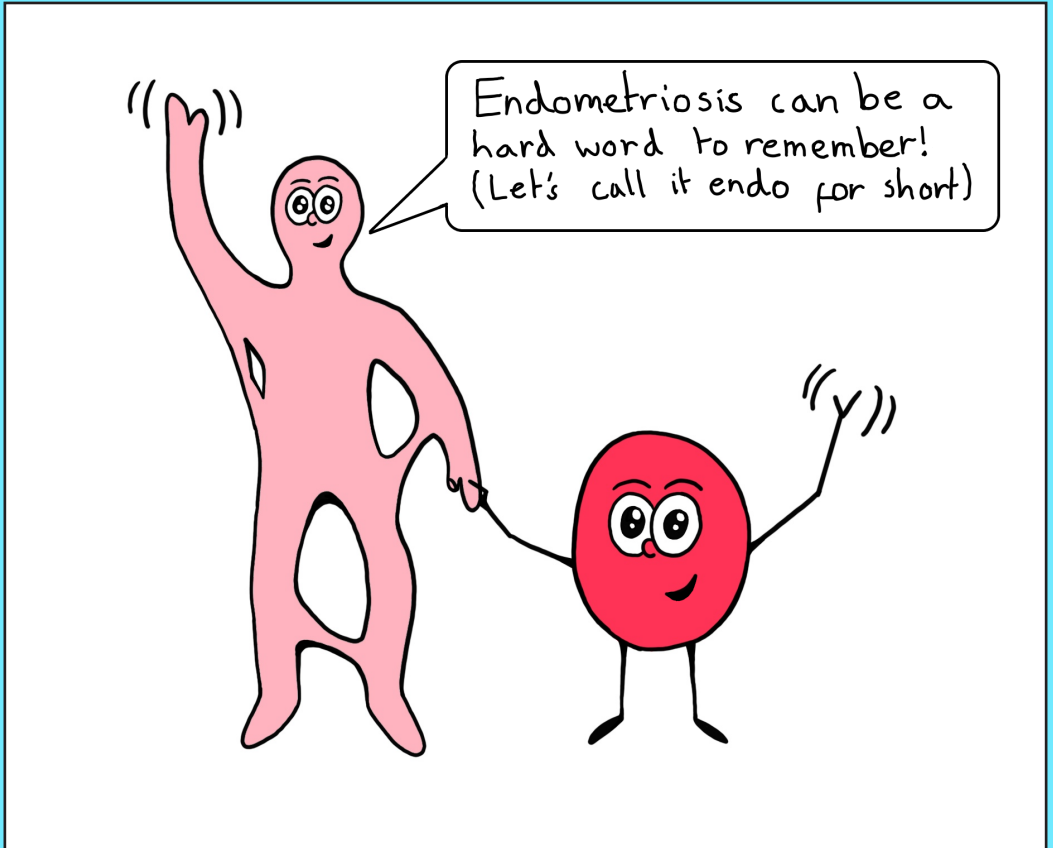
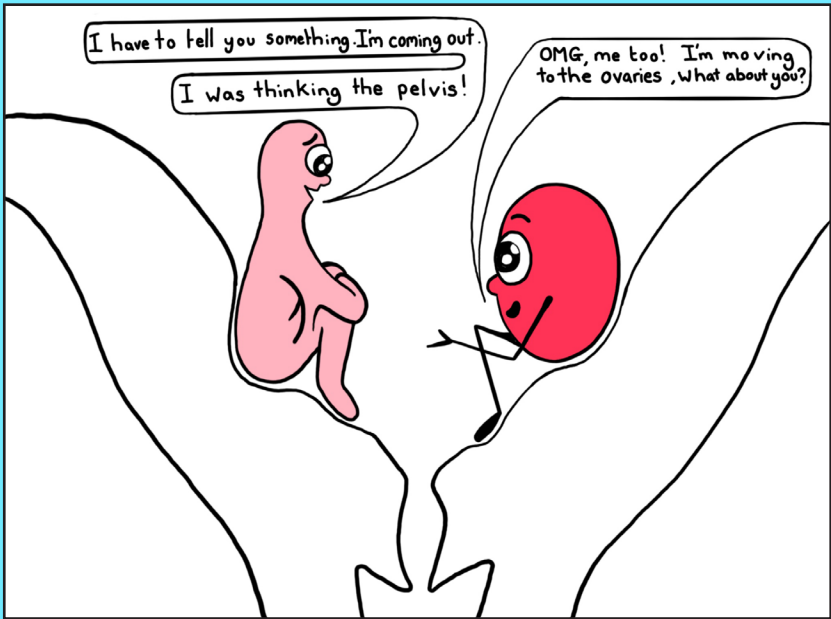


