

# Endometriosis at different ages and stages



Endometriosis can affect every aspect of your life. Endometriosis symptoms may start in adolescence and continue after menopause. At all stages of life, it can be helpful to reflect on how your symptoms affect your day-to-day life and what management options you might want to try.



## As a teenager

You may first experience symptoms of endometriosis as a teenager. Symptoms might include painful or heavy periods or chronic pain. You might miss school because of your pain or periods.

## As an adult

Your symptoms may start to worsen as you get older. New symptoms, like painful sex or painful bowel movements, may begin. You might also start to consider family planning and what options are available to you if you have had difficulties conceiving.



## As an older adult

For many people, endometriosis pain and symptoms will stop or decrease after menopause. Some people will still experience symptoms like pelvic pain, abnormal bleeding, or intestinal discomfort.

To learn more visit  
[yourperiod.ca/endometriosis](http://yourperiod.ca/endometriosis)

