Endometriosis

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Symptoms

- Chronic pelvic pain that is often severe and debilitating.
- Very heavy periods that interfere with daily activities.
- Persistent fatigue.

Age & Gender

- It can affect any female or person assigned female at birth from puberty to menopause.
- Most people wait an average of eight years for a correct diagnosis.

Misconceptions

- It’s not just 'bad period cramps', but a systemic inflammatory condition.
- It’s not cured by pregnancy or having a hysterectomy.
- It’s not always easy to see on standard ultrasound scans.

Diagnosis

- Laparoscopy (keyhole surgery) is the only way to diagnose it for certain.
- MRI scans can sometimes identify deep endometriosis or cysts.

Treatment

- Hormone treatments or the pill can help to manage pain and bleeding.
- Keyhole surgery is used to remove or destroy endometrial tissue.

Support

- Provide easy access to toilets and comfortable, private rest areas.
- Allow for flexible working or home working during painful flare-ups.
- Offer heat pads or ergonomic seating to help manage pelvic pain.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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