

## When to Ask Your Doctor About Endometriosis

If you've faced years of unexplained pain, fatigue, digestive issues, or fertility struggles, it may be time to ask your doctor about endometriosis.



ENDO AFFECTS ROUGHLY 190 MILLION WOMEN WORLDWIDE<sup>1</sup>

## Reasons to Consider Endometriosis



### Disruptive symptoms

Painful periods are often dismissed as "normal"—but they shouldn't be. Severe pain that disrupts daily life is not acceptable.

Endometriosis can cause pain:

- During periods and ovulation
- During sex and bowel movements
- Throughout the menstrual cycle

Bloating, fatigue, or digestive issues are often misdiagnosed as IBS, stress, or anxiety.

If birth control, dietary changes, or over-the-counter meds haven't helped, **endometriosis could be the missing piece.**



### Unexplained infertility

Many people don't discover they have endometriosis until trying to conceive.

Up to **50%** of those with unexplained infertility are later diagnosed with endo.

Endometriosis can affect ovulation, egg quality, and embryo implantation.

Been trying for a while with no answers?

Symptoms like pelvic pain or heavy periods?

**Endometriosis** could be the cause.

Early diagnosis = better treatment options, including surgery.

**Helpful tip:** Use the **self-assessment on page 2** together with our patient advocacy guide.

<sup>1</sup> <https://www.who.int/news-room/fact-sheets/detail/endometriosis>



## Endometriosis Self-Assessment

Use this quick self-assessment to spot common signs and start a conversation with your provider. Print it, fill it out, and bring it to your next visit.

**Check off any statements that are true for you.**

- ☐ My pelvic pain interferes with daily life.
- ☐ My periods are painful, heavy, or last longer than 7 days.
- ☐ I have missed school, work, or social functions because of pelvic or period pain.
- ☐ I feel pain during or after sex.
- ☐ I have digestive issues like bloating, nausea, diarrhea, or constipation that seem tied to my cycle.
- ☐ I struggle with fatigue (extreme tiredness or weakness), especially during my period.
- ☐ I feel pain during bowel movements or urination, especially during my period.
- ☐ I've tried hormonal birth control or over-the-counter pain meds, but they haven't relieved my symptoms.
- ☐ I've been told I might have irritable bowel syndrome (IBS), but treatments haven't helped.
- ☐ I've tried to get pregnant naturally, without success.
- ☐ I've tried to get pregnant using IUI or IVF, without success.

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**This quiz isn't a diagnosis**—but if you checked multiple boxes, it's worth paying attention to what your body is telling you. Start tracking your symptoms, and talk to your provider. Our patient advocacy guide includes a symptom log and questions to help you feel prepared and confident.

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