

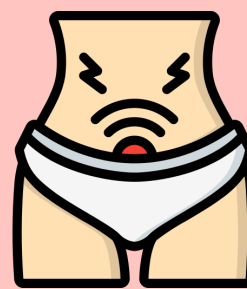
ENDOMETRIOSIS

What it is, symptoms and treatments.



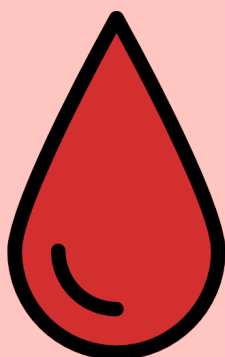
WHAT IS IT?

- Endometriosis is a condition where a tissue similar to the lining of the uterus starts to grow in other places (like the ovaries and fallopian tubes).
- It is a long-term condition that can cause painful and heavy periods.
- The cause of Endometriosis is **UNKNOWN**.



PAIN

- Pain in your lower stomach or back (usually worse during your period).
- Period pain that interferes with your life.
- Pain during or after sex.
- Pain when going to the toilet during your period.



HEAVY BLEEDING

- This can be occasional heavy bleeding during your period (using lots of pads/tampons or bleeding through clothes) or bleeding in between periods.
- Bleeding inbetween periods is called *intermenstrual bleeding*.



SOME MORE SIDE EFFECTS

- Feeling sick.
- Constipation.
- Diarrhoea.
- Blood in your pee during your period.
- Some people might notice changes in mood such as anxiety or depression.
- Issues with fertility.



TREATMENT

- Painkillers (like paracetamol and ibuprofen).
- Hormonal contraception (like the Pill).
- Surgery to cut away patches of the endometriosis tissue.

If you are worried about your periods or think you have some of these symptoms get in touch with your GP.

There are Endometriosis support groups across Northern Ireland. Go to www.endometriosis-uk.org and search for your local support group.