



# PAIN IN WOMEN AROUND THE WORLD— ENDOMETRIOSIS

## What is endometriosis?

Endometriosis is a disease where tissue similar to the lining of the uterus is found **ELSEWHERE** in the body.

## Symptoms of endometriosis

The most common symptom of endometriosis is **PEVIC PAIN**, the pain often correlates with **menstrual cycle**, however a woman with endometriosis may also experience pain in other days of the month.



## The other symptoms—

Do you have excruciating-

- Pain before, during and after menstruation
- During ovulation
- In the bowel during menstruation
- While urinating
- During/ after sexual intercourse
- In the lower back region
- Diarrhoea or constipation
- Abdominal bloating (particular in connection with menstruation)
- Fatigue and heavy or irregular bleeding

## Are you the one?

Endometriosis affects an estimate of 1 in every 10 women in reproductive age and has also been found in post menopausal women.

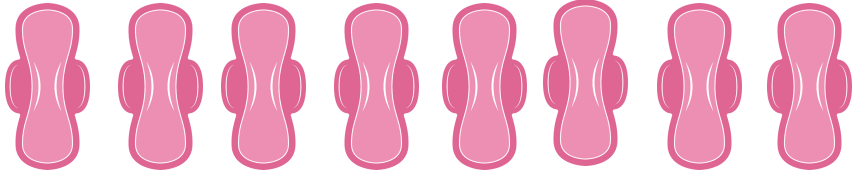


176 million women, around 10% of female (assigned at birth) suffer from endometriosis globally.



# Diagnosis of endometriosis

There is a significant delay of **8-10 years** because the symptoms are not easily recognized by every doctor.



**The diagnostic delay could be 12 years in some healthcare settings.**

## Infertility

- Experts estimate that about half of women with infertility also have endometriosis.
- Although endometriosis does not necessarily cause infertility, but it can reduce fertility. This is not to say that people with endometriosis can't get pregnant; rather, they may have difficulty in getting pregnant.

BUT ENDOMETRIOSIS DOESN'T MEAN INFERTILITY

## Treatments

There is **NO PERMANENT** cure for endometriosis. But there are **treatments** available which can relieve symptoms and improve quality of life.

- Surgery
- Hormonal treatment
- Oral contraceptive pill
- Holistic approach (managing symptoms through diet, exercise and lifestyle changes)
- Contemporary methods to reduce pain like- Acupuncture, Pelvic floor therapy.

## Support-

**Women With Wings- An Initiative of Patient Academy for Innovation and Research**

We are together in your endometriosis journey...

Get involved

Get Informed

#LETSTALKENDOMETRIOSIS

Join us, To know more, Visit-  
<https://womenwithwings.pairacademy.org>



SCAN QR CODE TO JOIN US

<https://womenwithwings.pairacademy.org>

WOMEN  
WITH  
WINGS

