



Adenomyosis affects 1 in 10 people assigned female at birth

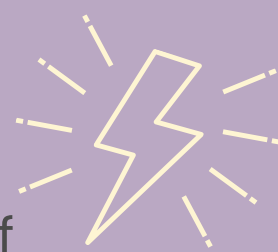
Do You Have Adenomyosis?

What is Adenomyosis?

- Adenomyosis is a benign uterine condition where tissue similar to the womb lining grows into the muscle wall of the uterus.
- This growth causes the uterus to become thickened, enlarged, and often tender.
- Most common in people over 30–40, especially those who have given birth or had uterine surgery
- Around 1 in 3 people may have no symptoms at all.
- Symptoms often improve after menopause because they are driven by oestrogen.

Symptoms

- Painful periods (dysmenorrhoea) – often severe enough to limit daily activities.
- Heavy menstrual bleeding or prolonged periods.
- Pelvic pain that can occur during periods or throughout the cycle.
- Bloating, heaviness or fullness in the lower abdomen.
- Pain during sex (dyspareunia)
- Infertility or miscarriage risk (due to implantation difficulties).
- No symptoms at all in around one-third of people.



Getting A Diagnosis

Diagnosis is based on symptoms and imaging, but the only definitive diagnosis is histology after hysterectomy. Clinicians assess heavy bleeding, severe period pain, and pelvic pressure, then use transvaginal ultrasound or MRI to identify typical changes in the uterine muscle. Symptoms plus imaging usually provide a strong working diagnosis, with histology only confirming it if a hysterectomy is done.



Treatments

Adenomyosis symptoms can be eased with a range of treatment options

- NSAIDs to help reduce pain.
- Hormonal treatments such as the Mirena coil, combined pill, or progesterone-only options to lighten bleeding and reduce pain.
- Tranexamic acid to reduce heavy menstrual bleeding.
- GnRH medications in selected cases to temporarily reduce symptoms.
- Uterine artery embolisation (UAE) to reduce blood flow and shrink affected tissue.
- Endometrial ablation (may help some, but not suitable for everyone).
- Hysterectomy as a definitive treatment when symptoms are severe and other options haven't helped.

Support

At HEY Endo CIO we offer a support network for people suffering with Endometriosis via a large private facebook group, regular in person group meetings and one-on-one clinic appointments. We support people from all walks of life, with the physical and emotional aspects of Adenomyosis.

We don't judge, and we're all in this together!



Adenomyosis Myths..

- ✗ Heavy bleeding is the only symptom
- ✗ Adenomyosis only affects older people
- ✗ Adenomyosis always causes infertility

Scan ME!!



Adenomyosis Myths..

- ✗ Adenomyosis is the same as endometriosis
- ✗ Adenomyosis always causes symptoms