contributed to gaps in understanding the disease, its causes, and effective treatments. The roundtable participants stressed the need for increased research funding and collaboration between healthcare providers, researchers, and patient groups. More data on the epidemiology of endometriosis, the socio-economic impact of the disease, and the long-term outcomes of different treatment modalities is critical to improving care.

Participants agreed that women with endometriosis should be involved in research as active contributors. By including the voices and lived experiences of women, researchers can ensure that studies reflect real-world challenges and focus on areas that matter most to patients. Collaboration with women's health advocacy organizations can also help ensure that research priorities are aligned with patient needs.

Mental Health and Emotional Support

Endometriosis is not just a physical condition but also a condition that profoundly affects women's emotional well-being. The roundtable highlighted the importance of addressing the psychological aspects of the disease. Many women with endometriosis experience depression, anxiety, and social isolation due to chronic pain, infertility struggles, and the societal stigma surrounding reproductive health issues.

The establishment of EndoCare Clinics should prioritize mental health services, including access to counseling and peer support groups. Emotional support is a crucial aspect of empowerment, as it helps women feel less isolated and more confident in managing their condition. Mental health professionals should be part of the multidisciplinary team to address the psychological burdens that often accompany chronic health conditions like endometriosis.

Empowering Women through Education and Advocacy

Women empowerment was a central theme of the roundtable. Participants highlighted that women need to be equipped with the knowledge and tools to advocate for

themselves when navigating the healthcare system. This involves providing educational resources about endometriosis, including symptom management, treatment options, and available support networks.

The roundtable also emphasized the importance of advocacy, both at the individual and collective levels. By fostering a sense of community and solidarity among women with endometriosis, advocacy groups can work toward legislative changes that ensure better access to care, increased research funding, and policies that support women's health. Empowering women to raise their voices and demand better care is essential for driving change in the healthcare system.

The Role of Policy and Legislation in Advancing Endometriosis Care

Finally, the roundtable acknowledged that policy changes are necessary to address the systemic issues that hinder access to care for women with endometriosis. This includes advocating for insurance coverage of endometriosis treatments, reducing wait times for diagnosis, and supporting research initiatives. Participants discussed the importance of lobbying for policies that prioritize women's health, particularly for conditions like endometriosis, which have long been underfunded and overlooked in healthcare systems.

The roundtable provided a platform for essential conversations about the barriers women face in accessing proper endometriosis care. The establishment of an EndoCare Clinic was identified as a critical step in breaking down these barriers, offering women a comprehensive, compassionate, and holistic approach to care. Through increased awareness, research, policy advocacy, and patient empowerment, the healthcare system can improve its response to endometriosis, ensuring better health outcomes for women and fostering a society that values and supports women's health at all levels

(Contributed by Sameena Chowdhury)

Taiwan Endometriosis Society Marks EndoMarch 2026 with “ALL IN for HER” Initiative

On March 12, 2026, the Taiwan Endometriosis Society (TES) hosted a landmark EndoMarch event titled “**ALL IN for HER | Empowering Her Choices**” at Taipei 101. Held in alignment with Worldwide EndoMarch, this annual global movement continues to evolve—from raising awareness of women's pain to encouraging women to recognize and respond to the warning signs of their own bodies.

This year, TES partnered with Taipei 101 and Bayer Taiwan to launch a national women's health advocacy initiative. The campaign calls for greater societal

support in helping women access accurate medical information and empowering them to make informed decisions about their health.



(From left) Mr. Ingo Brandenburg (President of Bayer Taiwan), Ms. Yu-Ting Chiang (Pianist), Ms. Li-Wen Chu (Taipei 101 President), Prof. Hong-Yuan Huang (TES President)

From a public health perspective, TES emphasizes that what women truly need is not the ability to endure discomfort, but access to information and support that enables decision-making. According to TES President Prof. Hong-Yuan Huang, only by reframing health decisions as a process that can be openly discussed and supported can society move from a “culture of endurance” toward a “culture of choice.”



Mr. Ingo Brandenburg, President of Bayer Taiwan, highlighted that women’s health is intrinsically linked to social structure and equality. Bayer remains committed to supporting women across all life stages from a public health standpoint, encouraging them to move beyond socially imposed definitions of what is considered “normal.” The “ALL IN for HER” initiative symbolizes a shared commitment among the healthcare sector, industry, and society to shift from a mindset of “just endure a little longer” to one of “timely action.”



More than a slogan, “ALL IN for HER | Empowering Her Choices” represents a collective pledge. Through cross-sector collaboration and the sharing of real-world experiences, the initiative aims to inspire women to take action without delay—ensuring that at every critical moment, they are equipped to make confident and informed decisions about their health.



