

Endometriosis –

Let's get the conversation started



Did you know?

Endometriosis affects 1.5 million women in the UK, a similar number to women affected by diabetes? Or that it takes 8 years on average from onset of symptoms to be diagnosed?

Endometriosis is a condition where tissue that normally covers the lining of the womb starts to grow in other places, such as the ovaries and fallopian tubes.

Women and people assigned female at birth affected by endometriosis are more likely to have infertility or difficulty getting pregnant.

Possible symptoms

- Pain, especially excessive menstrual cramps experienced in the abdomen or lower back
- Painful intercourse
- Abnormal or heavy menstrual flow
- Infertility
- Painful urination during menstrual periods
- Painful bowel movements during menstrual periods
- Sometimes diarrhoea, constipation and nausea

Due to the many non-specific symptoms, endometriosis is sometimes mistaken for other conditions such as pelvic inflammatory disease or ovarian cysts, meaning that the vast majority of cases of endometriosis will only be diagnosed many years after the onset of the first symptoms.

Some women's work and lives can be significantly impacted by endometriosis and sometimes this can lead to feelings of depression and anxiety.

For more information about the NAWP Network, visit www.the-pda.org/nawp. Also, find the network on social media using the hashtag **#PDAnawp**.

Why is it important to talk about endometriosis?

- Endometriosis is the second most common gynecological condition
- 10% of women of reproductive age suffer from endometriosis
- Endometriosis can affect women of any age, but incidence rates are highest in females aged 30-34
- Data appears to suggest that endometriosis is more prevalent in white women, but newer studies emphasize that endometriosis might be equally prevalent in Black and Hispanic women
- Transgender men and non-binary people can also be affected by endometriosis, but their access to healthcare can be significantly restricted due to ignorance, bias and stigma
- Endometriosis costs the UK economy £8.2 billion a year in treatment, loss of work and healthcare costs

Available support

Endometriosis is a very difficult condition to live with, both physically and emotionally.

The National Association of Women Pharmacists and the PDA want to play their part in raising awareness of endometriosis and how this can affect people in the workplace.

NAWP urges employers to adopt effective policies and interventions to support employees affected by endometriosis.

Employers need to acknowledge that employees diagnosed with endometriosis might require time off work for treatment and medical appointments as well as allowing flexibility with working hours, the tasks that need to be performed, and the working environment.

References: NHS, WHO, Endometriosis UK, John Hopkins Medicine, Fit For Work