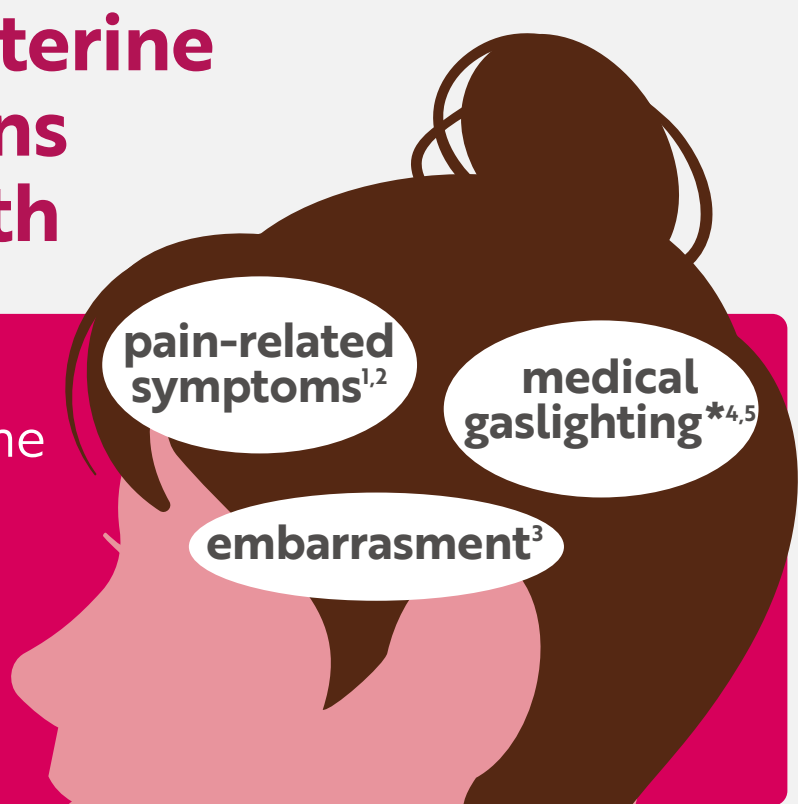


The impact of uterine health conditions on mental health

For people with uterine health conditions, many things can negatively impact mental health



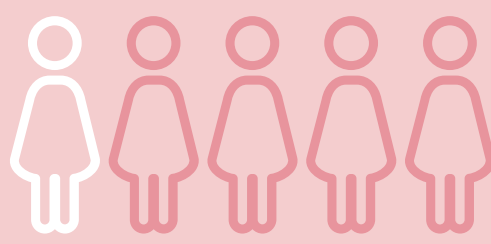
~60-80% of people with endometriosis

and

~25-50% of people with uterine fibroids

have symptoms like pain and heavy bleeding^{6,7}

Stigma can cause shame or embarrassment, making it hard to talk about periods⁸



~1 in 5 women do not feel comfortable talking about periods with their healthcare provider⁸

Nearly 60%

of people with endometriosis have felt they were not taken seriously by their healthcare providers⁵

Black women are more likely to have their pain dismissed than white women⁹

These conditions can worsen mental health^{1,10}

Compared to those without, people with uterine health conditions may be at higher risk of developing anxiety or depression^{1,10}



Fortunately, there are resources that can help...

Learn how to talk to your healthcare provider and find support



Check out the Uterine Health Guide for information on uterine health and women's health advocacy groups

UterineHealthGuide



Seek out organizations that can help you improve your mental health



National Alliance on Mental Illness (NAMI)



Mental Health America (MHA)

You are not alone. The right education and support can help you live your best life.



*Medical gaslighting is the dismissal or invalidation of a person's medical concerns by a healthcare provider.⁴



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