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FACT

These hormonal treatments may only mask the symptoms of Endometriosis, all the while still developing new lesions. They may also come with severe side effects.

Hormonal Treatments

Hormonal treatments, such as birth control and GnRH agonists, are effective treatment options for Endometriosis, slowing the progression of the disease.

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FACT

Endometriosis does not come from the uterus. Removing the uterus will not treat the disease.

Hysterectomy

Hysterectomy is an effective treatment for Endometriosis.

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FACT

**Many people experience
symptoms of Endometriosis
with their first period.**

Teens and Endo

**Teens are too young
to have Endometriosis.**

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FACT

Endometriosis is somewhat similar to the lining of the uterus, but distinctly different. Research has found more dissimilarities than similarities. This distinction has a significant impact on treatment.

Endometriosis Definition

Endometriosis occurs when the lining of the uterus is found elsewhere in the body.

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FACT

Adenomyosis, scar tissue, pelvic floor dysfunction, and interstitial cystitis commonly occur along side endometriosis. It's important when treating endo to consider and address other pain generators.

HOUSTON

Pain Generators

Endometriosis is the only cause of pelvic pain.

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FACT

**There is no cure for Endometriosis.
Drugs on the market are not a cure.
Pregnancy is not a cure.
Hysterectomy is not a cure.
Menopause is not a cure.
The most effective treatment option
is surgery with a skilled endometriosis
excision specialist.**

Cure for Endo
Endometriosis can be cured.

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FACT

Most OBGYNs only burn the surface of lesions (ablation). Endo must be completely cut out, or excised--like digging a weed by its roots. .

**All surgery is equal
A surgery with a doctor
will treat my Endo.**

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FACT

Endo can synthesize its own estrogen supply. There is no reason to remove healthy ovaries.

Removing your ovaries can stop endometriosis.

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FACT

Laparoscopically confirmed endo is found in 70% of adolescent girls who experience painful periods. Early intervention is crucial to minimizing the damage of endo.

Teens don't need to worry about endometriosis.

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FACT

Endometriosis can take on more than a dozen appearances. Most OBGYN's only recognize the classic powder burn lesion, which is one of the least painful types.

Endometriosis Appearance
Endometriosis is easy to identify during surgery.

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FACT

Periods that interfere with daily function are NOT normal.

HOUSTON

Painful Periods

Pain before, during or after your menstrual cycle is normal.

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FACT

Endometriosis affects 176 million people worldwide. If all endo sufferers made up their own country, it would be the 8th largest country in the world!

Endometriosis is rare.

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FACT

**Staging relates to impact on fertility.
There is no correlation between stage and
severity of pain.**

**Staging
Stage I Endo presents with
minimal pain.**

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FACT

Endo was "discovered" microscopically in 1860, but records describing symptoms of endo date back thousands of years.

Endometriosis is a new disease.

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FACT

**Endometriosis is not an STD.
It is not caused by PID or any
other complication of a sexually
transmitted disease.**

**Endometriosis
is an STD.**

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FACT

**Endometriosis has similar
prevalence rates to asthma
and diabetes.**

**Endometriosis
is rare.**

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FACT

Endo does not discriminate, but people do. Historically, women of color have been misdiagnosed with pelvic inflammatory disease instead of endo.

Endometriosis is a white woman's disease.

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FACT

63% of general practitioners feel uncomfortable diagnosing and treating patients with endometriosis. Endo requires expert care.

My doctor can treat me.

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FACT

Pregnancy does not cure endo. Worse, 40% of "unexplained infertility" is due to endo. Expert excision surgery may help improve fertility by restoring anatomy and decreasing inflammation.

Having a baby can cure endometriosis.

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FACT

Kegels can make a tight pelvic floor worse. A physical therapist can help determine which exercises are best to help relax and strengthen your pelvic floor.

I don't need pelvic floor physical therapy. I already do kegels.

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FACT

Excision surgery is far superior to ablation. While complete excision removes the disease, ablation only burns the surface, which can leave underlying disease behind. Patients undergoing excision have much better outcomes.

There is no difference between excision and ablation of endometriosis.

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FACT

Most of the time, endo persists because it was never completely removed. True recurrence rates are very low after skilled excision surgery.

There is no point in having surgery for endometriosis. It always comes back.

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FACT

Learning the skills to recognize and fully excise endometriosis takes years of dedicated training and practice. Seek out doctors who spend almost all of their time treating endo.

Any OBGYN can do excision surgery.

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FACT

**Endometriosis has been
found on every single
organ in the body except
the spleen.**

**Endometriosis is only
found in the pelvis.**

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FACT

There is nothing normal about endometriosis. Endo is not misplaced endometrium. Endometriotic tissue is abnormal tissue that is distinctly different from the lining of the uterus.

Endometriosis is normal tissue in the wrong place.

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FACT

Endometriosis is society's problem. Endometriosis places an economic burden of \$119 Billion dollars annually in lost wages, productivity, and medical costs. We cannot afford to keep giving people bad care.

Endometriosis is a woman's problem.

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FACT

It is not necessary to remove the ovaries to treat adenomyosis since the condition affects only the uterus.

Removing your ovaries can stop adenomyosis.

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FACT

**Pain and other symptoms caused
by endometriosis are real.
You are not imagining it, making
it up, or overreacting.**

It's all in your head.

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FACT

Black women are more likely to be misdiagnosed with pelvic inflammatory disease instead of endo--a racist assertion that blames black women for their pain.

Endometriosis rarely affects black women.

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