

# PELVIC PAIN

**PAINFUL PERIODS**

**PAIN DURING OR AFTER SEX**

**PAIN WHEN URINATING**

**PAINFUL BOWEL MOVEMENTS**

**FATIGUE**

**DIFFICULTY GETTING PREGNANT**

**HEAVY MENSTRUAL BLEEDING**

**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

Registered charity in England and Wales 1035810  
Scottish Charity Registration number SC051651



# WHAT IS ENDOMETRIOSIS?

Endometriosis affects 10% of women and those assigned female at birth from puberty to menopause, although the impact may be felt for life. In the UK, that's over 1.5 million from all races and ethnicities living with the condition.

Endometriosis occurs when cells similar to the ones in the lining of the womb (uterus) are found elsewhere in the body. These cells can grow and change in response to hormones in the menstrual cycle, this can cause inflammation, pain and scar tissue.

Endometriosis is most commonly found on the lining of the pelvis (peritoneum) and may occur in the ovaries and involve other pelvic organs, like the bowel or bladder. Less commonly, endometriosis can also be found outside the pelvis, such as in the chest.

Symptoms vary from person to person, some may have severe and debilitating symptoms, others may have no symptoms at all. Symptoms are not always related to the location, amount or the type of endometriosis. It's also important to know that endometriosis symptoms can also be symptoms of other health conditions. We recommend that you speak to a doctor if your symptoms are interfering with day-to-day life.

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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