

# Women's Health **UPDATE**

## Pelvic Pain?

### How Do I Know If I Have Endometriosis?



For at least six months have you had...

1. Pelvic Pain? The pain may have a monthly pattern, for example, being the worst during your period and/or mid-cycle. Some have constant pain.
2. Fatigue, exhaustion, low energy?
3. Diarrhea, painful bowel movements, or other stomach upset at the time of your period?
4. Stomach bloating and swelling?
5. Heavy or irregular menstrual bleeding?

If you've answered yes to any of these questions, talk to your doctor.

Your symptoms may be a sign of a more serious problem—endometriosis.

You're not alone. We've been there.

And we've been helping others with endometriosis for 22 years.

Chances are, we can help you, too.

[www.endometriosisassn.org](http://www.endometriosisassn.org)

(800) 992-3636

