How does endometriosis impact a woman’s life?

- Effects of endometriosis extend beyond symptoms, to include:
  - Mental health
  - Sleep disturbance
  - Quality of life

But wait... what is endometriosis?

Endometriosis occurs when tissue similar to the inside surface of the uterus is found outside the uterus and becomes inflamed. Symptoms include:
- Chronic pelvic pain
- Menstrual cramping
- Fatigue
- Infertility

Endometriosis affects:
- 10% of women
- 7 million women
- 50% of fertility

How does endometriosis impact relationships?

Endo symptoms can prevent a woman from participating in social outings. This can make maintaining relationships difficult and lead to isolation. Endo may also cause constant pain, making intimacy a challenge.

How does endometriosis impact careers?

Chronic pain and other endo symptoms make it difficult to be present and engaged.

6.4 hours less work in a week

Women with endo lose an average

How to maintain normalcy.

As difficult as it is, maintaining a strong support system and healthy lifestyle is crucial for managing endometriosis. Battle ends with these tips:

- Relax on a mat to an enzyme daily
- Educate yourself, family, and friends about endometriosis
- Do not feel pressured to attend events
- Be flexible at time introductions
- Prepare to advance with endometriosis self-treatment tools

 Unexpected Challenges of Living with Endometriosis

Living with endometriosis can be challenging.

Your doctor can help you live a life by helping endometriosis symptoms with medication in some cases. Surgery, in some cases, can also help. Endometriosis affects your ability to get pregnant, so it's important to talk to your doctor.

For help with symptom relief, visit KaldaasCenter.com/contact.