

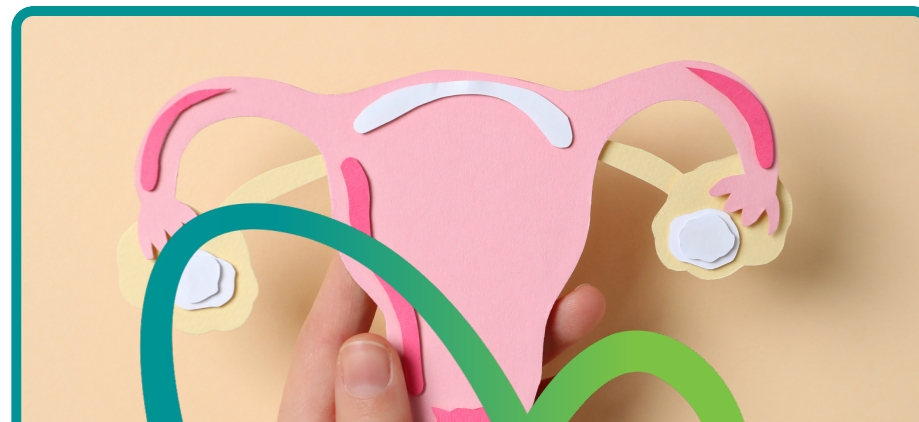
What can you do if you experience pelvic pain that impacts on your life?

- The Bendigo Community Health Services Endometriosis and Pelvic Pain Clinic is a free service that supports women experiencing pelvic pain.
- Through the clinic you will have access to a doctor, nurse, physiotherapist and psychologist.

How to access the Endometriosis and Pelvic Pain Clinic?

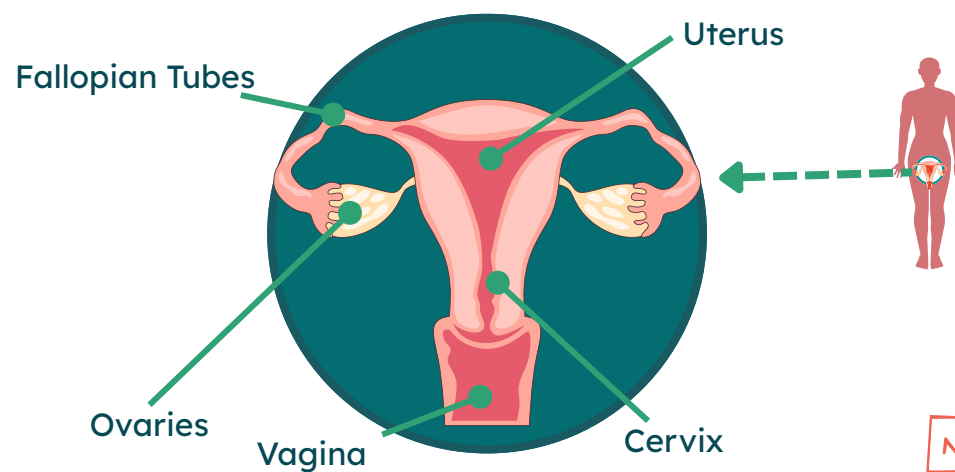
- You can visit your GP and talk to them about your pelvic pain. Your GP can write a referral letter to the Endometriosis and Pelvic Pain Clinic.

This information is also available in Karen and Dari Languages



What is Endometriosis?

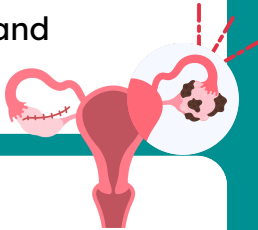
The female reproductive organs sit inside a women's pelvis. The female reproductive organs include the:



Our body is made up of millions of cells that we can't see with our eyes. Different parts of our body are made up of different cells. The lining of the uterus is made up of cells called the endometrium.



Normally these cells will only be found in the Uterus. **Endometriosis** occurs when similar cells grow outside the uterus in places such as the fallopian tubes, ovaries or even the bowel. This can cause inflammation, scarring and pelvic pain.



What are the symptoms of Endometriosis?

Endometriosis affects everyone differently. The most common symptom is pain during a person's period.



However, people may also experience:

- pain between their periods
- painful sex
- or pain in other areas such as the lower back, or down their legs

Other symptoms can also include:

- heavy bleeding
- irregular periods
- or difficulty urinating or defecating

What are the impacts of Endometriosis:

Untreated endometriosis tends to get worse over time. Living with endometriosis long term can affect a person's emotional wellbeing and relationships.

It can impact on a person's ability to study, work and participate in daily life. Endometriosis can also affect fertility in some people.



Treatment for Endometriosis

Although there is no cure for endometriosis, treatment can help manage pain, and slow the progression, and improve fertility.

Treatment can include:

- treating pain
- managing bleeding during periods
- managing stress
- managing your physical health