

# National Survey Indicates That Many Women Are Living With Unnecessary Pain

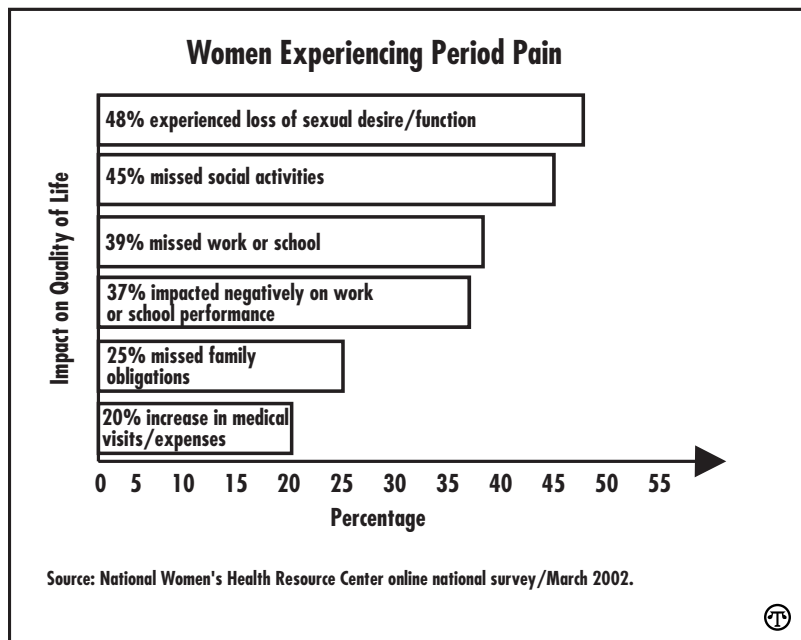
(NAPSA)—While almost all women have experienced pain with their menstrual cycle, only half have ever discussed it with their doctors, according to a recent national online survey conducted by the National Women's Health Resource Center (NWHRC). The reason: most women don't believe or don't know that doctors can do something about the pain.

The survey assessed the current experiences and attitudes of the impact period pain has on the lives of more than 1,000 women over the age of 18. Period pain can be a sign of a more serious condition—such as endometriosis—one of the most common gynecological conditions that is estimated to affect six million women in the United States.

Other survey findings indicate that more than three out of four women (76 percent) who experience menstrual pain say that it has affected their ability to participate in normal activities in work or personal life. Approximately 45 percent have missed out on social activities with friends; 39 percent have missed days of work or school.

In an effort to increase awareness about endometriosis, actress and model Karen Duffy has collaborated with the NWHRC to share her personal experiences with the condition and encourage women to take charge of their period pain.

"I did what too many women do—wrote off the pain as just part of being a woman—until I took



charge of my pain and talked to my doctor," said Duffy. "It turned out my period wasn't the problem—endometriosis was."

Based on survey findings, the NWHRC developed a patient education tool, "*Making the Cramp Connection*," to help educate women about cramps, chronic pelvic pain and endometriosis and to encourage women to monitor and track their period pain and symptoms. The tool also provides tips on ways to make it easier to talk about period pain with health care professionals. "*Making the Cramp Connection*" is available

free of charge by calling 1-866-FOR-ENDO.

In addition, the NWHRC has also launched national television and radio public service announcements featuring Karen Duffy. The public service announcements, which began airing this year, strongly encourage women to re-examine period pain and discuss symptoms with health care professionals.

For a free booklet containing information on cramps, chronic pelvic pain and endometriosis, call 1-866-FOR-ENDO (1-866-367-3636) or visit [www.healthywomen.org](http://www.healthywomen.org).