

## insight ENDOMETRIOSIS

We provide information and community support so women and teen girls can better manage the condition and be more assertive when seeking treatment. We reduce diagnostic delays by improving understanding of endometriosis.

### Our services include:

- Appointments with our educator
- Education programmes
- Website and printed information
- Evening meetings - guest speakers and topic nights
- Coffee/support groups
- Information by phone, email and Skype
- Newsletters
- Lending library
- Facebook online community
- Programmes for teens and young women

### Reducing Diagnostic Delays

- Presentations available to workplaces, community groups and health professionals.
- Awareness month in March, including our Purple Walk® for Endometriosis Awareness

### Join us

- Contact us to connect to your local endometriosis community, access our library and receive newsletters
- i** Everyone is welcome, including partners, whanau, friends and health professionals



## Support our community outcomes

Our work improves outcomes for women of all ages and backgrounds. All gifts of time and money are valued. As a registered charity, donations are eligible for tax credits, or join our awesome volunteer team and help build our community.

### For more information

To find out more about endometriosis and our organisation

Ph Educator: Annette 07 8555 123

Email: [info@InsightEndometriosis.org.nz](mailto:info@InsightEndometriosis.org.nz)

Web: [www.InsightEndometriosis.org.nz](http://www.InsightEndometriosis.org.nz)

FB: [www.Facebook.com/InsightEndometriosis](http://www.Facebook.com/InsightEndometriosis)

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Info has been sourced from: "Endometriosis: The complete reference for taking charge of your Health" (2003) by Mary Lou Ballweg and the Endometriosis Association

The people in the images are models used for illustrative purposes only

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## Period Pain? Fertility Problems?

Endometriosis and  
how we can help

[InsightEndometriosis.org.nz](http://InsightEndometriosis.org.nz)  
[Facebook.com/InsightEndometriosis](http://Facebook.com/InsightEndometriosis)

# Endometriosis

A common and significant gynaecological condition affecting women of all ages

## What is endometriosis?

- A complex condition involving hormonal and immune systems
- Cells similar to those in the uterine lining grow elsewhere such as the ovaries, fallopian tubes, bowel and pelvic lining
- The cells grow in response to the menstrual cycle, causing inflammation, pain and other symptoms, and sometimes fertility problems
- It can impair quality of life, cause absenteeism and reduce effectiveness at work and school
- ❗ A self-management and holistic approach can help

## Who develops endometriosis?

- Endometriosis can affect women of all backgrounds and all ages, including teenagers
- Women with endometriosis and/or immune disorders in their family are more likely to develop endometriosis



## What are the usual symptoms?



- Pain with periods (dysmenorrhoea)
- Pain during intercourse (dyspareunia)
- Fertility problems
- Problems with the bowel such as painful bowel movements, a bloated abdomen, constipation or diarrhoea – often cyclical
- Constant tiredness
- Pain at other times (eg ovulation)
- Pain in other places such as lower back
- Painful urination
- Premenstrual spotting
- Immune system issues
- ❗ Symptoms can be similar to Irritable Bowel Syndrome (IBS) or Pelvic Inflammatory Disease (PID), but are often cyclical

## Period pain is not normal!

- If period pain affects your lifestyle, don't delay
- Seek help from a gynaecologist specialising in endometriosis
- ❗ Early diagnosis can ease symptoms and preserve fertility

## When to suspect endometriosis

Use this quiz to help you decide if you need to seek medical advice:

- ☐ Do you take medicine for period pain every month?
  - ☐ Do you need to take time off work or school when you have your period?
  - ☐ Do you need bed rest when you have your period?
  - ☐ Do you have pain midway through your cycle?
  - ☐ Do you have pain during or after sex?
  - ☐ Are your bowel motions painful?
  - ☐ Do you have diarrhoea or constipation related to your periods?
  - ☐ Do you experience pain when you have a full bladder or when urinating?
  - ☐ Do you have a mother, sister or aunt who has had similar symptoms or been diagnosed with endometriosis?
- Adapted from Andrea Molloy's excellent book "Endometriosis: A New Zealand guide"

## What should I do?

- Take this checklist to your GP to discuss your symptoms
- Ask for a referral to a gynaecologist specialising in endometriosis or you can self-refer to those in private practice
- Contact Insight Endometriosis for information and community support
- ❗ Never be afraid to seek a second opinion

*Endometriosis is a significant condition but poorly understood. It is very common, but under-diagnosed. Those affected often need information and support.*