

Endometriosis in the Workplace

Endometriosis Australia has supported the efforts of Southern Cross University and Western Sydney University's NICM Health Research Institute to conduct a national survey of **389** women* with a confirmed diagnosis of endometriosis.

The purpose: to examine the impact of endometriosis on an individual's career and how workplace changes may influence management of endometriosis.



Nearly all women with endometriosis had identified that their management of endometriosis had **significant** impact on their work life.



70%

of Endo Warriors have to take **unpaid** time off work to manage their endometriosis symptoms.



50%

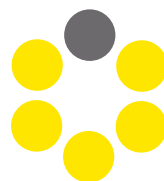
of Endo Warriors said the **lack of flexibility** in the workplace was a significant problem.

Women with endometriosis have often suffered these symptoms in **silence**, and have often been **excluded from work and social activities** due to their endometriosis. Many Endo Warriors are also fearful of raising the issue in the workplace.



1 in 3

Endo Warriors have been **passed over for promotion** due to their endometriosis.



1 in 6

Endo Warriors have **lost their jobs** due to their endometriosis.

Workplace changes as a result of COVID-19 have proven beneficial for those with endometriosis.



79%

of Endo Warriors reported that work from home changes had made **management of their endometriosis symptoms** easier.



60%

of Endo Warriors said they were **more productive** while working from home.



90%

of Endo Warriors thought **flexibility** in relation to time management and working from home was the most important factor that could improve **management of endometriosis** in the workplace.

Other important interventions identified to **improve** the management of endometriosis in the workplace:



Introduction of 20-minute rest periods



Access to healthcare services such as counselling, mindfulness or assisted exercise



Access to healthcare benefits



Access to physical aids such as ergonomic chairs, heat packs, and props.

For more endometriosis related news, facts, research updates and educational blogs, visit our website:

www.endometriosisaustralia.org



*Endometriosis Australia acknowledges individuals in the transgender community and people who are non-binary and living with endometriosis who may not identify as women

