



Endometriosis Fact Sheet

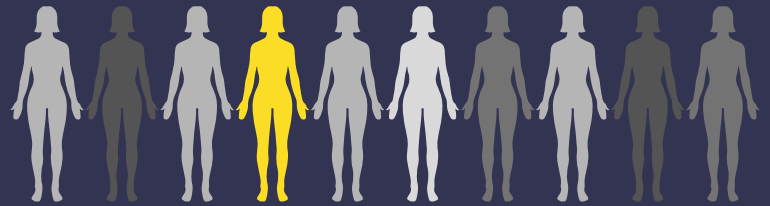
Myth Busters

- **"Teenagers are too young to have endometriosis"**
 - Most people with endometriosis report symptoms around the time of their first period.
- **"Endometriosis is rare and so uncommon"**
 - 1 in 10 people AFAB have endometriosis, that is over 500,000 people in Canada alone*. A student may look healthy but can still be experiencing excruciating pain & other symptoms.
- **"Period pain is normal"**
 - Subtle discomfort during a period can be normal, but severe pain that interferes with a person's life or disrupts them from completing daily activities is not normal. 70% of teens AFAB with chronic pelvic pain go on to be diagnosed with endometriosis*.
- **"Endometriosis is just an STI"**
 - Endometriosis is not an STI, it is not something someone can "catch". Endometriosis has no definitive cause, although we know that genetics, hormones, diet & exposure to certain environmental toxins may play a role. Nothing that a person does causes them to get the disease.
- **"Endometriosis is just a bad period"**
 - Endometriosis symptoms can develop throughout the whole body & every person's symptoms are different. They may have one, all or a combination of the symptoms listed previously. Endometriosis has been found in every organ of the body, not just within the reproductive organs.

Definition

Endometriosis is a chronic, systemic, inflammatory disease. It occurs when tissue similar, but not the same, as the lining of the uterus is found in other areas of the body. The disease can result in the formation of lesions, adhesions, organ dysfunction & more. It is most commonly found in and on the cul-de-sac, ovaries, fallopian tubes, appendix, bowels, bladder and thoracic area. Endometriosis can affect every major organ system and bodily function. It can cause intense, severe & often debilitating pain at any time, including menstrual cycles for some people. Endometriosis affects 1 in 10 individuals AFAB but it has been found across all genders. There is no known cause or cure for endometriosis*.

1 IN 10 HAVE ENDOMETRIOSIS



How to Get Support

1. **Educate yourself** about endometriosis by visiting us at www.endocanada.org
2. **Talk to your family, friends and loved ones** about what you are experiencing and ask them to also educate themselves
3. **Talk to a medical professional about your symptoms.** You can also request a referral to a gynaecologist if the MP doesn't understand.
4. **Get an official diagnosis.** Endometriosis can only be officially diagnosed through surgical pathology, during laparoscopic surgery. It is important that this diagnostic surgery is performed by a surgeon (gynaecologist or endometriosis specialist) with experience with endometriosis.
5. **Find an excision specialist.** The gold standard treatment for endometriosis is excision surgery performed by a specialist. Check out Nancys Nook for a full list of surgeons.
6. **Adjust your lifestyle accordingly** and seek other supports. Pelvic physiotherapy, massage, acupuncture and more have been helpful for some in managing their symptoms.

Please note this does not constitute medical advice or an opinion. Readers should not make decisions based on the information contained herein alone and should obtain professional medical advice on their specific circumstances. Reliance on the information contained herein is done solely at the reader's own risk.