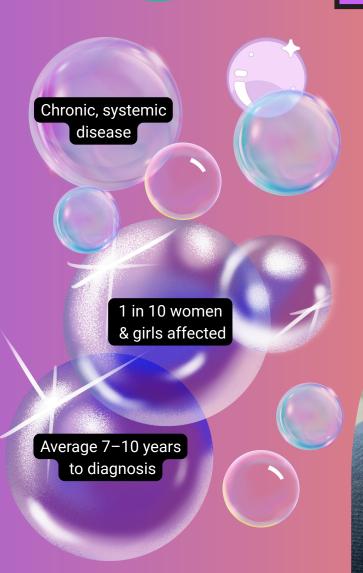


## UNDERSTANDING ENDOMETRIOSIS

Endometriosis is more common than you think and it's not just a bad period. This guide is here to help young people and their families recognize the signs, find answers, and know they're not alone.

EARLY
AWARENESS
CAN CHANGE LIVES.





## TREATMENT & MANAGEMENT OPTIONS

Common approaches
include:
Hormonal therapy
Pain management
Laparoscopic excision
surgery (gold standard for
diagnosis and treatment)
Pelvic physiotherapy
Lifestyle & nutrition changes

True endo specialists are limited and often in high demand. Many patients may face long waitlists or need to travel, out of province/country to receive appropriate care.

Don't give up. You deserve proper care.

Our pain is real & Our voices matter!

Advocate for your health.



- Symptoms often begin in adolescence.
- Signs to watch for in teens (missing school, nausea with periods, pelvic pain, fainting).

## UNDERSTANDING ENDOMETRIOSIS

Endometriosis is a chronic inflammatory disease where tissue similar to the lining of the uterus grows outside the uterus.

These growths can cause:
Severe pelvic pain
Painful periods
Pain during sex
Digestive and bladder issues
Infertility
Fatigue
Irregular bleeding

