



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^{1,2}
- Many women go years without proper diagnosis or treatment¹⁻³

To get the care you deserve, it's important to be your own advocate
Self-advocacy can help you get your voice heard⁴

Your healthcare professional (HCP) should validate your experience and be committed to getting you the proper care⁵

If it comes down to it, don't be afraid to seek a second opinion⁶

While individual self-advocacy is important, systemic change is necessary to advance women's healthcare and address gaps in equity^{1,4}



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 diagnosed²

By understanding your experience, your loved ones can better support you and help you get care sooner⁴

2 

Get educated about uterine health

Seek out trusted educational resources to learn about uterine health conditions and what questions to ask⁷

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 visits⁸

References

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