

# PELVIC PAIN

## PAINFUL PERIODS

PAIN DURING OR AFTER SEX

PAIN WHEN URINATING

PAINFUL BOWEL MOVEMENTS

FATIGUE

DIFFICULTY GETTING PREGNANT

# EXPERIENCE ANY OF THESE? IT COULD BE ENDOMETRIOSIS

Many women and those assigned female at birth experience period pain, but if your pain is interfering with your every-day life it's best to **see your doctor**.

☎ Helpline: **0808 808 2227**

🌐 [www.endometriosis-uk.org](http://www.endometriosis-uk.org)

**ENDOMETRIOSIS**UK



# WHAT IS ENDOMETRIOSIS?

Endometriosis is a condition where cells similar to the ones lining the womb grow elsewhere in the body, generally within the pelvic cavity. Each month these cells react to the menstrual cycle in the same way as those in the womb, building up then breaking down and bleeding. Unlike the cells in the womb that leave the body as a period, this blood has no way to escape. This can cause inflammation, pain and the formation of scar tissue (adhesions).

The symptoms experienced can vary from person to person, depending on where the endometriosis is growing. Some are badly affected, whilst others might not have any noticeable symptoms. If your period pain is interfering with your everyday life it's best to see your doctor. Endometriosis affects 10% of women and those assigned female at birth from puberty to menopause, although the effects may be felt for life – that's over 1.5 million in the UK. Endometriosis is not an infection or cancer and cannot be passed from one person to another.

## I HAVE SYMPTOMS...WHAT CAN I DO?

Support is available to help you get a diagnosis and manage your endometriosis. Talk to your GP and be sure to give them as much information about your symptoms as possible. Keeping a pain and symptoms diary can help you explain the symptoms you're experiencing. Visit our website to find out more about endometriosis and for guidance in talking to your GP.

## HOW CAN ENDOMETRIOSIS UK HELP?

We have a range of information resources on our website, including a pain and symptoms diary and guidance to help get a diagnosis, plus details of our local support groups, online discussion forum and helpline.

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