



# 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.

Chronic, systemic  
disease

1 in 10 women  
& girls affected

Average 7–10 years  
to diagnosis



## 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

