



**If pelvic pain or pain during or around your period stops you from living your life, or if you have fertility problems, you may have endometriosis.**

# Endometriosis

Endometriosis can affect people of all backgrounds and ages, including teenagers.

It is a life-long condition that can be diagnosed early and managed well when symptoms are recognised and people have the right information about the condition.

Endometriosis involves the hormonal and immune systems. Cells that resemble those lining the uterus grow in the pelvic area and elsewhere in the body. These cells grow to form superficial patches, deeply infiltrating lesions (DIE), or ovarian cysts (endometrioma) in response to reproductive hormones, causing inflammation and adhesions (scar tissue).

Endometriosis can affect the fallopian tubes, ovaries, bowel, bladder, and other organs in the pelvic / abdominal area and elsewhere in the body. When inside the muscular wall of the uterus it is called Adenomyosis.

Endometriosis symptoms can have significant life impacts and it is a major cause of fertility problems in New Zealand.

*Endometriosis affects*

**1 in 9**

**BORN WITH A UTERUS**



# Symptoms of Endometriosis

- Pain during or around your period which stops you from living your life (dysmenorrhoea)
- Pain during or after intercourse (dyspareunia)
- Pain in your pelvic region, lower back, or legs
- Pain during or around the time of ovulation
- Painful urination (dysuria)
- Fertility problems
- Rectal pain
- Problems with your bowels such as painful bowel movements, a bloated abdomen, constipation, or diarrhoea (often cyclical)
- Constant tiredness
- Depression, mood disturbances, PMS
- Premenstrual spotting
- Immune system issues
- Painful cervical smear tests

Symptoms can be similar to Irritable Bowel Syndrome (IBS) or Pelvic Inflammatory Disease (PID) but are often cyclical.

# Symptoms of Adenomyosis

- Pelvic pain and cramping
- Heavy menstrual bleeding
- Anemia (low iron)
- Uterine enlargement (which may show on ultrasound)
- Pelvic pressure
- Fertility problems
- Pain during or after intercourse (dyspareunia)

# Steps to take next

- 1.** Go through the 'when to suspect endometriosis questions in this brochure to help you decide if you need to seek medical attention, or see our website for a simple symptom jigsaw.
- 2.** Track your symptoms using the symptom tracker on our website.
- 3.** See a doctor taking your completed 'when to suspect endometriosis' answers and symptom tracker may be helpful.
- 4.** Seek a gynaecologist who specialises in endometriosis. Your GP can refer you, or you can make an appointment yourself with a gynaecologist in private practice.

Our Educator is available at any stage of your journey to discuss symptoms, diagnosis, treatment options, lifestyle changes, or any other concerns you may have.

**By being aware  
of endometriosis and  
with the right information  
you can invest in your  
wellbeing and how best to  
manage your symptoms.**

# When to suspect endometriosis

- Do you take medicine for period pain?
- Do you take time off work or study when you have your period?
- Do you need to lie down when you have your period?
- Do you have pain during or after sex?
- Do you have pain midway through your cycle?
- Do you experience pain during cervical smear tests?
- Do you have lower back pain?
- Do you experience pelvic pain at other times?
- 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 concerns about your fertility?
- Do you have a mother, sister, or aunt who has had similar symptoms or has been diagnosed with endometriosis?

Symptoms vary and are wide-ranging, which may make endometriosis difficult to recognise and diagnose.

Pain levels also do not correlate to the extent of endometriosis. Pelvic pain warrants investigation.

# Remember you are not alone

If you want to connect with others that live with endometriosis, please reach out to us. We have meet-ups in various locations around New Zealand and on Zoom. Our Educator can also meet you for a **FREE** personal appointment, in person or by Zoom or phone.

Support can be about your symptoms, diagnosis, surgery, treatment options, coping, mental wellbeing, or ongoing management of your endometriosis.

See our website for more information and for free, downloadable information and factsheets.

[www.insightendometriosis.org.nz](http://www.insightendometriosis.org.nz)

We also have this brochure available in other languages on our website.

## CONTACT

Phone | 07 855 5123

Mobile | 022 585 5123

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

28 Te Aroha Street, Hamilton, 3216

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



/InsightEndometriosis



/Insight\_Endometriosis

Insight Endometriosis is a registered charity (CC10906)

©Insight Endometriosis Charitable Trust

---

With thanks to Waikato WDFW Karamu Trust for sponsoring print costs, and Nicola White Designs for brochure design