The Endo Cysters

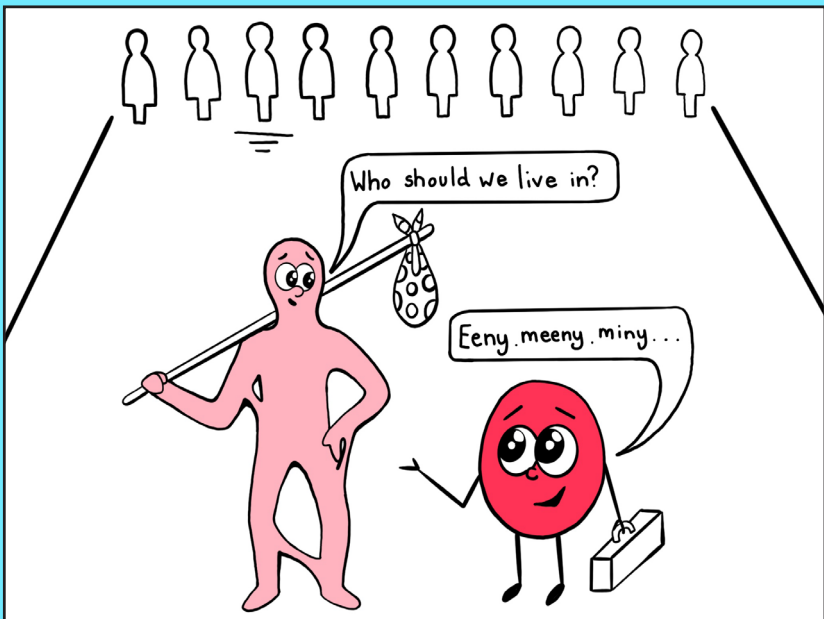
An Illustrated Endometriosis Fact Zine
by Jamie-Lee Wainman



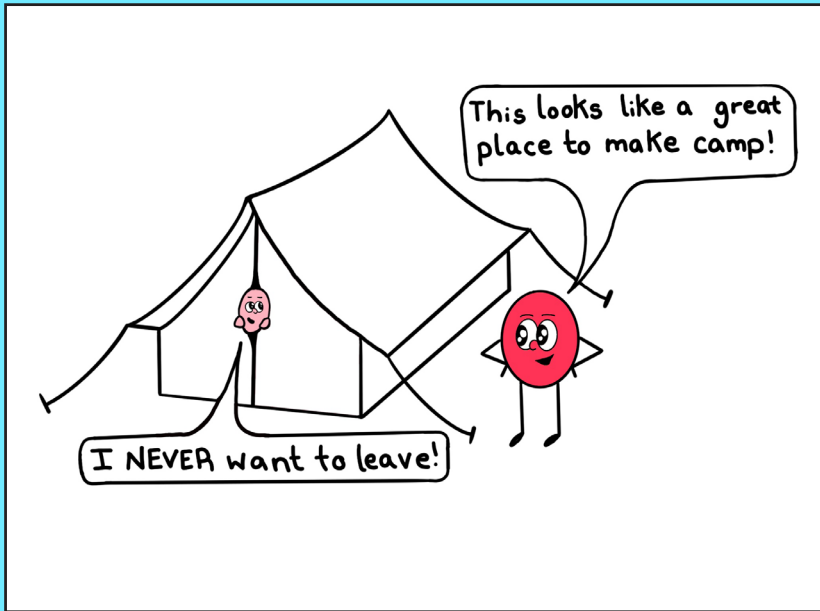
The Endo Cysters are here to share with you some important facts about endo. Whether it is for yourself, a family member, or a friend; let's educate ourselves so we can support each other.



