

Does your loved one
have endometriosis?

Do you feel helpless
while watching her
battle this disease?

Do you want to learn
more about the
disease and figure
out ways to help
your loved one cope?

Even though you
can't stop the pain,
there are many ways
you can help her
feel less alone.



The Endometriosis Foundation of America (EFA) strives to fund research, raise disease awareness, educate the public and healthcare professionals, as well as advocate for patients. Our ENPOWR Project (ENDometriosis: Promoting Outreach and Wide Recognition) is an education program that promotes early intervention for the disease in schools and community-based organizations. If you would like the ENPOWR Project to visit your school, please contact us!

FOR RESOURCES AND INFORMATION,
OR TO MAKE A DONATION IN SUPPORT
OF OUR INITIATIVES, VISIT US ON THE WEB:
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A close-up photograph of several hands of different skin tones clasped together in a supportive grip. The image is overlaid with a semi-transparent blue filter, creating a sense of unity and support.

Supporting a
loved one with
endometriosis

Endometriosis affects
the entire family.

Make sure to keep the
conversation going.

Find ways to
enjoy each other.

Endometriosis is a debilitating disease, affecting 1 in 10 girls and women in the US. Women can experience symptoms of endometriosis throughout their entire menstrual cycle, although for many women, the most severe pain is just before and during their period. Some women have asymptomatic endometriosis, but experience infertility and/or pregnancy loss due to the disease. Those with mothers or close female relatives who have endometriosis are 5-7 times more likely to have it.

Endometriosis affects not only the woman herself, but all those who care for her, which is why we call it a “family disease.” Conversations about endometriosis can touch on diagnosis and treatment, physical and emotional pain, the impact on daily life and overall quality of life, and acceptance of living with a chronic disease. Your unwavering support, from symptom onset, to diagnosis, to continued care can make a positive difference in a patient’s physical and emotional well-being. Often a loved one can be an important advocate for the patient when the patient is feeling too sick or fatigued to advocate for herself. Don’t ever dismiss how she feels.

Although excision is the gold standard of treatment, even the best surgical care cannot cure endometriosis. It is important to recognize that endometriosis is a chronic and often unpredictable disease. Keeping attuned to your loved one’s changing needs through open communication is a way to make her feel loved and supported.

Stay Informed

Learn about all aspects of endometriosis, from the medical to the emotional and social. Take the time to read stories and experiences of other patients and caregivers. Understanding all aspects of the disease will make you feel less helpless and show your loved one she is not fighting this alone.

Be Helpful

Recognize that each day of disease management looks different from the next. Ask questions like, “What are your pain levels today?” and plan the day accordingly. If you see her frustrated and overwhelmed ask, “Can I do anything to make today easier?”

Become an Advocate

Go to doctor appointments, take notes, and ask informed questions. If your loved one has to miss family events, make sure your family understands exactly why. Stand up for her!

Be Aware

If you see your loved one is feeling depressed or anxious, gently encourage her to get the mental health support she needs.

Endometriosis can be incredibly isolating. Participation in work, family, and social activities is often limited. Helping your loved one feel connected and bringing her moments of joy can make a huge difference in her life.

Take Advantage of the Good Days

Is your loved one feeling great? Encourage her to do something fun that will give her energy. The laundry will be there when you get back! Help by pitching in with tasks around the house on a day when she is not feeling so great.

Adjust

If you have plans but your loved one isn’t feeling well, be flexible. Find something fun that you can do instead of the original plans. Order takeout, rent a movie, or play cards. She will appreciate your understanding and engagement in an activity she is up for.

Stay Positive

Any way you can make your loved one smile is a way to give her the good energy she will need to keep fighting this disease.

Be Mindful

Endometriosis can cause great physical and mental stress. Be gentle and patient with your loved one as she navigates the difficulties of the disease.

**For more information visit
www.endofound.org.**

