

ANALYSIS OF THE EPIDEMIOLOGICAL DISEASE BURDEN OF
ENDOMETRIOSIS IN HUNGARY BASED ON DATA FROM THE GLOBAL
BURDEN OF DISEASE STUDY

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OBJECTIVES

Endometriosis is a chronic gynecological condition recognized as one of the most common causes of infertility, affecting approximately 18% of women of reproductive age worldwide. The aim of our study was to examine the epidemiological disease burden of endometriosis in Hungary based on data from the Global Burden of Disease Study (GBD), focusing on the year 2021.

METHODS

The epidemiological disease burden of endometriosis was analysed using the Global Burden of Disease Study (GBD, 2021) Institute for Health Metrics and Evaluation (IHME) database for the year 2021. We assessed the prevalence, incidence, disability-adjusted life years (DALYs), years lived with disability (YLDs), and years of life lost (YLLs) associated with endometriosis at the national level in Hungary.

RESULTS

In 2021, the prevalence of endometriosis in Hungary was 426.65 cases per 100,000 population, while the incidence was 59.83 per 100,000. The number of DALYs was 39.49 per 100,000 population, accounting for 0.09% of total DALYs. YLDs totaled 39.32 per 100,000 population (0.25% of total YLDs), and YLLs amounted to 0.17 per 100,000 (*Table 1*). The age-standardized prevalence was 480.71 per 100,000, which is higher than the European Union (464.63) and OECD (457.61) averages, but still below the global average (556.98) (*Figure 1-5*). The highest prevalence rates were observed in the 25–29 age group (1395.32 per 100,000), followed by the 30–34 (1150.26), and 20–24 (1132.94) age groups (*Figure 6*).

CONCLUSIONS

In summary, although the prevalence of endometriosis in Hungary showed a decreasing trend between 1990 and 2021, the 2021 figures still lag behind the EU and OECD averages. According to health economic analyses, early detection and targeted treatment can reduce the long-term societal and economic burden of the disease. Therefore, prevention, timely diagnosis, and optimal therapy are key components of effective disease management.

Epidemiological indicators of endometriosis	%	Per 100,000
Prevalence	0.44	426.65
Age-standardized prevalence	0.51	480.71
Incidence	0.01	59.83
Disability-adjusted life years (DALYs)	0.09	39.49
Years lived with disability (YLDs)	0.25	39.32
Years of life lost (YLLs)	-	0.17

