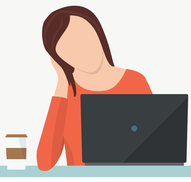
# Unexpected Challenges of Living with Endometriosis

## How does endometriosis impact a woman's life?

Effects of endometriosis extend beyond symptoms, to include:

- Relationships
- Work performance
- Quality of life



## But wait … what is endometriosis?

Endometriosis occurs when uterine lining tissue grows outside the uterus and becomes inflamed. Symptoms include:

- Chronic pelvic pain
- Fatigue
- Bloating
- Infertility

Endometriosis affects:

**10%** of women worldwide

**7 million** American women

**50%** of infertile women

## How does endometriosis impact relationships?

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

## How does endometriosis impact careers?

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

Women with endo lose an average

**6.4** hours of work per week due to symptoms

## How to maintain normalcy.

As difficult as it is, maintaining a strong support system and healthy lifestyle are crucial to managing endometriosis. Battle endo with these helpful tips:

- Reach out to at least one person daily.
- Educate yourself, family and friends about endometriosis.
- Do not feel stressed for not attending events.
- Be mindful of your limitations.
- Prepare in advance with endometriosis pain treatment techniques.

### Implement endometriosis symptom-relief techniques.

Certain activities have been shown to lessen endometriosis symptoms. These include:

- A balanced diet
- Exercise
- Rest
- Awareness of pain threshold

## Living with endometriosis can be challenging.

Your doctor can help you live a fuller life by managing endometriosis symptoms with medication or, in some cases, recommending laparoscopic surgery. Treatment options vary based on symptom severity, so it's important to talk to your doctor.

For help with symptom relief, or if you have additional questions, reach out to The Kaldas Center for Fertility, Surgery & Pregnancy by calling 920-886-2299 or visiting us at KaldasCenter.com/contact.

Kaldas Center for Fertility, Surgery & Pregnancy

Please note, this is not medical advice. Please consult a physician to determine the proper treatment option.


Sources:

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