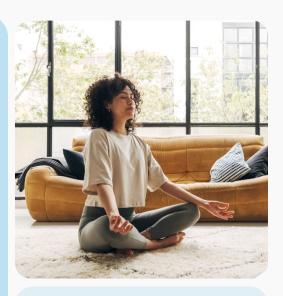
## Additional Treatment and Management Options for Endometriosis



## Other treatment and management options may include:

- O Heating pads or a warm bath to help reduce muscle tension and cramping
- O Muscle injections and/or transcutaneous electrical nerve stimulation (TENS) to treat pain in targeted areas
- Yoga, stretching, strength-training, and other low-impact exercises to help strengthen your pelvic floor and reduce muscle tension
- O Rest and relaxation to help reduce stress and fatigue
- O Acupuncture and massage to help reduce muscle tension
- Spending time with friends, family or in in nature to help improve your mood



## Who might be included on your care team?

- O Primary care physician
- O Obstetrician-gynecologist
- O Gastroenterologist or urologist
- O Physical therapist
- O Mental health care provider

To learn more visit yourperiod.ca/endometriosis



