

## ENDOMETRIOSIS AND TEENS

Teenage girls are just as likely to get endometriosis as adult women are; in fact, most women with the condition develop symptoms during their teen years.

If your daughter has abnormal bleeding (heavy bleeding, and/or bleeding outside of periods), has severe pain during and outside periods, or other symptoms associated with the condition which stop her from thriving in school, or maintaining her normal social activities, she may need a laparoscopy to reach a diagnosis. Between 67-73% of teenage girls will have endometriosis when a laparoscopy is performed

**1 in 5 teen girls suffer severe pain with periods**



## TREATMENT OPTIONS

There are a lot of things you can do for your daughter if she is diagnosed with endometriosis, and her doctor can offer her a variety of treatments depending on what is right for her.

Before having a laparoscopy, she may be offered a pill which will reduce pain and help her skip her periods; she may also be offered an IUD, which will have the same effect, and can be removed at any time. Keeping a routine is important for your daughter, so encourage her to go to school and see her friends as much as she can. You may also be able to talk to her teachers to see if arrangements can be made for when she is not feeling well. Exercise is also important in helping endometriosis sufferers - gentle exercise is best, such as walking or swimming, and many girls benefit from gentle stretching, such as yoga or physiotherapy.

**The best thing you can do for your daughter is to listen to her and offer your support.**

**Remember to reach out if you need a helping hand.**

**KNOW HER  
ENDO**

**Endometriosis fact sheet for mothers**

## WHAT IS ENDOMETRIOSIS?

Endometriosis is a condition that affects 1 in 10 girls and women. The condition causes tissue which normally lines the uterus to grow in other areas of the body. During periods this lining sheds like the lining in the uterus, causing pain and other associated symptoms.

These growths are called lesions, and can stick to other organs or areas of the body, causing adhesions. These growths can occur anywhere in the body, most commonly the pelvic area and abdominal walls. The condition varies in severity from mild (stage 1) to severe (stage 4).

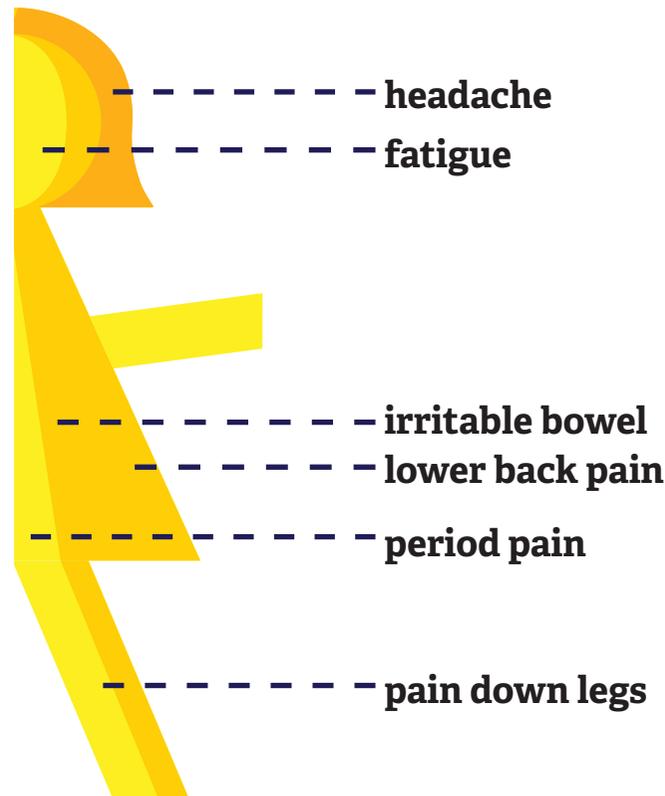
## HOW IS IT DIAGNOSED?

Endometriosis can only be diagnosed during a procedure called a laparoscopy, where a scope is inserted into the abdomen and a biopsy is taken of tissue if it is present. During this procedure, any endometriosis tissue found will be removed by ablation or excision. A diagnosis may be suggested if you have symptoms of the condition, or if cysts are found on the ovaries during ultrasound. If it is suspected, the doctor will usually recommend a laparoscopy procedure to reach a definitive diagnosis.

## WHAT ARE THE SYMPTOMS?

Endometriosis has a number of associated symptoms, and your daughter may have some or none of them. If your daughter is experiencing any of these issues, it is important to seek medical help to treat the condition as soon as possible.

### The **MOST COMMON** symptoms are:



For more information visit:

**[dontw8toknowendo.org](http://dontw8toknowendo.org)**

Learn about endo, how it affects your daughter, tips for supporting her and guides to local endometriosis specialists.

