

PELVIC PAIN

SAIR PERIODS

PAIN DURIN OR EFTER SEX

PAIN WHEN URINATIN

PAINFOU BOWEL
MOVEMENTS

WABBITNESS AND FATIGUE

TROUBLE WI GETTIN PREGNANT

EXPERIENCE ONLY O THESE? IT COULD BE ENDOMETRIOSIS

Mony wimmen and fowk assignit female at birth experience sair period pain, but if yer pain is havin an impact on yer iveryday life, it's best tae see yer doctor.



Helpline: **0808 808 2227**



www.endometriosis-uk.org

ENDOMETRIOSISUK

WHIT IS ENDOMETRIOSIS?

Endometriosis is a condition whaur cells similar tae the yins that line the womb grow elsewhaur in the body, maistly in aboot the pelvic cavity. Ivery month, these cells react tae the menstrual cycle in the same way as the yins in the womb, buildin up afore brekkin doon and bleedin. Unlike the cells in the womb that leave the body as a period, this blood has nae way tae get oot. This can lead tae inflammation, sair pain and the formation o scar tissue (adhesions).

The symptoms tholed can vary fae person tae person, dependin on whaur the endometriosis is growin. Some fowk are affectit awfy badly, while ithers micht no huv ony noticeable symptoms. If yer period pain is interferin wi yer iveryday life, it's best tae see yer doctor. Endometriosis affects 10% o wimmen and fowk assignit female at birth fae puberty tae menopause, although the effects micht weel be felt fur life – thon's mair than 1.5 million in the UK. Endometriosis isnae an infection or cancer and cannae be passed fae yin person tae anither.

AH HUV SYMPTOMS...WHIT CAN AH DAE?

Support is available tae help ye get a diagnosis and manage yer endometriosis. Talk tae yer GP and be sure tae gie thaim as much information aboot yer syptoms as ye can. Keepin a pain and symptoms diary can help ye tae explain the symptoms ye're tholin. Visit oor wabsite tae find oot mair aboot endometriosis and fur guidance on talkin tae yer GP.

HOW CAN ENDOMETRIOSIS UK HELP?

We huv a range o information resources on oor wabsite, includin a pain and symptoms diary and guidance tae help get a diagnosis, as weel as details o oor local support groups, online discussion forum and helpline.

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