

# Symptoms



- Fatigue.
- Pain that stops you on or around your period.
- Pain on or around ovulation.
- Pain during or after sex.
- Pain with bowel movements.
- Pain when you urinate.
- Pain in your pelvic region, lower back or legs.
- Having trouble holding on when you have a full bladder, or having to go frequently.
- Heavy bleeding or irregular bleeding.

**BEING UNCOMFORTABLE WHEN YOU**

**HAVE A PERIOD IS NORMAL.**

**PAIN THAT STOPS LIFE IS NOT NORMAL.**

# Next Step

**IF YOU CAN TICK OFF MOST OF THE**

**SYMPTOMS LISTED - ASK FOR HELP,**

**TALK TO SOMEONE YOU TRUST SUCH**

**AS A FRIEND, PARENT OR PARTNER.**

- Track your symptoms using the symptom tracker on the Endometriosis Australia website.
- See a doctor, taking the completed symptom tracker may be helpful.
- A referral to a gynaecologist may be appropriate.
- The gynaecologist specialises in women's health issues and they can work with you to find answers.

● Untreated, it can adversely impact your quality of life.  
Treated, your symptoms can be managed.



# Ten Endo Facts

- 01** There is no cure.
- 02** Teenagers are not too young to have Endometriosis.
- 03** Endometriosis cannot be prevented.
- 04** Endometriosis does not always cause infertility.
- 05** Period pain is not normal.
- 06** Hysterectomy does not cure Endometriosis.
- 07** Getting pregnant does not cure Endometriosis.
- 08** Endometriosis can only be correctly diagnosed via surgical intervention.
- 09** Pain levels are not related to the extent of damage caused by the disease.
- 10** Endometriosis is not an STI. You cannot catch it.