Table 1 Epidemiological indicators of endometriosis in Hungary in 2021

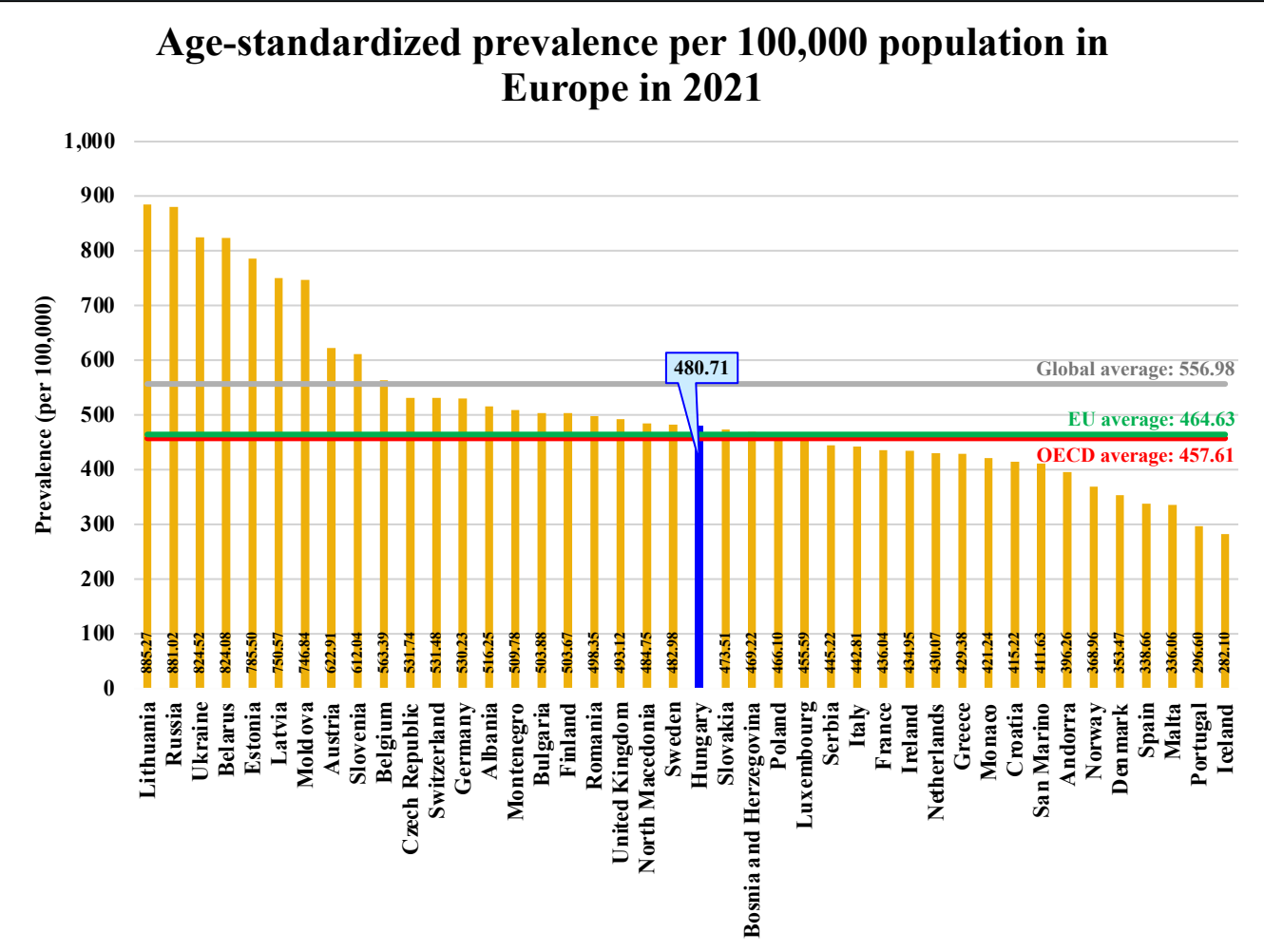


Figure 1 Age-standardized prevalence per 100,000 