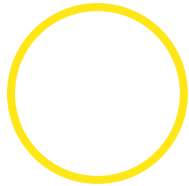


## SYMPTOMS



- Fatigue.
- Pain that stops you on or around your period.
- Pain on or around ovulation.
- Pain during or after sex.
- Pain with bowel movements.
- Pain when you urinate.
- Pain in your pelvic region, lower back or legs.
- Having trouble holding on when you have a full bladder, or having to go frequently.
- Heavy bleeding or irregular bleeding.

**BEING UNCOMFORTABLE WHEN YOU**

**HAVE A PERIOD IS NORMAL.**

**PAIN THAT STOPS LIFE IS NOT NORMAL.**

## NEXT STEP

**IF YOU CAN TICK OFF MOST OF THE SYMPTOMS LISTED - ASK FOR HELP, TALK TO SOMEONE YOU TRUST SUCH AS A FRIEND, PARENT OR PARTNER.**

- Track your symptoms using the symptom tracker on the Endometriosis Australia website.
- See a doctor, taking the completed symptom tracker may be helpful.
- A referral to a gynecologist maybe appropriate.
- The gynecologist specialises in women's health issues and they can work with you to find answers.
- Untreated it can adversely impact your quality of life. Treated your symptoms can be managed.



## TEN ENDO FACTS

- 01 There is no cure.
- 02 Teenagers are not too young to have Endometriosis.
- 03 Endometriosis cannot be prevented.
- 04 Endometriosis does not always cause infertility.
- 05 Period pain is not normal.
- 06 Hysterectomy does not cure Endometriosis.
- 07 Getting pregnant does not cure Endometriosis.
- 08 Endometriosis can only be correctly diagnosed via surgical intervention.
- 09 Pain levels are not related to the extent of damage caused by the disease.
- 10 Endometriosis is not an STI. You cannot catch it.

# ENDOMETRIOSIS

Endometriosis is a common disease in which the tissue that is similar to the lining of the uterus, grows outside the womb in other parts of the body.

10% of women suffer with Endometriosis at some point in their life.

It often starts in teenage years.

Symptoms vary between women which contributes to the current 7 to 10 year delay in diagnosis.

Common symptoms include pelvic pain that puts life on hold around or during your period.

It can damage your fertility.

It most often affects reproductive organs. It can also affect your bowel, bladder and other organs near your pelvic cavity.



# BREAK THE CYCLE OF PAIN

**REMEMBER THE SYMPTOMS ARE NOT IN YOUR HEAD**

If you want to connect with other Australian women with Endometriosis follow us on Facebook.

See our website for more information

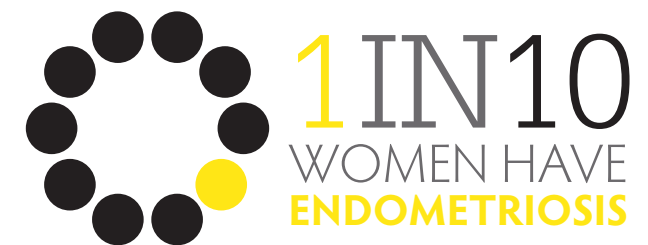
[www.endometriosisaustralia.org](http://www.endometriosisaustralia.org)



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**IF YOUR PERIOD PUTS YOUR LIFE ON HOLD AROUND OR DURING YOUR PERIOD, YOU MAY HAVE ENDOMETRIOSIS.**



**PUT AN END TO ENDO**

[www.endometriosisaustralia.org](http://www.endometriosisaustralia.org)