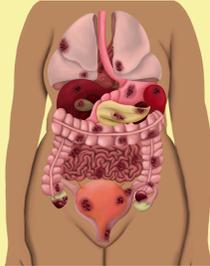


What is Endometriosis?

Endometriosis (pronounced en-do-mee-tree-oh-sis) is a full-body, or 'systemic', disease where cells and tissue similar to the lining of the womb (uterus) grow in other parts of the body.



What causes Endometriosis?

The cause of endometriosis is unknown, and there is no cure. However, several theories to explain its cause exist, including:

- Family history (genetic predisposition)
- Immune system involvement
- Environmental factors

Who is affected?

Endometriosis affects an estimated 1 in 7-10 people assigned female at birth.



Who are we?

We are **Endometriosis South Coast**, an inclusive charity supporting people who haven't started their diagnosis journey, are going through the diagnosis stages, or have been diagnosed with Endometriosis and/or Adenomyosis.

What do we do?

Our mission is to create a safe space for all people with Endometriosis and/or Adenomyosis, regardless of race, gender, or religion.

We do this by:

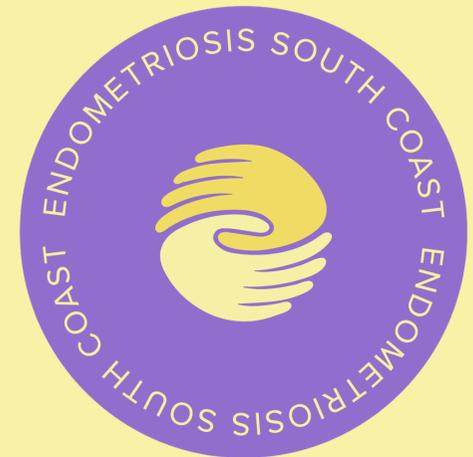
- Raising awareness of Endometriosis and Adenomyosis
- Providing a support system online and face-to-face
- Educating local employers so they can support their employees

Want to learn more?



Scan the QR code to visit our website

What is Endometriosis?



www.endometriosisouthcoast.com



admin@endometriosisouthcoast.com



[@endsouthcoast](https://www.instagram.com/endsouthcoast)



[@endometriosisouthcoast](https://www.tiktok.com/@endometriosisouthcoast)



[Facebook Support Group](#)



[Endometriosis South Coast](#)

Symptoms of Endometriosis

Endometriosis can cause a range of symptoms.

Common symptoms include:

- Pelvic pain
- Painful periods that stop your normal activities
- Heavy periods
- Bleeding between periods
- Pain during or after sex
- Low back pain
- Leg pain
- Infertility or difficulties conceiving
- Painful bowel movements or urination
- Digestive issues like bloating, diarrhoea, or constipation
- Extreme tiredness or lack of energy (fatigue)

It is important to remember that symptoms vary from person to person.



Getting a diagnosis

In the UK, it takes an average of 8 years and 10 months to be diagnosed with endometriosis.

The process usually starts with a visit to your GP, who will ask about your symptoms, medical history, and family history.

Keeping a symptom diary can help you track your symptoms over time and provide your GP with useful information.

Your GP cannot diagnose you with endometriosis, but they can refer you for additional tests such as an ultrasound, MRI or CT scan.

Sometimes endometriosis may not be seen during scans, but this does not always mean you do not have the condition.

The most reliable way to diagnose endometriosis is through a laparoscopy. This is a type of keyhole surgery used both to diagnose and treat conditions like endometriosis.

Laparoscopy is considered the 'gold standard' for diagnosing endometriosis because it allows the surgeon to take a biopsy.

Treatment of Endometriosis

While there is no cure for endometriosis, there are different treatment options available, including:

- Surgical treatment
- Pain management
- Hormonal treatment
- Alternative treatment

Each person's treatment journey is individual to them, and what works for one person may not work for you.

Living with Endometriosis

Symptoms of endometriosis can impact many areas of life, including school, work, relationships, and emotional wellbeing.

We're here to support you



Scan the QR code to visit our website