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Health care and support

Clinic 35 Sexual and Reproductive Health

Gateway Health 1800 657 573 Gateway Health Wodonga 02 6022 8888 Gateway Health Wangaratta 03 5723 2000 Gateway Health Myrtleford 03 5731 3500

Meryula Clinic Benalla

03 5761 4500

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1800 222 582 - press 4 for Community Health

Tallangatta Health Medical Centre

02 6071 5270

Seymour Health Well Women's Clinic

03 5735 8050

Nurse on Call 1300 60 60 24

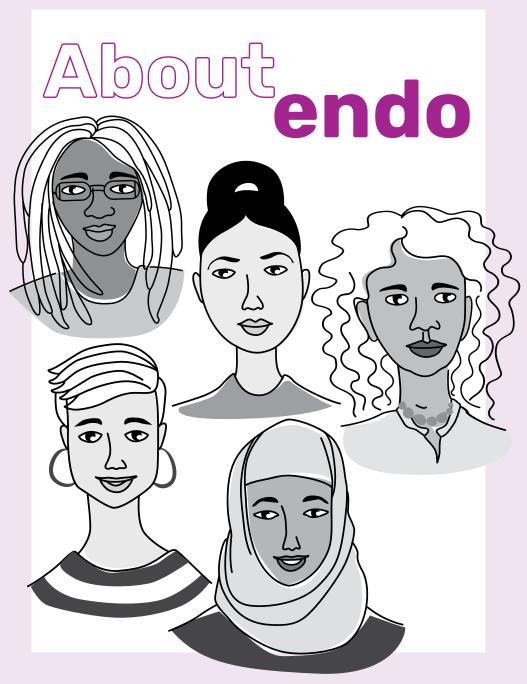




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A straightforward guide to endometriosis

What is endometriosis or endo?

A condition where cells like those that line your uterus grow in other parts of the body

Endo cells often stick to organs inside the pelvis, the area between your stomach and back

Endo cells can thicken and cause the uterus, ovaries, fallopian tubes and bowel to stick to each other at different spot. These adhesions can be extremely painful

Endo affects 1 in 10 people who have periods

Signs and symptoms of endo

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Heavy bleeding during your period
Blood clots or thick blood during your period
Bleeding between your periods and after sex
Blood in your urine or from your bowel

Sain

period medication

Pain during sex, passing urine or using your bowel

Severe pain in your stomach, pelvis, lower back or legs

Pain before, during or after your period

Pain that gets worse and stops you doing daily activities and things you enjoy

Period pain that doesn't go away after taking pain or

Other

Extreme tiredness, no energy, feeling faint
Feeling bloated, constipation and diarrhoea
Mood swings, feeling anxious, cranky or depressed
Difficulties getting pregnant

How do you know you have endo?

See a doctor or nurse you feel comfortable to talk with. Painful periods that affect your daily life are NOT NORMAL

Your doctor or nurse will need to ask questions about bleeding, pain and other symptoms

Keeping a diary about your period, signs and symptoms for at least 3 months will help you explain

Your doctor will usually do a physical examination and an internal examination if you've had sex

Further tests and procedures may be needed: a blood test, ultrasound scan, a laparoscopy, colonoscopy

Staying well with Endo

It's helpful to have a doctor and health team who work with you and each other

Treatment may involve medications, surgery or both

Quality sleep, healthy diet and gentle exercise support general wellbeing

Keeping a food diary helps track foods you're sensitive to

Naturopathy, yoga, meditation, acupuncture and herbal medicine may help you cope

Discuss herbal, Chinese medicines and other treatments with your doctor and health team before using

Talk to others with endo and share ideas to stay well