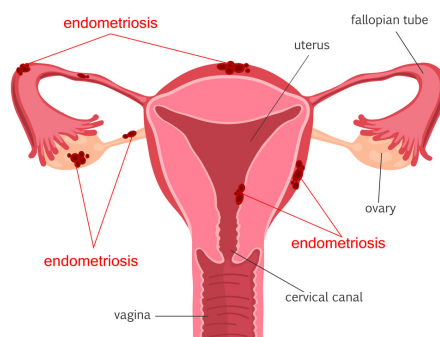


What is endometriosis?

Endometriosis is an inflammatory disease. Endometriosis occurs when tissue similar to the lining of the uterus (the endometrium) grows and implants on parts of the body outside of the uterus, leading to lesions, pelvic pain, or other symptoms.

Where is endometriosis found?

Endometriosis is usually found in the pelvis, including on the ovaries, fallopian tubes, bowel, rectum, bladder, or other pelvic organs and surfaces. Endometriosis can also be found in 'extra-pelvic areas' like the lungs, skin, and nerves.



Who does endometriosis impact?

Endometriosis affects 1 in 10 women and girls and an unknown number of transgender, gender diverse, non-binary and Two Spirit people of all races, ethnicities, and socioeconomic groups.

To learn more visit
yourperiod.ca/endometriosis

Common Symptoms of Endometriosis

Common Symptoms

- Painful menstruation (dysmenorrhea)
- Pain with intercourse (dyspareunia)
- Pain when urinating or defecating
- Pelvic, low back, or leg pain
- Bloating and other gastrointestinal symptoms
- Infertility
- Fatigue
- Nerve pain
- Anxiety
- Depression

Quick Facts

- Not everyone will experience the same symptoms. Your symptoms may depend on the location and severity of your endometriosis
- There is not always a connection between the extent of the disease and the symptoms
- Your endometriosis symptoms may result in you missing school, work, or spending time with family and friends
- The severity and frequency of symptoms might increase with age
- People with endometriosis have higher rates of other pain conditions like irritable bowel syndrome, migraine, and fibromyalgia

To learn more visit
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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



How is endometriosis diagnosed?



Getting an endometriosis diagnosis can be a validating experience. A diagnosis can give you answers about what is happening in your body, as well as options for treatment and management.



Clinical Diagnosis

A clinical diagnosis can be made based on your medical history and a physical examination. No imaging or surgical confirmation is required. Its benefits include earlier treatment to manage symptoms, including pain and infertility.

Imaging Diagnosis

An imaging diagnosis can be made based on results from a basic or advanced ultrasound, MRI, or CT scan. Its benefits include the ability to provide targeted treatment and surgical planning, and the ability to track disease progression.



Surgical Diagnosis

Surgical diagnosis can be made following a laparoscopic surgery. During the surgery, a surgeon will look for endometrial tissue and test it for endometriosis. Its benefits include the ability for simultaneous treatment and diagnosis.

To learn more visit
yourperiod.ca/endometriosis



Preparing for a doctor's visit if you think you have endometriosis



To help your healthcare provider better understand your experiences, here are some things you can bring to your next appointment:

- Information about your menstrual cycle, including symptoms and age of first period
- Your health history including symptoms and past diagnoses, misdiagnoses, and pregnancy history
- A record of tests, surgeries, or treatments
- A list of current medications
- Your family history of endometriosis
- A notebook or support person who can help you take notes
- Names and contact information of other health and social service providers you work with (including your general practitioner, mental health practitioner, physiotherapist, etc.)



To learn more visit
yourperiod.ca/endometriosis



Questions to ask your doctor about endometriosis

Here are some questions you might ask your doctor about endometriosis:

- How do I know if what I'm experiencing is endometriosis?
- What are other conditions that may cause similar symptoms?
- What would you recommend we do to confirm I have endometriosis?
- What options are available to help me manage my pain or other symptoms? Can I do any of these from my home?
- What would you recommend I do if I do not find pain relief?
- Do you have any information about endometriosis you can share with me?
- Can you refer me to a gynecologist with expertise in endometriosis?

What other questions would you ask during your doctor's appointment?

To learn more visit
yourperiod.ca/endometriosis

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Additional Resources

Pain and Symptom Tracker

[Mino Care Pain Logbook](#)

Chronic Pain

[Power Over Pain Portal](#)

[Pelvic Pain & Endometriosis](#)

[What is Chronic Pain and How Can I Manage It?](#)

Mental Health Support

[Suicide Crisis Helpline](#)

[Kids Help Phone](#)

[Hope for Wellness Hotline](#)

Substance Use

[Canadian Centre on Substance Use & Addiction](#)

The Endometriosis Network of Canada

[The Endometriosis Network of Canada](#)

Finding a Surgeon

[The Endometriosis Network of Canada - Canadian Surgeon Directory](#)

[Finding Trauma-Informed Support](#)

Support Groups

[The Endometriosis Network of Canada - Virtual Support Groups](#)

[Endo Knows No Gend-O](#)

[Fertility Matters - Community-Based Support Groups](#)