EndoMarch Event “ALL IN for HER | Empowering Her Choices” Group Photo at Taipei 101, 35th Floor

Taiwan Endometriosis Society Hosts Worldwide EndoMarch Online Webinar on Fertility Preservation

In recognition of Endometriosis Awareness Month this March, the Taiwan Endometriosis Society (TES) organized a dedicated online academic webinar on March 25, 2026, titled **“Strategies for Fertility Preservation in Patients with Endometriosis.”** The event brought together leading experts from Taiwan and abroad to explore critical issues surrounding fertility preservation in women affected by endometriosis.

Endometriosis AWARENESS MONTH

Strategies for Fertility Preservation in Patients with Endometriosis

Online Webinar

Hong-Yuan Huang
President
Taiwan Endometriosis Society

Hsien-Ming Wu
Professor
Linkou Chang Gung Memorial Hospital

Yutaka Osuga
Professor
The University of Tokyo

Eing-Mei Tsai
Professor
Kaohsiung Medical University Chung-Ho Memorial Hospital

PROGRAM

25 March 2026
19:00 pm - 20:20 pm

19:00-19:05
Opening | Hong-Yuan Huang, President

19:05-19:10
Moderator | Hsien-Ming Wu, Professor

19:10-19:40
Speaker | Prof. Yutaka Osuga
Does Embryo Cryopreservation Before Surgery Improve IVF Success Rates for Patients with Endometrioma?

19:40-20:10
Speaker | Eing-Mei Tsai, Professor
Fertility preservation in women with endometriosis

20:10-20:30 Panel Discussion

The webinar opened with welcoming remarks by TES President Prof. Hong-Yuan Huang and was moderated by Prof. Hsien-Ming Wu of Linkou Chang Gung Memorial Hospital. The program featured distinguished international speaker Prof. Yutaka Osuga from The University of Tokyo, who delivered a keynote lecture titled *“Does Embryo Cryopreservation Before Surgery Improve IVF Success Rates for Patients with Endometrioma?”* His presentation provided valuable insights into the clinical evidence and impact of preoperative embryo cryopreservation on IVF outcomes. Representing Taiwan, Prof. Eing-Mei Tsai from Kaohsiung Medical University Hospital presented *“Fertility Preservation in Women with Endometriosis,”* offering practical perspectives on clinical strategies and treatment planning to preserve reproductive potential in affected patients.

Endometriosis not only compromises quality of life but may also have long-term implications for reproductive function. Striking an optimal balance between disease management and fertility preservation remains a key challenge for both clinicians and patients. By integrating international perspectives with clinical evidence, this webinar aimed to share the latest research findings and practical recommendations, foster professional exchange, and deepen understanding of infertility and fertility preservation in the context of endometriosis.



(Contributed by Sean C. J. Tsai)

Endometriosis Awareness Month – March 2026 (India Update)

Endometriosis is a significant yet under-recognized public health issue in India and across Asia, impacting nearly 1 in 10 women. Reports indicate substantial diagnostic delays, limited awareness, and disparities in access to care, especially in low-resource and underserved areas.

In India, efforts to address these gaps are being strengthened through integrated research and community-based approaches. The Endometriosis Clinical and Genetic Research in India (ECGRI) study, led by Dr Rahul Gajbhiye at ICMR–National Institute for Research on Women’s Health (Former ICMR-NIRRCH), represents one of the first large-scale national initiatives to characterize the clinical and genetic profile of endometriosis in Indian women, while informing strategies for early detection and improved care pathways.

As part of Endometriosis Awareness Month 2026, targeted awareness activities were conducted in Maharashtra through the Model Rural Health Research Unit (MRHRU), Vani, in collaboration with the Public Health Department, Government of Maharashtra. These initiatives focused on improving menstrual health literacy, promoting early recognition of symptoms, and encouraging timely care-seeking.

In urban Mumbai, an awareness and help-seeking session at CES’s Michael High School, Kurla, engaged over 400 adolescent girls, focusing on menstrual health, hygiene, and early warning signs such as severe dysmenorrhea and persistent pelvic pain.

In rural Nashik, including tribal and underserved regions, school-based sessions at Government Ashram School, Bopegaon, and Karmaveer Raosaheb Thorat institutions in Vani reached over 250 adolescent girls. These sessions emphasized early symptom

recognition, menstrual health awareness, and the importance of breaking stigma around menstrual disorders.

These efforts reflect a translational approach that links research with community action to address diagnostic delays and improve outcomes. Strengthening awareness, particularly among adolescents across both urban and underserved populations, is critical to reducing the long diagnostic interval associated with endometriosis.

Aligned with the priorities of ASEA, India's experience highlights the importance of integrating research, public health systems, and community engagement to advance women's health.

There is a pressing need for regionally coordinated efforts across Asia to strengthen evidence generation, improve awareness, and ensure equitable access to timely diagnosis and care for endometriosis.



Awareness session on menstrual health and endometriosis among urban adolescents at CES's Michael High School, Kurla, Mumbai (10th March 2026).



