PIPADOR REVISION

MRCOG Part 1 Revision Notes

Adenomyosis

PATHOLOGY • LECTURE 346

VISUAL EXAMINATION REVISION NOTES

2026 Edition

346

MRCOG PART 1 REVISION NOTES | PATHOLOGY

Adenomyosis

Pathogenesis, pathology, diagnosis, clinical significance and management of adenomyosis

> 2.5 mm	JZ ≥ 12 mm	Globular	HMB + pain
Below endo-myometrial junction	MRI threshold	Tender uterus	Typical symptoms

■ KEY FACTS: Learning objectives

- Define adenomyosis and describe its pathogenesis and pathology.
- Describe imaging and histological diagnosis.
- Describe clinical features, effects on fertility and pregnancy, and management.

346.1 Pathogenesis and pathology

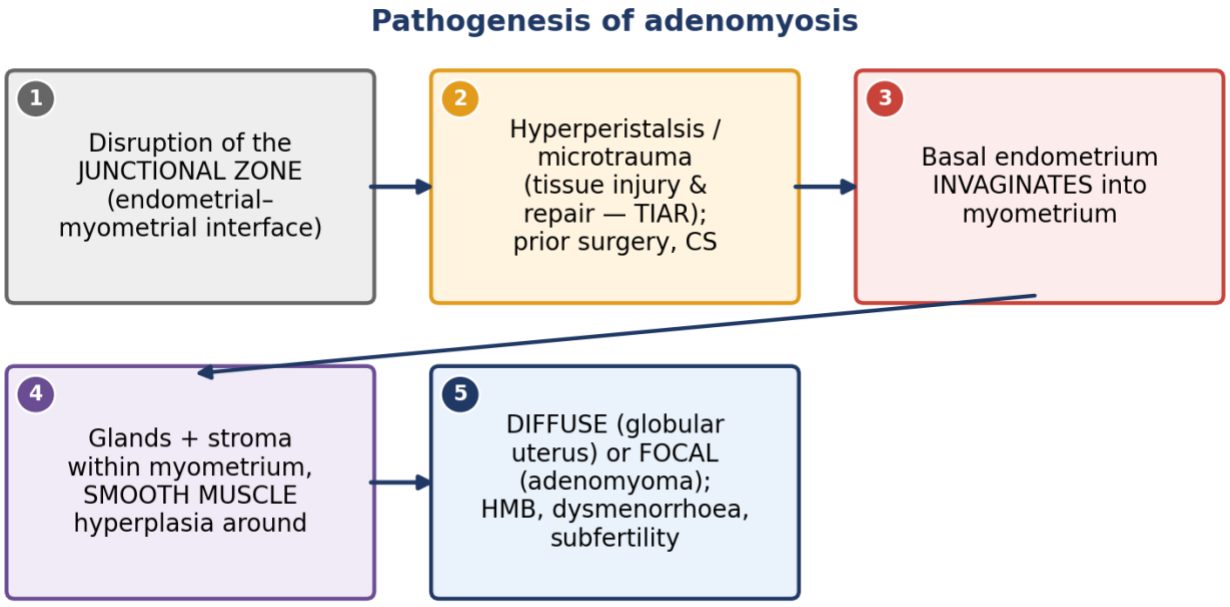


Figure 346.1 — Pathogenesis of adenomyosis

- Macroscopy: diffusely enlarged, **globular** uterus with thickened myometrium, trabeculated cut surface with tiny haemorrhagic cysts
  - **Adenomyoma** is a focal nodule (no capsule — unlike a fibroid).
- Risk factors: multiparity, previous uterine surgery (CS, curettage), age 40–50, endometriosis; increasingly diagnosed in younger women with imaging.