population in Europe in 2021

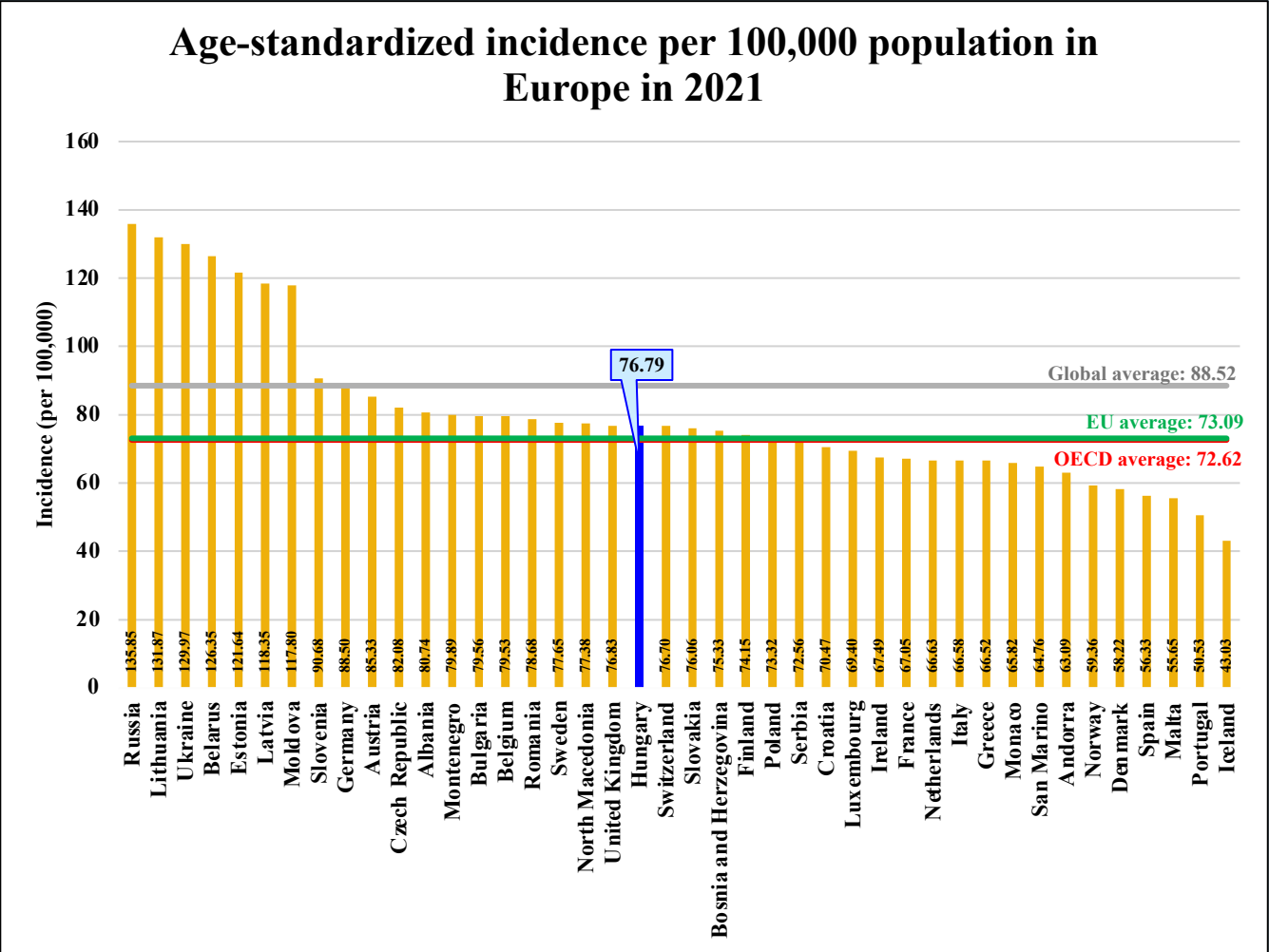


Figure 2 Age-standardized incidence per 100,000 population in Europe in 2021

