

ENDOMETRIOSIS AND TEENS

- + Teens can get endometriosis, just like adult women, in fact, is it quite common
- + Most women with endo say their symptoms started in their teens
- + If your period pain is bad, you bleed outside your period, or have other symptoms which stop you from going to school, hanging out with your friends or enjoying your life, you should speak to your doctor
- + With a doctor's help, there are a lot of things you can try to help you feel better, and get your life back on track

1 in 5 teen girls suffer severe pain with periods



TREATMENT OPTIONS

- + While endometriosis is incurable, there are a lot of different ways to treat it
- + Your doctor might place you on a pill to help skip your periods and reduce pain
- + They may offer an IUD, which is implanted into your uterus, stopping your periods and reducing your pain. This can be removed at any time
- + Gentle exercise such as walking, swimming or yoga are all helpful if you have pain
- + Physiotherapy can help some girls too

Don't forget - there is a lot of help available! All you need to do is ask

**DON'T W8
TO KNOW
ENDO**

**Endometriosis fact
sheet for teens**

WHAT IS ENDOMETRIOSIS?

- + A condition that affects 1 in 10 girls and women
- + Tissue that normally lines the uterus grows in other parts of the body
- + This lining sheds during your period, causing pain and other symptoms
- + This tissue (called lesions) can stick to other organs - called an adhesion
- + Lesions and adhesions cause many symptoms which can occur outside your period too

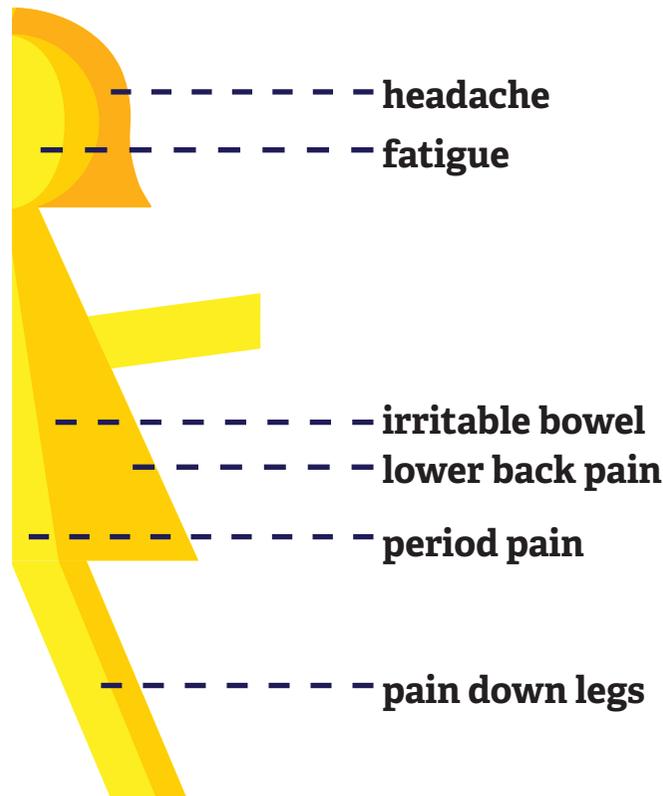
HOW IS IT DIAGNOSED?

- + Endometriosis can only be diagnosed with a procedure called a laparoscopy, performed by a specialist surgeon.
- + During the procedure, the surgeon inserts a camera into your abdomen, takes a sample of tissue and removes the lesions and adhesions they find.
- + Recovery is usually quick, and you will generally feel a lot better after the endometriosis is removed.

WHAT ARE THE SYMPTOMS?

- + There are many symptoms associated with endometriosis, and you may experience some or none of them. If you are concerned by your symptoms, you should speak to your doctor.

The MOST COMMON symptoms are:



For more information visit:

dontw8toknowendo.org

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