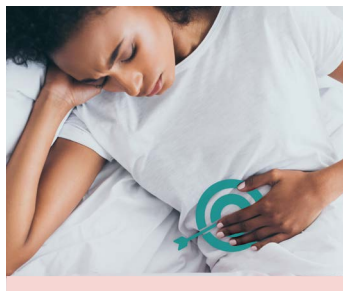


Pinpoint your pain with endometriosis

Use this resource to see if your warning signs are consistent with those seen with endometriosis.



Do you or someone you know have any of these warning signs that you cannot explain?¹⁻³

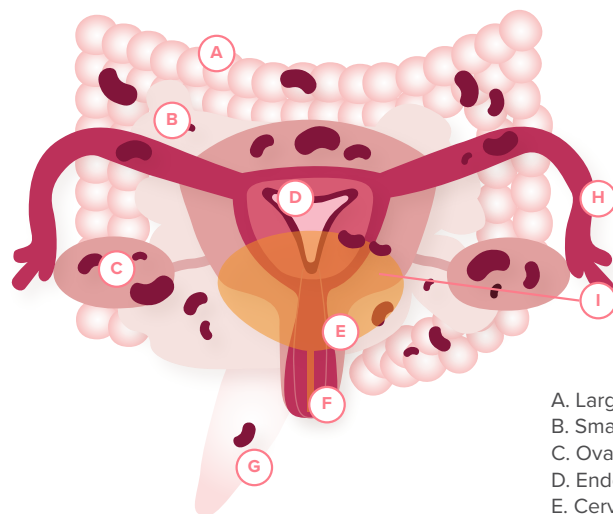
- **Pain in your lower belly area** (also called pelvic pain)
- **Lower back pain**
- **Painful periods**



If you think you may have endometriosis, **you're not alone.** You would be among **7.5 million** women in the US who suffer from this condition.⁴⁻⁶

Sadly, it can sometimes take **4–11 years** for a patient to know that they have endometriosis.^{3,7,8} But don't be discouraged. This resource can help you **prepare to speak with your healthcare provider.**

Endometriosis



UTERUS

Endometriosis is when tissue that looks like the uterine lining is found outside of the uterus.⁹

- | | |
|--------------------|--------------------|
| A. Large intestine | F. Vagina |
| B. Small intestine | G. Rectum |
| C. Ovaries | H. Fallopian tubes |
| D. Endometrium | I. Bladder |
| E. Cervix | |

Endometriosis has several warning signs

Check off any warning signs you have had:¹⁻³



Pain in your lower belly or lower back

(either before, during, or after your period)



Pain when you're not on your period



Painful urination



Painful menstrual cramps



Pain during or after sex



Painful bowel movements



Bleeding or spotting between periods



Problems getting pregnant



Feeling very tired



Runny poop or diarrhea



Hard or infrequent bowel movements



Feeling like you're going to throw up

You may also have warning signs that are **not on this list.**¹ Write down any other warning signs that you have and **talk about them with your healthcare provider.**

Endometriosis can be identified either surgically or clinically.¹⁰



A surgical diagnosis involves directly seeing the endometriosis lesions inside the lower belly area.¹¹



A clinical diagnosis can be made using **imaging machines** and by listening to a patient's complaints.^{10,11}

With a diagnosis of endometriosis, it is important to be aware of the different management options.

Non-medical management strategies

can be discussed with your healthcare provider. A few examples of this include:¹⁰

- Physiotherapy, including massage
- Exercise
- Nutrition
- Acupuncture



Medical therapies for pain in endometriosis include:^{10,12,13}

- Pain medications including non-steroidal anti-inflammatory drugs (NSAIDs)
- Hormone-based therapies including birth control pills and gonadotropin-releasing hormone (GnRH) activator/blocker medicines



Surgical approaches may include:¹⁴

- Laparoscopy, which involves examining and possibly removing the endometriosis lesions
- Hysterectomy, which is the removal of the uterus



Do you have any questions about the different options to manage endometriosis? Write them down here and start a conversation with your healthcare provider.



If you think you may have endometriosis, talk to your healthcare provider today.

To learn more about endometriosis, visit the endometriosis page on the Uterine Health Guide.



1. National Institute of Child Health and Human Development. What are the symptoms of endometriosis? Updated February 21, 2020. Accessed November 24, 2023. <https://www.nichd.nih.gov/health/topics/endometri/conditioninfo/symptoms> 2. Office on Women's Health. What are the symptoms of endometriosis? Updated February 22, 2021. Accessed November 24, 2023. <https://www.womenshealth.gov/a-z-topics/endometriosis> 3. Agarwal SK, et al. *Int J Womens Health*. 2019;11:405-410. 4. United States Census Bureau. Age and sex composition in the United States: 2021. Accessed November 24, 2023. <https://www.census.gov/data/tables/2021/demo/age-and-sex/2021-age-sex-composition.html> 5. Shafir AL, et al. *Best Pract Res Clin Obstet Gynaecol*. 2018;51:1-15. 6. Fuldeore MJ, Soliman AM. *Gynecol Obstet Invest*. 2017;82(5):453-461. 7. Zondervan KT, et al. *N Engl J Med*. 2020;382(13):1244-1256. 8. Soliman AM, et al. *J Womens Health (Larchmt)*. 2017;26(7):788-797. 9. National Institute of Child Health and Human Development. About endometriosis. Updated February 21, 2020. Accessed November 24, 2023. <https://www.nichd.nih.gov/health/topics/endometri/conditioninfo> 10. Becker CM, et al. *Hum Reprod Open*. 2022;2022(2):hoac009. 11. National Institute of Child Health and Human Development. How do healthcare providers diagnose endometriosis? Updated February 21, 2020. Accessed November 24, 2023. <https://www.nichd.nih.gov/health/topics/endometri/conditioninfo/diagnose> 12. The American College of Obstetricians and Gynecologists. *Obstet Gynecol*. 2010;116(1):223-236. 13. Practice Committee of the American Society for Reproductive Medicine. *Fertil Steril*. 2014;101(4):927-935 [correction in *Fertil Steril*. 2015;104(2):498]. 14. National Institute of Child Health and Human Development. What are the treatments for endometriosis? Updated February 21, 2020. Accessed November 24, 2023. <https://www.nichd.nih.gov/health/topics/endometri/conditioninfo/treatment>