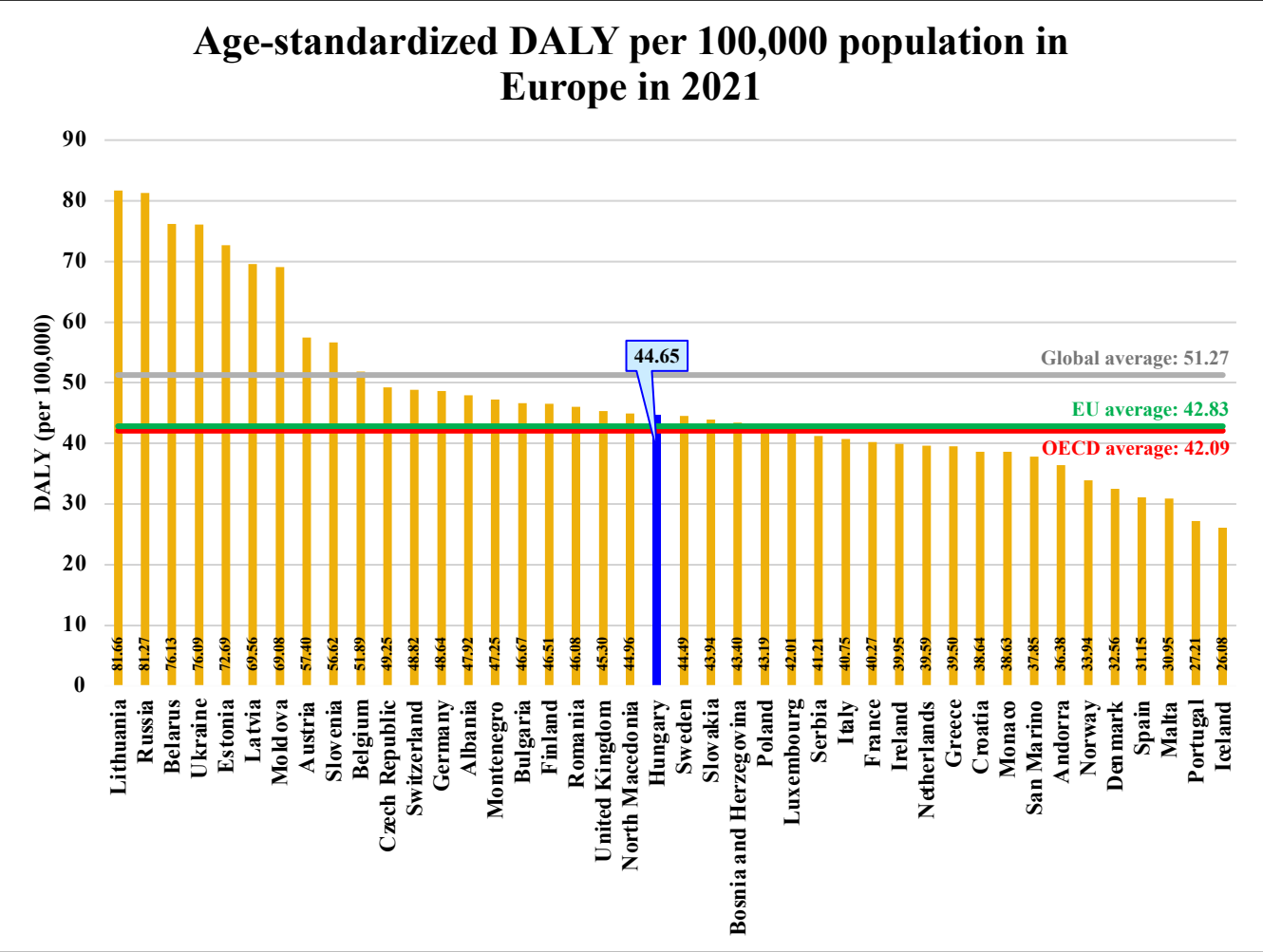


Figure 3 Age-standardized DALY per 100,000 population in Europe in 2021

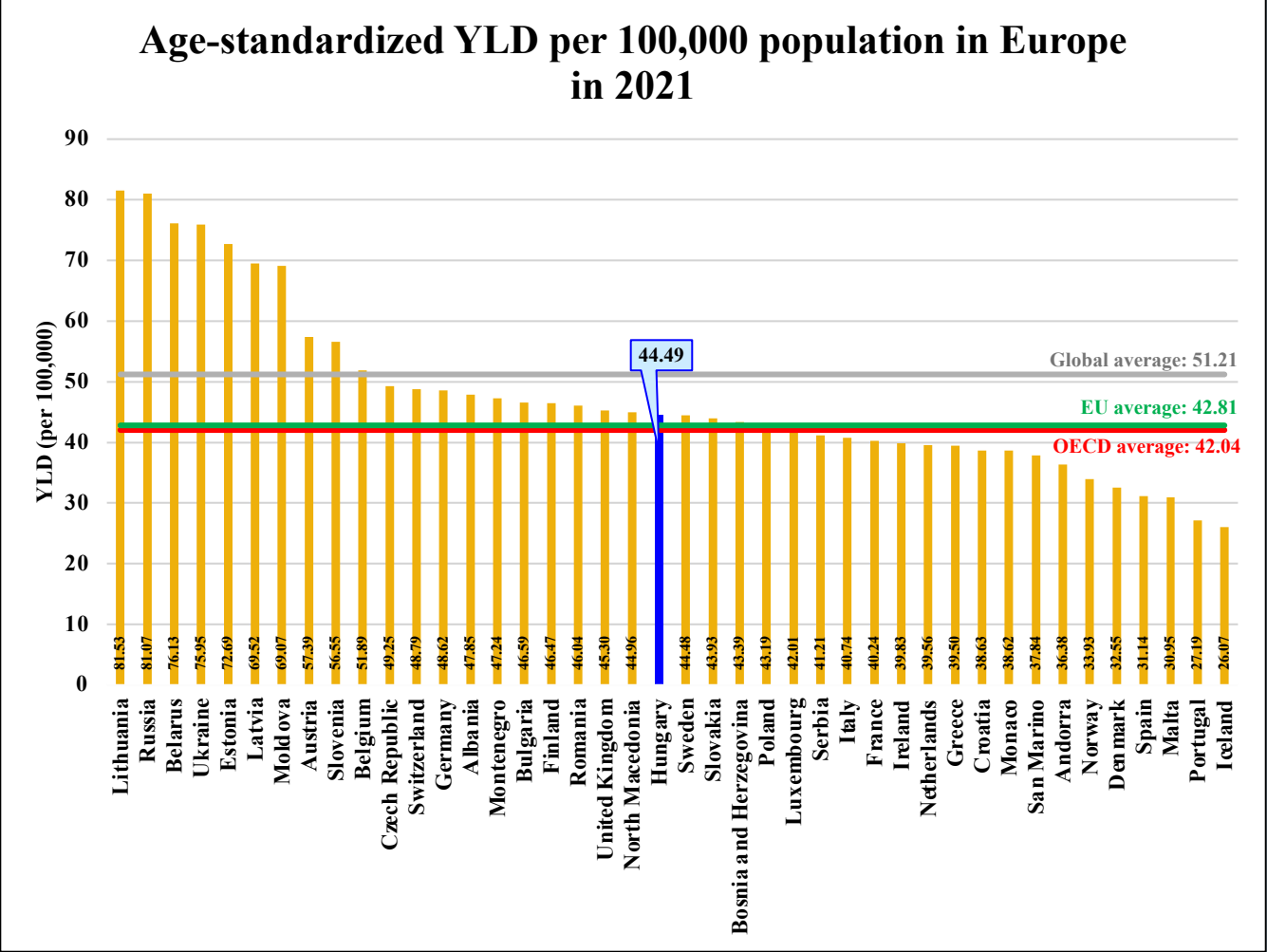