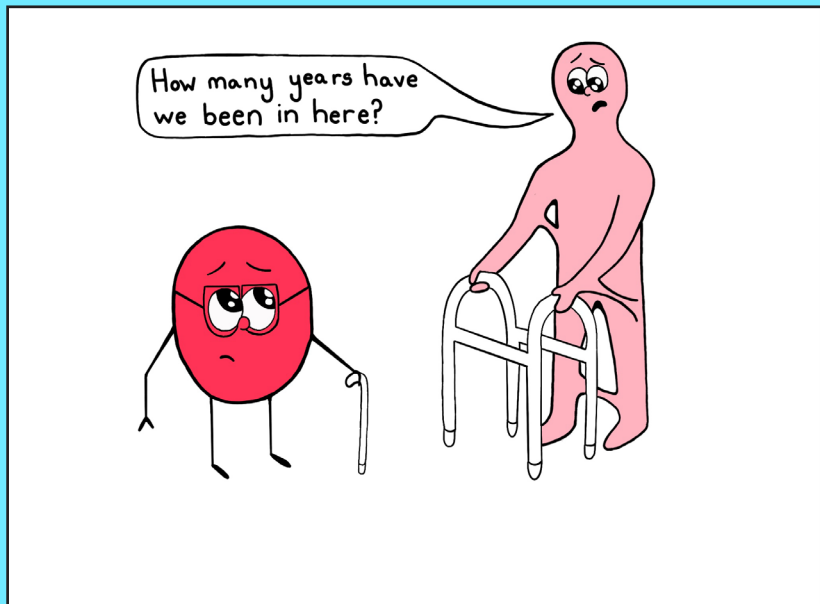
Endometriosis is when tissue similar to that in the lining of the womb (uterus), grows elsewhere in the body.



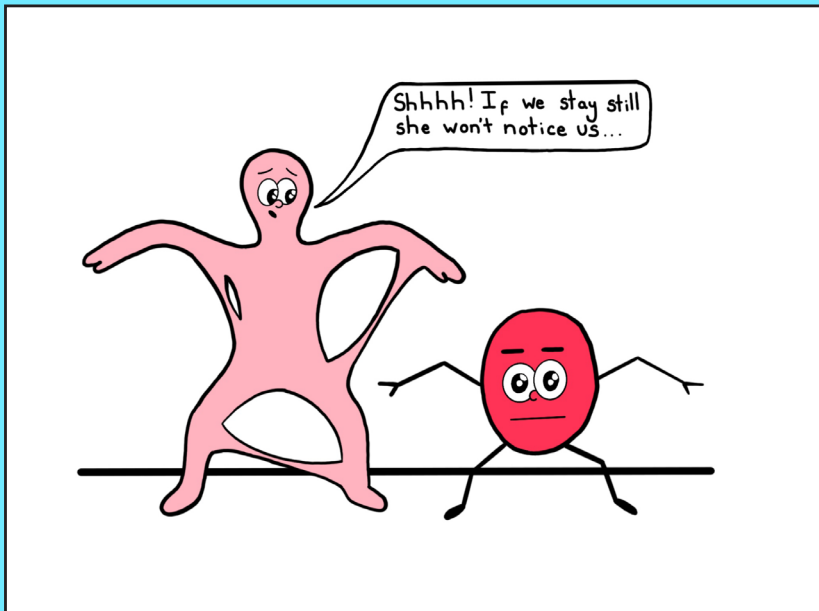
1 in 10 individuals with a reproductive system and of reproductive age suffer with endometriosis. That's as common as asthma and diabetes!