Ms Apoorva Joshi (Luma Fertility, Mumbai) and Ms. Nayna Barada (MRHRU, Vani) at CESs Michael High School, Kurla, Mumbai, India, 10th March, 2026



Ms Maya Gaikwad from MRHRU, Vani, conducted a session at Government Ashram School, Bopegaon, Nashik, India, 10th March 2026



Awareness Session at Karmaveer Raosaheb Thorat Arts and Commerce High School, Vani, Nashik, India, 09th March 2026



MRHRU, Vani Staff at Karmaveer Raosaheb Thorat High School, Vani, Nashik, India, 07th March 2026.

Acknowledgments

These activities were carried out with the support of the MRHRU Vani team, including Dr Hrishikesh Munshi, Dr Sandhya Anand, Nayana Barada, Sakshi Gangurde, Trunali Barde, Maya Gaikwad, Pankaj Kale, Komal Meshram and Dr Shubhangi Jadhav. (Contributed by Rahul Gajbhiye)

Endometriosis Awareness Month in Israel: Community, Care, and Action in Times of War

This year, Endometriosis Awareness Month in Israel began under the shadow of war. Despite the uncertainty and constraints, we remained deeply committed to advancing awareness, education, and community support.

Fortunately, just before the outbreak of the war, we were able to hold “**EndoMarch – Run for Awareness**”, led by medical experts, as part of the annual conference of the Israeli **Society of Gynecologic Endoscopy**. This event symbolized the strength of collaboration between community of patients and healthcare professionals in driving progress forward.

As the situation escalated, most of our activities transitioned online. We delivered a wide range of professional lectures and trainings: to healthcare providers, nurses,

clinical dietitians specializing in women's health, social workers as part of professional development programs, and participants in a reflexology training course. In parallel, we launched a free online course in collaboration with the **Israeli Medical Association**, aimed at primary care physicians and community-based gynecologists within the health system- whom we identify as a critical point for early diagnosis and intervention.

Throughout the month, we also led a joint social media awareness campaign, amplifying knowledge and visibility of endometriosis across digital platforms. In addition, we partnered with **Steimatzky**, one of Israel's largest bookstore chains, to create a dedicated online space highlighting books that address or mention the condition, helping to bring endometriosis into cultural and public discourse. Finally, we compiled and published an **“endo-friendly” recipe booklet**, based on recipes collected from members of our community, an initiative that reflects both shared knowledge and collective care.

Across all our digital communities- on Facebook, WhatsApp, Instagram, and TikTok, we continued to sustain vibrant, life-affirming spaces. These platforms became not only channels for information, but essential support networks for women navigating both endometriosis and the ongoing stress and uncertainty brought on by war. Even in times of crisis, this month has demonstrated not only the resilience of our community, but also the essential role of supportive, connected communities in sustaining wellbeing, visibility, and hope.



(Contributed by Yuval Kaufman)



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ENDOMETRIOSIS AWARENESS 2026

Empowering Awareness, Supporting Fertility,
Inspiring Hope

An initiative from the Division of Reproductive Immunoen-
docrinology Faculty of Medicine, Universitas Indonesia –
Cipto Mangunkusumo Hospital (FKUI-RSCM).

BACKGROUND

Endometriosis is a chronic gynecological condition that affects millions of women worldwide. It often impacting quality of life and fertility. However awareness and early recognition remain limited



As part of
Endometriosis
Awareness 2026,
we developed a
short video series.

The engaging educational video series aimed to increase public understanding about endometriosis through simple, relatable messages. We shared these educational videos through social media platform.

This is a project of endometriosis campaign on social media. This project involved a multidisciplinary collaboration between fertility, endocrinology, and reproductive consultants, trainees, OB-GYN residents, and endometriosis patients.

OUR GOAL

To bridge the gap between medical knowledge and public awareness by delivering simple, meaningful, and impactful education.



We aim to:

- Promote early recognition of symptoms
- Encourage timely medical consultation
- Support women facing infertility
- Provide hope through available treatments

PROJECT HIGHLIGHTS

Two Words About Endometriosis Series



From
Trainees



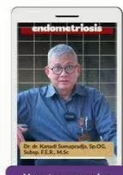
From
Patients



From
OBGYN Residents

- ✓ From Fertility, Endocrinology, and Reproductive trainees
- ✓ From patients' perspectives (POV)
- ✓ Messages of support for EndoSister from OB-GYN residents

EDUCATIONAL VIDEO SERIES



How to recognize
endometriosis early



How endometriosis
affects fertility



Fertility preservation
in endometriosis



IVE for
endometriosis



Is endometriosis still
active after
menopause?



The role of nutrition
in endometriosis

"Endometriosis is real, often silent, and impactful – but with awareness, it can be understood, managed, and treated."



VIDEO SERIES

(Contributed by Andon Hestiantoro)