Figure 4 Age-standardized YLD per 100,000 population in Europe in 2021

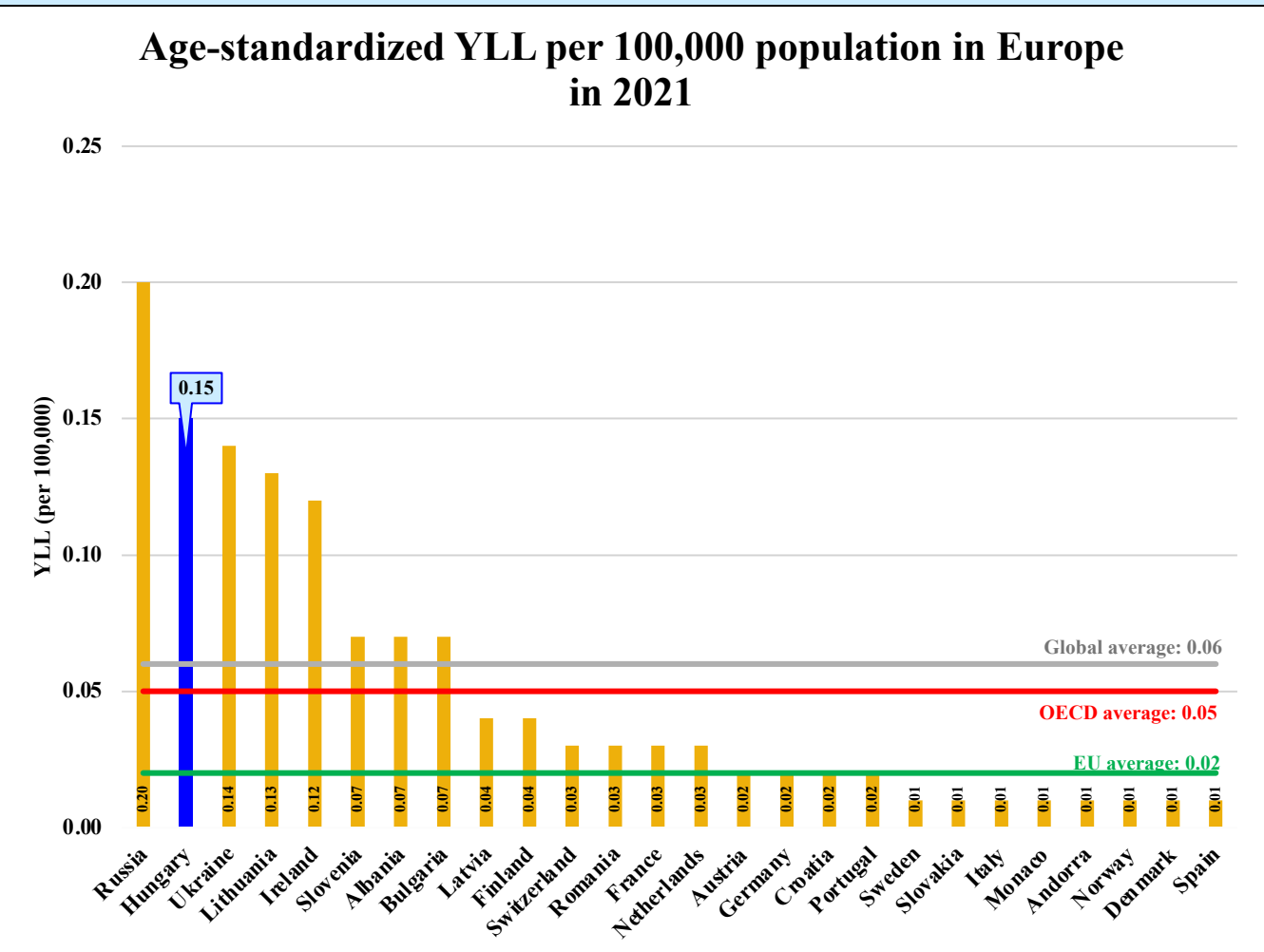


Figure 5 Age-standardized YLL per 100,000 population in Europe in 2021