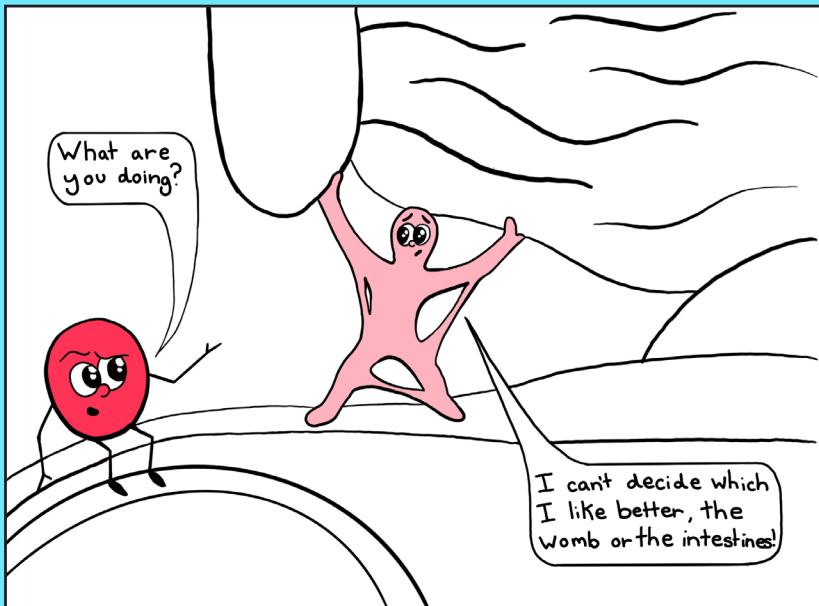
Endometriosis is a chronic illness. However, there are treatments to have it removed, which can include surgery such as ablation and excision.



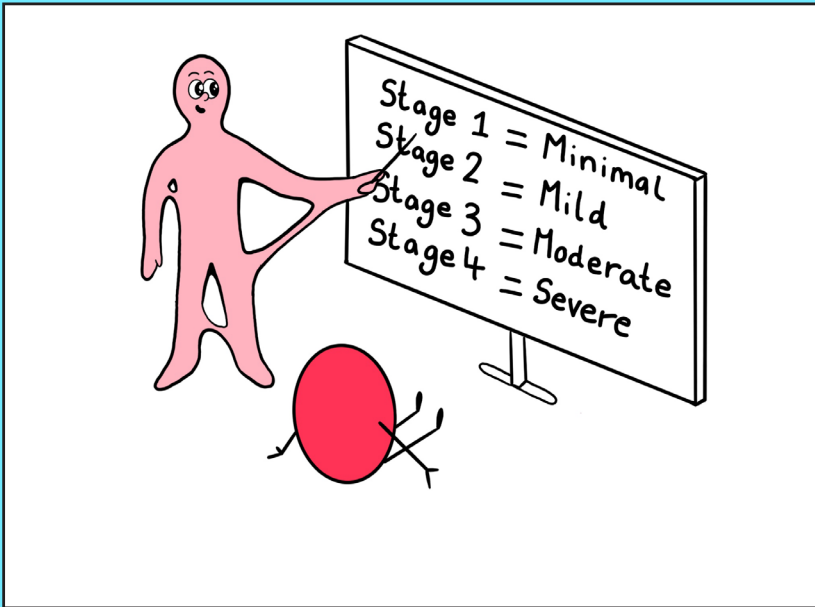
It can take an average of 8 to 10 years to get a diagnosis for endometriosis.



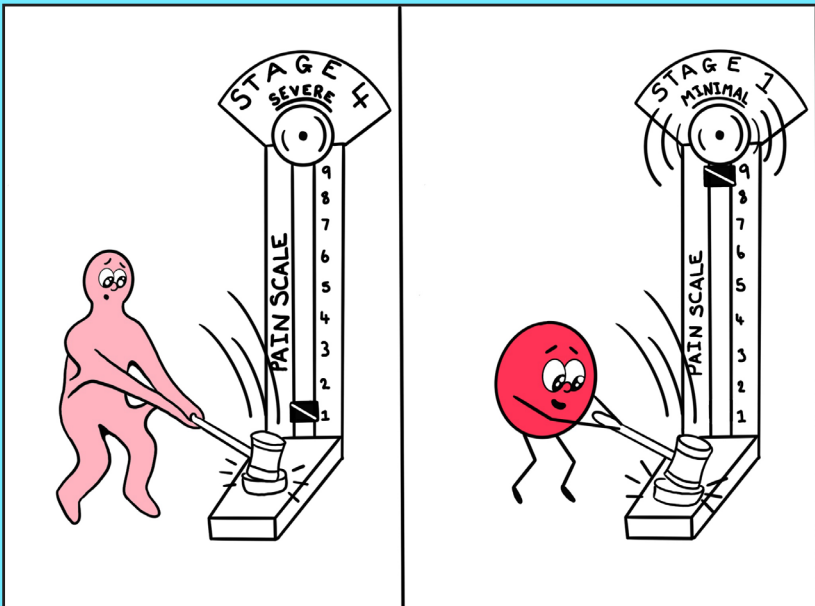
Endometriosis can be asymptomatic; some people may never experience pain or even realise they have it.



