



# Endometriosis

## Symptoms

- Chronic pelvic pain that is often severe and debilitating.
- Very heavy periods that interfere with daily activities.
- Persistent fatigue.

## Age & Gender

- It can affect any female or person assigned female at birth from puberty to menopause.
- Most people wait an average of eight years for a correct diagnosis.

## Misconceptions

- It's not just 'bad period cramps', but a systemic inflammatory condition.
- It's not cured by pregnancy or having a hysterectomy.
- It's not always easy to see on standard ultrasound scans.

## Diagnosis

- Laparoscopy is the only way to definitely diagnose the condition via surgery.
- MRI scans can sometimes identify deep endometriosis or cysts.

## Treatment

- Hormone treatments or the pill can help to manage pain and bleeding.
- Keyhole surgery is used to remove or destroy endometrial tissue.

## Support

- Provide easy access to toilets and comfortable, private rest areas.
- Allow for flexible working or home working during painful flare-ups.
- Offer heat pads or ergonomic seating to help manage pelvic pain.