

Endometriosis Rates Increasing Across All Ages, Most Common in Women 35–49

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Key Findings:

- The rate of endometriosis diagnoses per 10,000 patients increased 32% from 24.9 in 2017 to 32.8 in 2024.
- In 2024, diagnosis rates were highest among women aged 35 to 49 (85.4 per 10,000) and lowest among those aged 15 to 24 (18.6 per 10,000).
- Among patients diagnosed in 2024, 55.9% had documented abdominal or pelvic pain within the two years prior, representing the most common symptom preceding the diagnosis.

Endometriosis, a chronic inflammatory condition characterized by endometrial tissue in areas outside of the uterus, affects approximately 1 in 10 women of reproductive age and is associated with pain, infertility, and decreased quality of life. There is often a significant delay between the onset of symptoms and diagnosis of the condition. Multiple factors contribute to this delay, including the nonspecific nature of the symptoms and the need for an invasive surgical procedure to definitively establish a diagnosis.¹ In recent years, there has been an increase in awareness of the condition, particularly through social media.²

To better understand the changing landscape of endometriosis diagnoses, we studied over 25 million women 15 years of age and older who had at least one outpatient face-to-face encounter between 2017 and 2024 and determined the annual rate of new endometriosis diagnoses. Between 2017 and 2024, the annual rate of endometriosis diagnoses increased by 32%, from 24.9 to 32.8 per 10,000 patients, as seen in Figure 1. Age-specific trends show consistently higher diagnosis rates among women aged 35 to 49, who reached a rate of 85.4 per 10,000 in 2024. Diagnosis rates among women aged 25 to 34 also increased moderately, while rates in younger women (15 to 24) remained lower.

Endometriosis Diagnosis Rates by Age

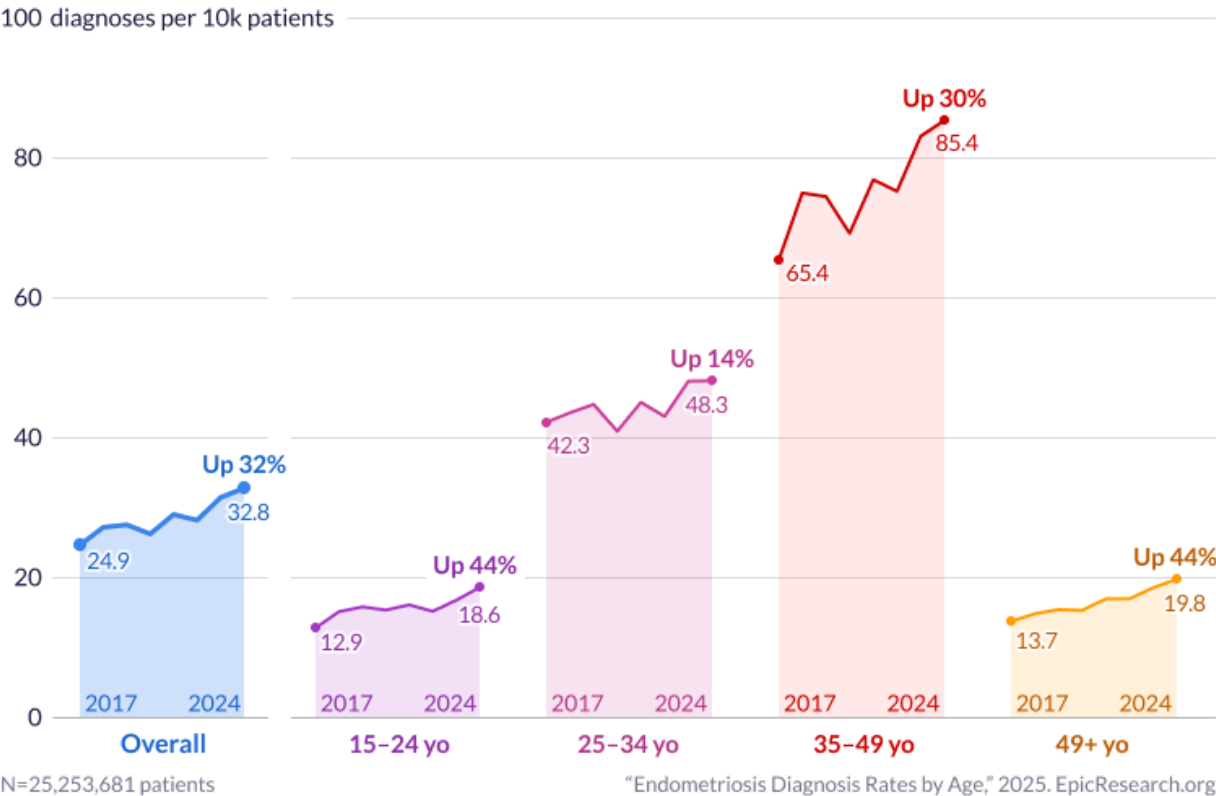


Figure 1. The rate of endometriosis diagnoses by age and year.

