

# 1. Symptoms

what is happening?

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



# 2. Next steps

getting a referral

- Tracking your symptoms
- Booking an appointment with your GP
- Taking the completed symptom list to your GP appointment
- Asking your GP for a referral for an endometriosis ultrasound
- Referral to a gynaecologist who specialises in women's health issues can help you to find answers



# Facts

did you know?

- Period pain is not normal
- Can start occurring at 8 years of age
- Cannot be prevented
- Does not always cause infertility
- A hysterectomy is not a cure
- Getting pregnant is not a cure
- Can only be correctly diagnosed through laparoscopic surgery
- Pain levels are not related to the extent of damage caused by the disease
- It is not a STI
- There is currently no cure



# Endometriosis

## what is it?

Endometriosis is where tissue SIMILAR to the lining of the uterus grows outside of the womb in other parts of the body. Endometriosis is commonly found in and around the pelvis, but in some cases has been found in other parts of the body, including the bowel, bladder, and as far away as the lungs and the brain.

It takes on average 6 to 8 years to be diagnosed with endometriosis.

Recent statistics (AIHW 2023) found that 1 in 7 (14%) women, girls, and those assigned-female-at-birth (AFAB) are diagnosed with endometriosis by the age of 44 to 49. Symptoms can occur as early as 8 years of age.

Around half of those living with endometriosis are challenged by fertility and 30% of IVF patients have the disease. In some cases, hysterectomy - surgical removal of the womb - is needed, for women and AFAB in their 20s and 30's.

# Impact

## how does it affect students?



- Pain, discomfort, and fatigue, hindering students' focus in class, extracurriculars, and assignments and disrupting their social life.
- Severe symptoms may force school absences, impacting academic performance.
- Emotional stress, anxiety, and depression further complicate schooling.
- Medication side effects can cause drowsiness and difficulty concentrating.
- Unpredictable symptoms make long-term planning difficult.
- Lack of understanding may hinder communication with teachers.

# About us

## who are we?

Endometriosis Australia has been the leading organisation in Australia and internationally for awareness, education, and research funding for endometriosis since 2013.

We are committed to empowering those impacted by endometriosis with the knowledge to be in control of their healthcare and promote patient-centred solutions.

## CONTACT US

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