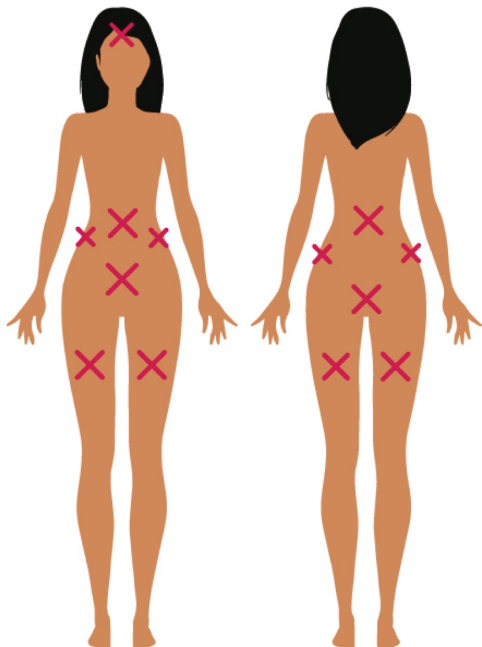


Could it be Endometriosis?

Cramping and dull aches occur for many women and teens during their period. However, severe pain that gets in the way of your normal routine is your body's way of signaling something is wrong. It is important to get an early diagnosis and treatment in order to prevent years of unnecessary pain, suffering and potential infertility. The best way to communicate with your doctor is by being as detailed as you can about the location and intensity of your pain and discomfort. Use this tool to track your symptoms and to share what you are experiencing with your gynecologist.



Circle an "X" on the body diagram in **ALL** areas where you feel pain or discomfort, especially if it occurs around your period.

Please check any other symptoms you experience monthly:

- ☐ Extreme Cramping
- ☐ Digestive Pain
- ☐ Nausea/Vomiting
- ☐ Diarrhea/Constipation
- ☐ Bloating or Gas
- ☐ Painful Bowel Movements
- ☐ Lower Back Pain and/or Leg Pain
- ☐ Heavy or Long Periods (more than 7 days)
- ☐ Bleeding Between Periods

1. Do you ever experience pain in your pelvic region (lower part of your belly) during your period that is not helped with over-the counter medication such as Advil or Tylenol?

- ☐ Yes
- ☐ No

2. Is it difficult to participate in everyday activities such as sports or social time with friends because of excessive pain or exhaustion?

- ☐ Yes
- ☐ No

3. Do you have a close female relative (mother, sister, aunt, grandmother) that has been diagnosed with endometriosis or experienced symptoms mentioned in this survey?

- ☐ Yes
- ☐ No
- ☐ Unknown



Getting Help



1. Find A Doctor

If you think endometriosis may be the source of your pain and discomfort, it is important to see a doctor. To ensure proper treatment, make an appointment with a gynecologist if at all possible. You may begin to discuss your symptoms with your family doctor, community clinic or other trusted medical professional who can assist you with recommendations and referrals to a gynecologist. Never be afraid to get a second opinion.



2. Prepare For Your Appointment

- Use a paper calendar or phone app to track other symptoms as much as possible
- Do not forget to bring your symptom tracking to your appointment
- Think about ways to describe when and where you are feeling pain
- Write down your medical history including your family history
- **Prepare a list of questions for your doctor, such as:**
 - o What are the best ways to control my symptoms?
 - o What treatment options are available? What are the side effects?
 - o How often do I need to see a doctor?
- **Be prepared to answer questions the doctor may ask about yourself, such as:**
 - o How long have you been feeling your symptoms?
 - o Do the symptoms happen all the time, or just close to your period?
 - o Do you have any female relatives that have the same symptoms?



3. Treat and Manage Your Symptoms

As of now there is no cure for endometriosis. However, there are treatment options available, and the earlier it is diagnosed, the better. Treatment may include use of hormonal therapies (such as birth control), physical therapy, or laparoscopic excision surgery. You will need to discuss with your doctor what treatment option is best for you.