When we evaluated symptoms in the two years leading up to the endometriosis diagnosis, we found that abdominal or pelvic pain was the most frequent, affecting 55.9% of patients who were diagnosed in 2024, as seen in Figure 2. Neuropsychiatric symptoms, including anxiety, headache, dizziness, and depression, affected nearly half of women, while menstrual problems affected 44.8%. Dyspareunia (6.3%) and infertility (3.4%) were relatively uncommon.

Symptom Documentation Within Two Years Prior to Endometriosis Diagnosis

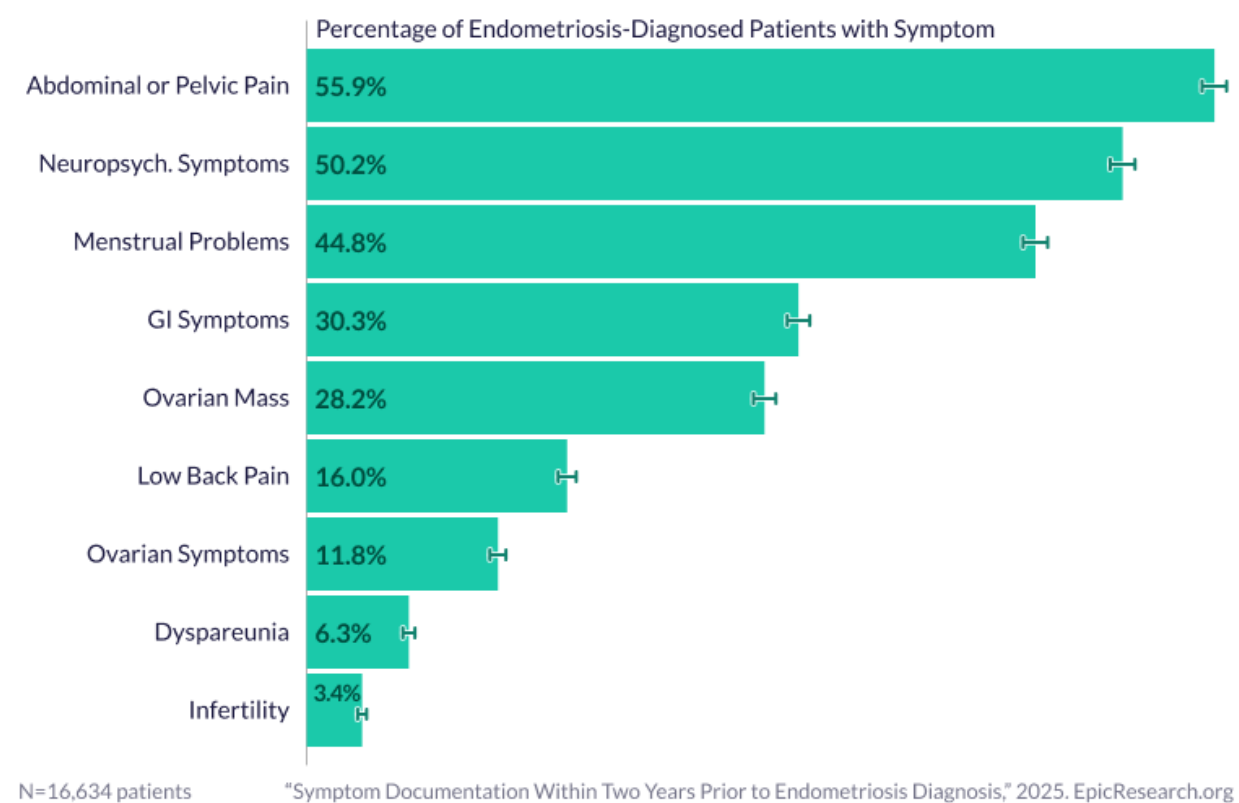


Figure 2. The rate of symptoms being present in the two years preceding an endometriosis diagnosis in 2024.

These data come from *Cosmos*, a dataset created in collaboration with a community of Epic health systems representing more than 300 million patient records from 1,700 hospitals and more than 40,000 clinics from all 50 U.S. states, Lebanon, and Saudi Arabia. This study was completed by two teams that worked independently, each composed of a clinician and research scientists. The two teams came to similar conclusions. Graphics by Brian Olson.