346.2 Diagnosis

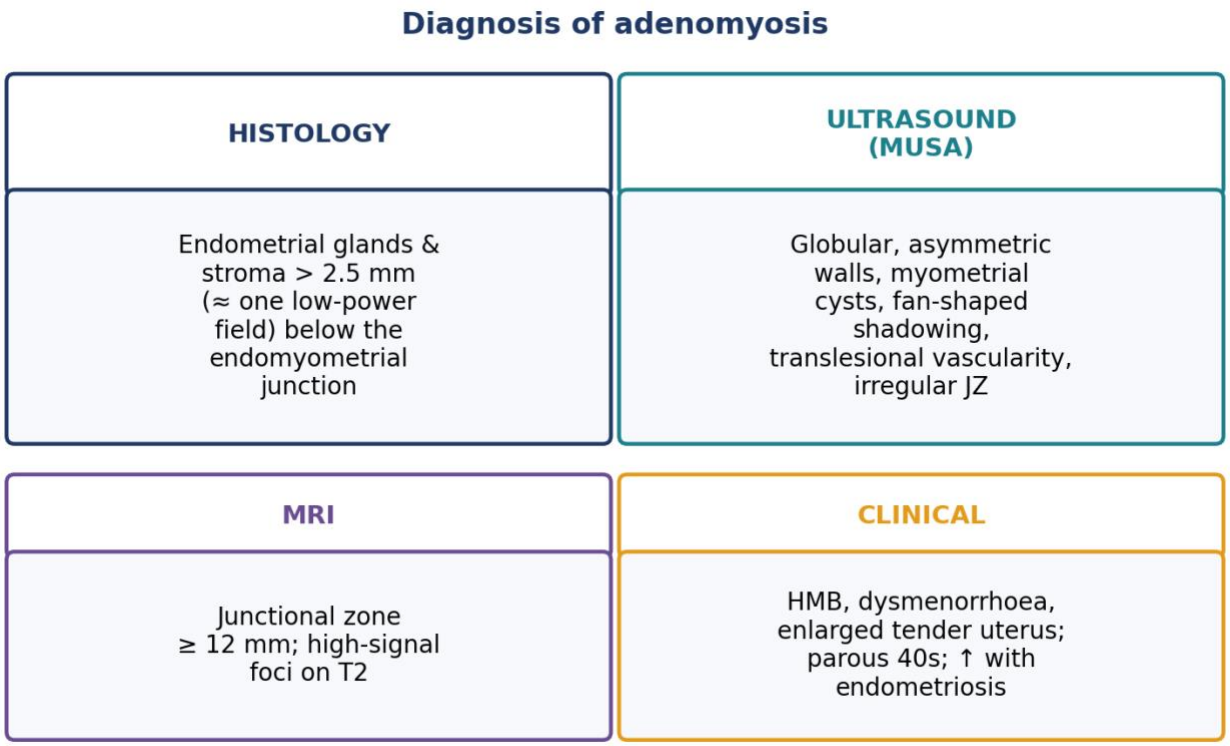


Figure 346.2 — Diagnosis of adenomyosis

346.3 Clinical significance

Topic	Details
Symptoms	• Heavy menstrual bleeding, dysmenorrhoea, chronic pelvic pain, dyspareunia • ≈ 1/3 asymptomatic
Fertility	↓ Implantation in IVF, ↑ miscarriage (altered JZ, inflammation)
Pregnancy	• ↑ Preterm birth, pre-eclampsia, FGR, malpresentation • Uterine rupture after adenomyomectomy
Medical management	LNG-IUS, COC, progestogens, tranexamic acid/NSAIDs, GnRH analogues
Procedures	• Uterine artery embolisation, HIFU, adenomyomectomy (fertility) • **Hysterectomy** is definitive

346.4 Must-know summary

■ EXAM TIP

- Endometrial glands/stroma > 2.5 mm deep in myometrium with smooth muscle hyperplasia.
- JZ disruption → invagination (TIAR); multiparity, prior surgery.
- USS (MUSA) or MRI (JZ ≥ 12 mm); adenomyoma has no capsule.
- HMB, dysmenorrhoea, subfertility; LNG-IUS first-line; hysterectomy definitive.

■ MNEMONIC / MEMORY AID

Adenomyosis — 'Bulky, Boggy, Bleeding, Bad pain'.