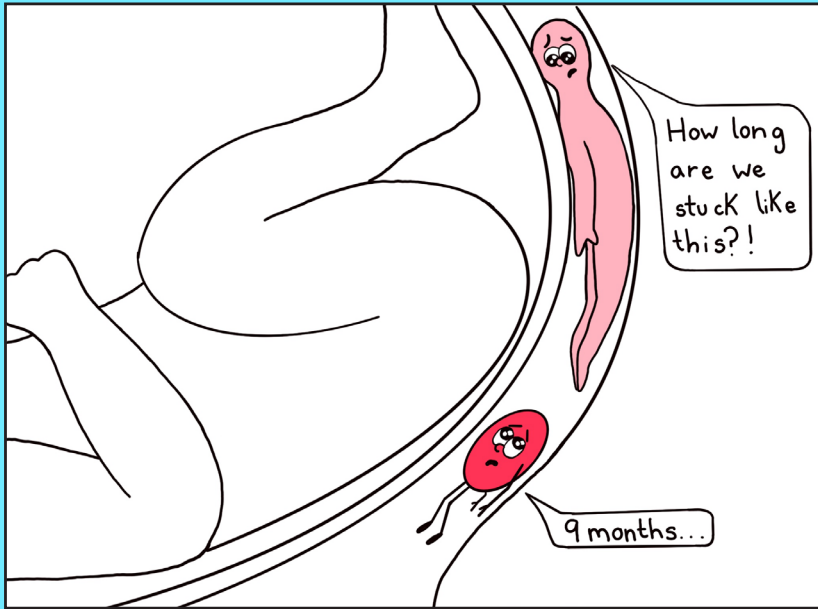
Endometriosis can cause lesions, meaning parts of the internal organs can stick together, such as the intestines and womb exterior.



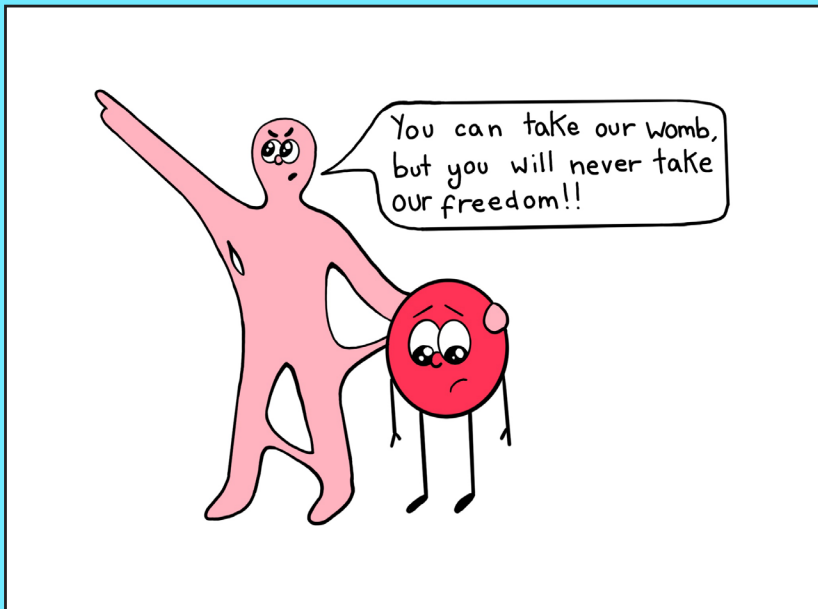
There are 4 stages of endometriosis. The stage depends on the size, location, extent it has spread, and the depth it has grown.



