



# Inner voice, outer force:

## Being your own advocate

### Have you ever felt like your medical concerns have gone unheard?

- Health concerns like **pain and heavy menstrual bleeding** are often dismissed or normalized<sup>1,2</sup>
- Many women go years without proper diagnosis or treatment<sup>1-3</sup>

### To get the care you deserve, it's important to be your own advocate

Self-advocacy can help you get your voice heard<sup>4</sup>

### Your healthcare professional (HCP) should validate your experience and be committed to getting you the proper care<sup>5</sup>

If it comes down to it, don't be afraid to seek a second opinion<sup>6</sup>

While individual self-advocacy is important, systemic change is necessary to advance women's healthcare and address gaps in equity<sup>1,4</sup>



Check out these advocacy groups  
doing great work to bring women's  
health to the forefront



# Steps you can take to advocate for yourself:

1 

## Talk to your family and friends

Learn your family history – you may have family members with symptoms of uterine health conditions, even if they were never diagnosed<sup>2</sup>

By understanding your experience, your loved ones can better support you and help you get care sooner<sup>4</sup>

2 

## Get educated about uterine health

Seek out trusted educational resources to learn about uterine health conditions and what questions to ask<sup>7</sup>

3 

## Monitor your symptoms

Consider using a tool like a pain and bleeding diary to track your symptoms and feel empowered in sharing your experience during HCP visits<sup>8</sup>

### References

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