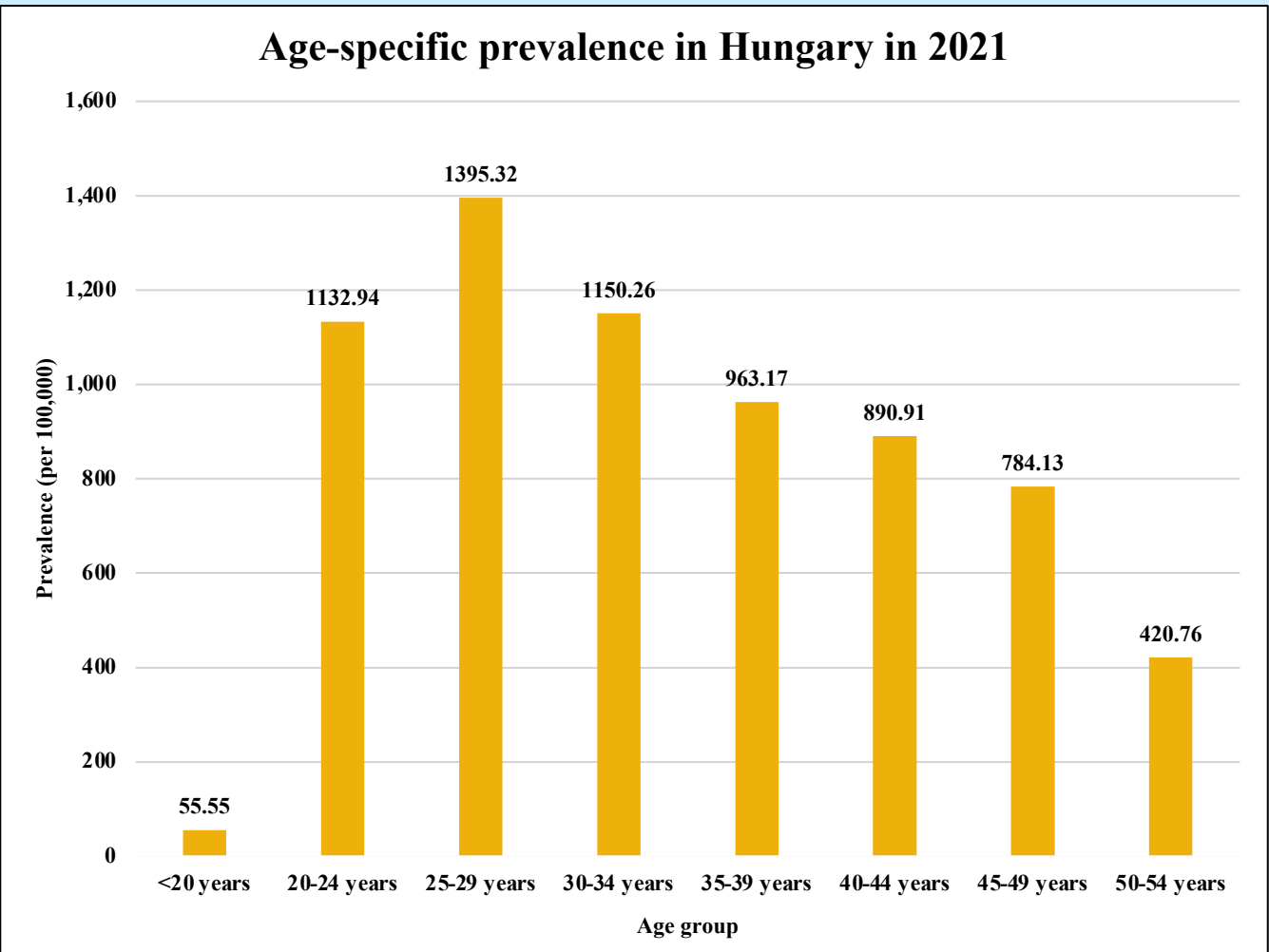


Figure 6 Age-specific prevalence in Hungary in 2021

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