

# What is Adenomyosis?

**Adenomyosis** (pronounced ah-den-oh-my-oh-sis) is a condition where cells and tissue similar to the lining of the womb (uterus) are found in the muscle layer of the womb (myometrium).

Unlike endometriosis, which happens where cells and tissue similar to the lining of the womb (uterus) grow in other parts of the body, adenomyosis affects the womb itself.



# What causes Adenomyosis?

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

- Family history (genetic predisposition)
- Hormonal changes

# 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:

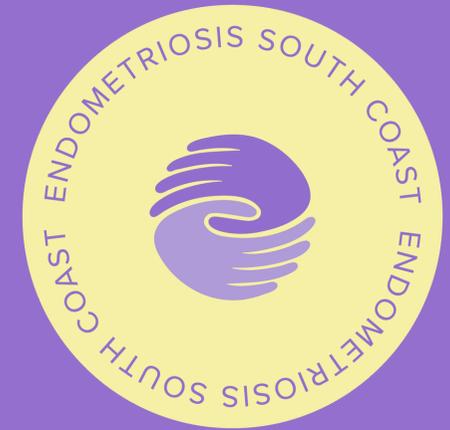
- Raising awareness of Endometriosis and Adenomyosis
- Providing a support system online and face-to-face
- Educating local employers so they can support their employees

## Want to learn more?



**Scan the QR code to visit our website**

# What is Adenomyosis?



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# Who is affected?

Adenomyosis can affect anyone with a womb. However, it is most common in:

- People assigned female at birth over the age of 30
- People who have been pregnant in the past
- People with endometriosis

# Symptoms of Adenomyosis

Adenomyosis can cause a range of symptoms.

Common symptoms include:

- Heavy periods
- Painful periods that stop your normal activities
- Pelvic pain
- Pain during or after sex
- Painful bowel movements
- Bloating
- Feeling of heaviness in your pelvis

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

# Getting a diagnosis

**In the UK, a diagnosis of adenomyosis can take some time as the symptoms often overlap with those of other conditions.**

The process usually begins with a visit to your GP, who will assess 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 adenomyosis, but they can refer you for additional tests such as an ultrasound or MRI scan to help understand the cause of your symptoms.

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

In some cases, adenomyosis is diagnosed after a hysterectomy, where tissue can be examined under a microscope.



# Treatment of Adenomyosis

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

- Pain management
- Hormonal treatment
- Medication
- Surgical treatment

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

# Living with Adenomyosis

Symptoms of adenomyosis 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**