

**Press release for immediate release - <insert date of press release>**

**[Insert Name] from [Insert Location] takes on challenge to raise awareness of endometriosis, which affects 1.5 million women and those assigned female at birth in the UK**

[Insert Name] will (change to past tense if you have already taken part) walk 7.5km to raise awareness of endometriosis and money for Endometriosis UK, to help break down the barriers in talking about endometriosis and campaign to reduce diagnosis time which currently takes on average a shocking 7.5 years.

Walk for Endo, a challenge launched by Endometriosis UK, is all about people walking 7.5km in solidarity with those who wait an average of 7.5 years to be diagnosed with endometriosis.

Endometriosis is a long-term condition which sees tissue similar to the lining of the womb grow in other parts of the body, generally on organs in the pelvic cavity such as the ovaries, fallopian tubes and bowel. It can be painful and may have a devastating impact on a person’s education, personal and professional relationships, mental health, and quality of life. It affects 1.5million women and those assigned female at birth in the UK, and takes an average of 7.5 years to receive a diagnosis.

The funds raised through Walk for Endo will allow Endometriosis UK to continue its work in supporting those with endometriosis, and campaign to reduce diagnosis time, improve treatment options, and campaign for more research to ensure those with the condition have access to the right care at the right time.

A spokesperson from Endometriosis UK said: We’re delighted <insert name> is taking on Walk for Endo for Endometriosis UK. Endometriosis affects over 1.5 million women and those assigned female at birth in the UK and the impact it can have on all aspects of a person’s life – both physically and mentally - must be recognised. Currently the diagnosis time for endometriosis is an unacceptable 7.5 years on average; this must come down.”

“Without investment in research, a reduction in diagnosis time and better access to pain management, women will continue to face huge barriers in accessing the right treatment at the right time.

Thanks to <insert name> and the hundreds of people raising money for Endometriosis UK, we can continue to be there for people with endometriosis and campaign to ensure diagnosis time is reduced and that everyone has access to the right care at the right time”.

On taking part in the challenge, <Insert name> said:

“<Insert a short quote detailing why you decided to take part in your event and why you believe it’s important to support those with endometriosis and raise awareness. This is a good opportunity to expand your personal story if relevant and explain why you care about the work of Endometriosis UK”.

ENDS

Notes to editors:

1.  Endometriosis UK is the leading national charity dedicated to providing support and information for those who have the condition. We work to increase understanding of endometriosis through campaigning, awareness-raising initiatives and research. We offer a wide range of advice and support, including a helpline, information leaflets and local support groups. These services are run by volunteers, all of whom have been affected by the condition.

2.  Endometriosis is a condition where cells similar to the ones in the lining of the womb are found elsewhere in the body, usually within the pelvic cavity. Each month these cells react to the menstrual cycle in the same way to those in the womb, building up and 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 leads to inflammation, pain, and the formation of scar tissue (adhesions).

3. Endometriosis symptoms can vary in intensity from one woman to another. Whilst for some they may not experience symptoms at all, for others it can be debilitating. Whilst not every woman will suffer from every symptom, common symptoms include:

* Pelvic pain
* Painful or irregular periods
* Pain during or after sex
* Painful bowel movements
* Pain when urinating
* Fatigue
* Difficulty getting pregnant

**Many women experience period pain, but if pain is interfering with your everyday live it’s best to see your doctor.**

For interview opportunities and further information please email [communications@endometriosis-uk.org](https://endometriosis-uk.org/sites/all/modules/civicrm/extern/url.php?u=6109&qid=979717) or phone Faye Farthing, Endometriosis UK’s Communications Manager on 07775 451 549.