References

1. Zondervan, K. T., Becker, C. M., & Missmer, S. A. (2020). Endometriosis. *The New England Journal of Medicine*, 382(13), 1244–1256. <https://doi.org/10.1056/NEJMr1810764>
2. Seo H, Burkett KM, Okocha M, et al. Social media activism and women's health: Endometriosis awareness and support. *Digit Health*. 2025;11:20552076251314905. Published 2025 Jan 21. doi:10.1177/20552076251314905

Data Definitions

Term	Definition
Study period	2017 to 2024
Study population	Patients with: <ul style="list-style-type: none">• A reliable sex of female or ambiguous• An outpatient face-to-face encounter between 2017 and 2024 Exclusions:

	<ul style="list-style-type: none"> • Patients who had a problem list diagnosis of endometriosis documented before their first non-problem list diagnosis of endometriosis • Patients who did not have at least one endometriosis-related symptom documented between two years before their first endometriosis diagnosis and the diagnosis date • Patients who had an endometriosis diagnosis before the year in question
Outcomes	Endometriosis: ICD-10-CM code N80*
Endometriosis related symptom	<p>Symptoms of endometriosis bucketed as:</p> <p>Abdominal or pelvic pain:</p> <ul style="list-style-type: none"> • ICD-10-CM code R10* • Or a chief complaint of: <ul style="list-style-type: none"> • Abdominal Burn • Abdominal Cramping • Abdominal Pain • Abdominal Pressure • Pelvic Pain • Chronic Pelvic Pain • Groin pain <p>Low back pain:</p> <ul style="list-style-type: none"> • ICD-10-CM code M54.5* • Or a chief complaint of Back pain <p>Menstrual problems:</p> <ul style="list-style-type: none"> • ICD-10-CM code N94.6, N92*, N91* • Or a chief complaint of: <ul style="list-style-type: none"> • Dysmenorrhea • Female GU problem • Menometrorrhagia • Menstrual problem • Metrorrhagia • Irregular menses • Oligomenorrhea <p>Dyspareunia:</p> <ul style="list-style-type: none"> • ICD-10-CM code N94.1* • Or a chief complaint of Dyspareunia <p>Infertility:</p> <ul style="list-style-type: none"> • ICD-10-CM code N97* • Or a chief complaint of: <ul style="list-style-type: none"> • Infertility • Primary Ovarian Insufficiency • Tubal Factor Infertility • Ovarian Failure <p>Ovarian mass:</p> <ul style="list-style-type: none"> • ICD-10-CM code N83.[012] * • Or a chief complaint of Ovarian Cyst <p>Urinary symptoms:</p> <ul style="list-style-type: none"> • ICD-10-CM code R35* or R39.15 • Or a chief complaint of:

	<ul style="list-style-type: none"> • Urinary Frequency • Urinary Incontinence • Urinary Problem • Urinary Symptom • Genitourinary Symptoms • Urinary Urgency • Blood in urine <p>GI symptoms:</p> <ul style="list-style-type: none"> • ICD-10-CM code R19.7, K59.[01], K59.0[09], or R11* • Or a chief complaint of: <ul style="list-style-type: none"> • Diarrhea • Constipation • Nausea • Nausea/Vomiting <p>Neuropsychiatric symptoms:</p> <ul style="list-style-type: none"> • ICD-10-CM code R41, R42*, R51*, R53.8[23], G44*, F40*, F41*, F94.0*, F32*, F33*, or F34.1* • Or a chief complaint of: <ul style="list-style-type: none"> • Dizziness • Anxiety • Headache • Depression • Morning Headache • Adjustment Disorder with Mixed Anxiety and Depressed Mood • Pre Syncope • Fatigue
Outpatient face-to-face	Encounter type of "Emergency," "Office Visit," "Well Child," "Follow-Up," "Telemedicine," "Urgent Care," "Walk-In," "Routine Prenatal," "Postpartum Visit," or "Fetal Care Consult"

Table 1: Endometriosis Diagnosis Rates by Age

Age Group	2017	2018	2019	2020	2021	2022	2023	2024
Overall	24.9	27.4	27.7	26.4	29.2	28.4	31.5	32.8
15 - 24 yo	12.9	15.2	15.9	15.4	16.2	15.2	16.8	18.6
25 - 34 yo	42.3	43.7	44.9	41.0	45.2	43.1	48.3	48.3
35 - 49 yo	65.4	75.1	74.5	69.3	76.9	75.3	83.1	85.4
49+ yo	13.7	14.8	15.5	15.3	17.0	17.0	18.6	19.8

Table 2: Symptom Documentation Within Two Years Prior to Endometriosis Diagnosis

Symptom	Rate	95% CI Low	95% CI High
Abdominal or Pelvic Pain	55.9%	55.1%	56.6%
Neuropsychiatric Symptoms	50.2%	49.5%	51.0%
Menstrual Problems	44.8%	44.1%	45.6%

GI Symptoms	30.3%	29.6%	31.0%
Ovarian Mass	28.2%	27.5%	28.9%
Low Back Pain	16.0%	15.5%	16.6%
Ovarian Symptoms	11.8%	11.3%	12.3%
Dyspareunia	6.3%	5.9%	6.7%
Infertility	3.4%	3.1%	3.7%