



Do You Have Endometriosis?

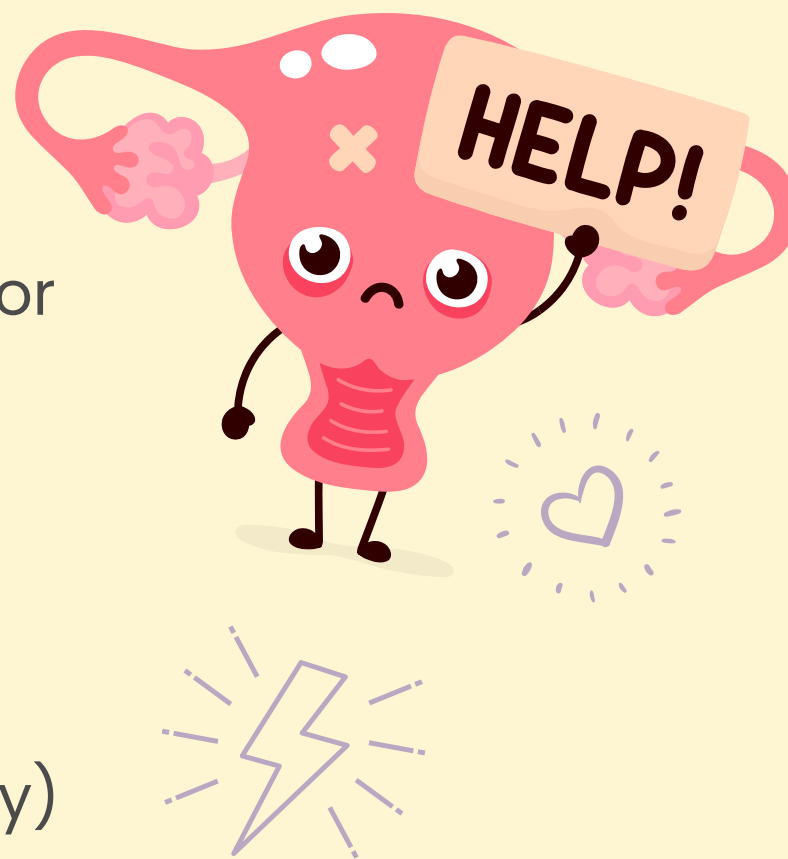
What is Endometriosis?

Endometriosis affects 1 in 10 people assigned female at birth

- Endometriosis is classed as a Gynaecological disease, however, it can be found on any part of the body.
- It is where cells that are similar to the lining of the womb are found elsewhere in the body, these cells cause inflammation & adhesions which can stick organs together.
- It is a chronic illness which currently has no cure.
- Around 175 million women & those assigned female at birth have Endometriosis.
- It takes on average 9 -10 years to get a diagnosis.

Symptoms

- Painful periods
- Heavy, irregular periods
- Pain during intercourse
- Problems with the bowel and/or bladder
- Aching, heavy legs
- Cyclical Shoulder pain
- Infertility/difficulty getting pregnant
- Abdominal Bloating (Endo Belly)
- Back pain



Getting A Diagnosis

It can take on average 8 years to get a diagnosis of Endometriosis. The most accurate way to get a diagnosis of Endo is via a Laparoscopy (keyhole surgery) as most scans will not detect it, however, some Endo specialist sonographers can recognise the signs. If you have any symptoms of Endo then speak to your GP & request for a referral to Gynaecology.

Treatments

There is currently no cure for Endometriosis but it can be managed in various ways..

- ★ Surgery
- ★ GnRH - analogues (medical menopause)
- ★ Hormonal contraception
- ★ Pain Medication
- ★ Lifestyle changes (exercise, diet, meditation etc)
- ★ Alternative therapies (Accupuncture, Pelvic Floor Physio, Reiki etc..)

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



Endometriosis Myths..

- ✗ Endo is just a bad period
- ✗ Endo only affects the pelvis
- ✗ Pregnancy cures endo

Scan ME!!



Endometriosis Myths..

- ✗ A Hysterectomy can cure Endo
- ✗ Endo always causes infertility
- ✗ Endo is rare