

# Better endometriosis care is here

## Important new resource. Better management. Better support.

Endometriosis affects 1 in 7 Australian women aged 14–49. It can be debilitating and accounts for 21% of chronic pelvic pain cases.

Pelvic or period pain that impacts daily living should always be taken seriously.

Yet for many women, getting clear answers and the right support has been difficult.

A significant new, evidence-based resource, co-designed with clinicians and patients, aims to change that by providing clear, reliable information and more consistent care.



If you are experiencing chronic pelvic or period pain please talk to your doctor. For more information about the new Endometriosis Management Plan visit:  
**[www.endometriosismanagementplan.org](http://www.endometriosismanagementplan.org)**

## Empowering patients

The Endometriosis Management Plan (EMP) supports people with suspected or diagnosed endometriosis or chronic pelvic pain to manage their condition with their GP or nurse.

The EMP offers a personalised care plan tailored to individual needs.

Each patient

- receives a digital or printed copy of their plan
- can access relevant EMP information online

Support covers symptoms such as pain, heavy menstrual bleeding, infertility and mental health concerns; treatments, referrals and patient actions and goals.

## Supporting clinicians

Diagnosis remains a major challenge in endometriosis care. On average, it takes eight years from first symptoms to diagnosis.

The EMP provides practical support to help change this. Clinicians can access training on endometriosis, chronic pelvic pain and the EMP through online RACGP resources.

The EMP includes tested approaches and guidance to support assessment, investigation, referral and ongoing care.

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