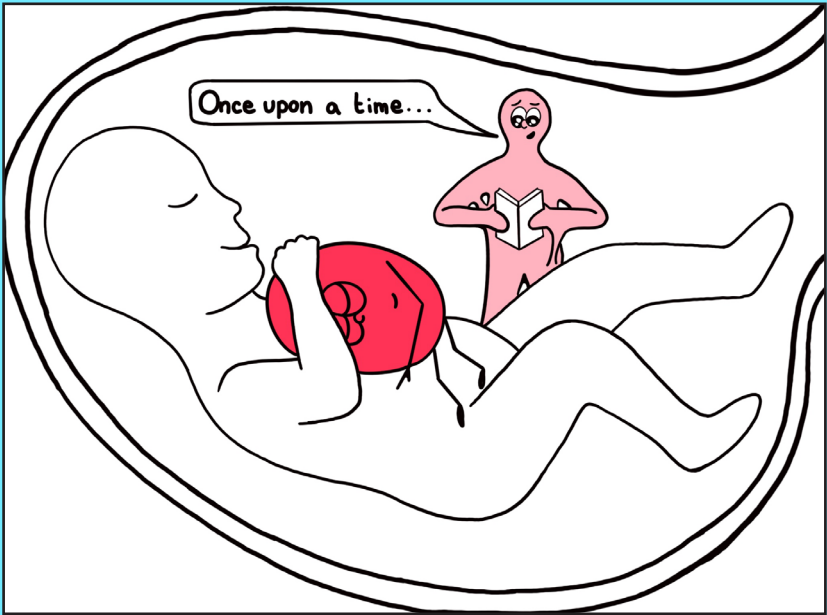
The level of pain does NOT correlate with the stage of the disease.



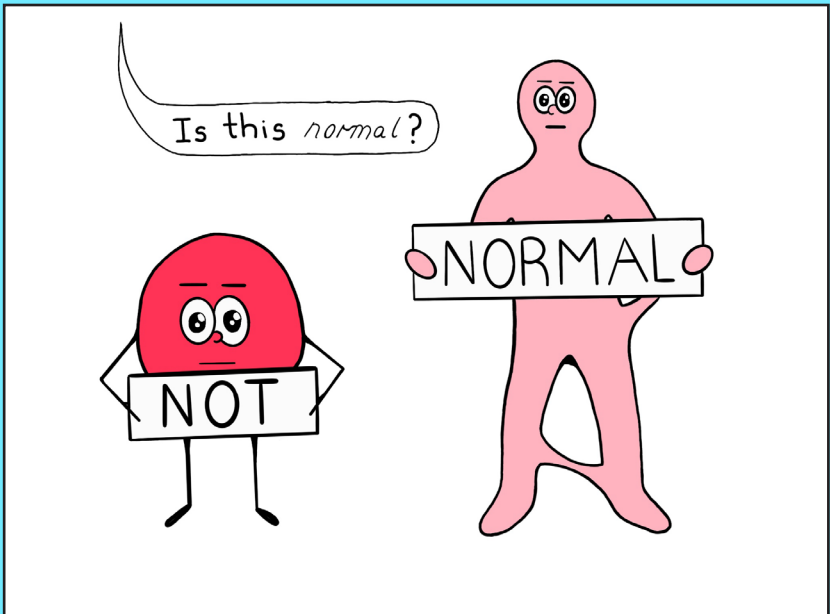
Pregnancy is NOT a cure for endometriosis.



Having a hysterectomy will NOT cure someone of endometriosis.



Endometriosis has also been found in foetuses.



Painful periods are **NOT** normal. Period.

SYMPTOMS

Here are some of the main symptoms to look for:

- Pain in your lower tummy or back (pelvic pain) – usually worse during your period.
- Period pain that stops you doing your normal activities.
- Pain during or after sex.
- Pain when peeing or pooing during your period.
- Feeling sick, constipation, diarrhoea, or blood in your pee during your period.
- Difficulty getting pregnant.
- You may also have heavy periods.

(Listed from the NHS website 12/20)

SUPPORT

Visit your local GP if these symptoms are effecting your daily life. Also consider **writing down your symptoms**, including the date they occurred, prior to your visit.

For more information, support, and events around endometriosis, check out the **charity Endometriosis UK** at their website: www.endometriosis-uk.org

You can also call Endometriosis UK on their **help line 0808 808 2227**. Due to the helpline being staffed by volunteers, the days and time vary. Check their website for opening hours.

Credits:

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