



Endometriosis

Easy Read fact sheet

About this fact sheet



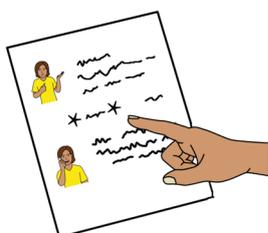
This fact sheet is from
Jean Hailes for Women's Health.



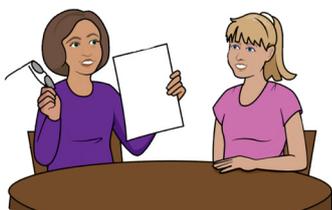
You can read more information about this topic on
the [Jean Hailes endometriosis webpage](http://www.jeanhailes.org.au/health-a-z/endometriosis)
[www.jeanhailes.org.au/health-a-z/
endometriosis](http://www.jeanhailes.org.au/health-a-z/endometriosis)



This fact sheet is written in a way that is easy
to understand.



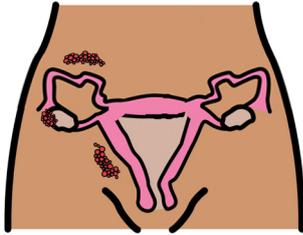
We add a star before and after ***hard words***.
Then we explain what the words mean.



You can ask someone to help you read and
understand this fact sheet.

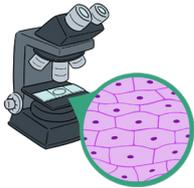


Contact information is at the end of this
fact sheet.



What is ***endometriosis***?

Endometriosis is a condition where ***cells*** like the ones in your ***uterus*** grow in other parts of your body.

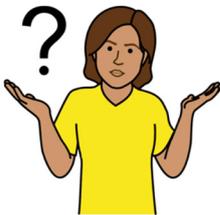


Cells are tiny living things. Your body is made up of lots of cells.

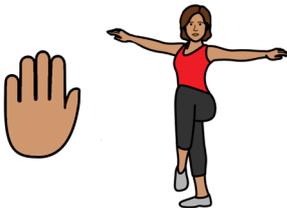


Your uterus is also called your womb. It is where babies can grow.

Endometriosis ***symptoms***



Symptoms are things you notice when you have a health problem.



You might have endometriosis symptoms that stop you from doing things you want to do.



You might not have any endometriosis symptoms at all.



Endometriosis can cause pain.

For example

- painful ***periods***



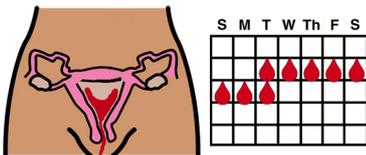
- pain when you have sex



- pain in your belly



- pain in your lower back.



A period is when you bleed from your vagina each month.



Endometriosis can cause other symptoms.

For example, you might

- need to wee a lot



- find it hard to poo



- feel tired when you get your period



- have mood changes.



Endometriosis can also make it harder to get pregnant.

What causes endometriosis?

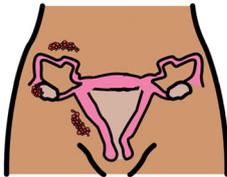


The exact cause of endometriosis is not known.

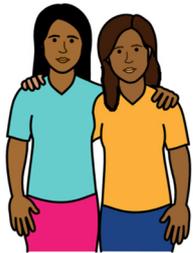


It could happen because

- your period flows backwards into your body



- your body does not stop the cells from growing outside your uterus.



It could happen because someone in your family has endometriosis.

For example, your mother or sister.

How do you know if you have endometriosis?



It can take time to get a ***diagnosis*** of endometriosis for different reasons.

For example

- you might think period pain is normal and delay seeing your doctor



- everyone has different symptoms.



Diagnosis means your doctor says you have a condition.



Your doctor might ask you to get an ***ultrasound***.

An ultrasound is a machine that shows the inside of your body.

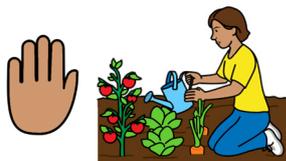


Your doctor might give you medicine to help with symptoms.

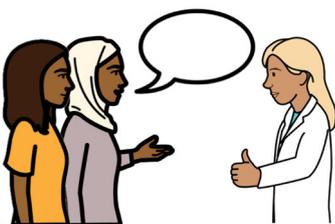


If your symptoms do not get better your doctor might talk to you about having an operation.

When to see your doctor



It is **not** ok or normal to have strong period pain that stops you from doing things.



If you have endometriosis symptoms, see a doctor.

Try to find a women's health clinic with doctors who have special training in endometriosis.



Your doctor will ask questions about your symptoms and family history.



They might also ask to check your body.



You can say **no** if you do not want them to check your body.

How to treat endometriosis



Your doctors might ask you to try 1 or more treatments to help with your symptoms.

Treatments might include

- medicines for pain relief
- medicine to change your ***hormone*** levels
- an operation to remove the endometriosis.



Hormones are messengers in your body that help everything work well.

What you can do about endometriosis



If you have endometriosis it is important to look after yourself.



It can help to do exercise most days of the week.

For example

- walk
- do yoga.





It can also help to

- eat healthy food



- sleep well



- take care of your mental health
 - for example, talk to a ***psychologist***.

A psychologist helps you understand your feelings.



More information

 **Jean Hailes**
for Women's Health

For more information contact
Jean Hailes for Women's Health.



Call 03 9453 8999



Website www.jeanhailes.org.au



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Help to speak and listen

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