

# Endometriosis: The facts.

**Endometriosis affects 1 in 10 women and continues to be a workplace taboo. Diagnosis in the UK takes an average of 7 years.**



Fertifa makes fertility care **accessible** and **affordable** for all. We are a full-service fertility and reproductive healthcare benefits provider.

We **educate, engage** and **empower** workforces to take control of their reproductive health, providing treatment and support to those that need it through **tech-enabled** solutions.

## The facts.



**Common symptoms** include pelvic pain, heavy periods and pain during/after intercourse



**Endometriosis** is the second most common gynaecological condition in the UK



**One in 10** women in the UK suffer from endometriosis



**Scar tissue** can prevent the egg successfully travelling down the fallopian tube



**Early diagnosis** can ensure women fully understand their options regarding their fertility



**Natural conception** is still possible following diagnosis of endometriosis

## Self Care.



**Exercise** can be a great way to reduce any pelvic pains, even just a short walk. Exercise will feel like the last thing you want to do but it will help both physically and mentally



**Talk** to your friends or family about your diagnosis and how you feel



Taking a **relaxing** bath or shower can reduce any aches and also de-stress



You know your **own** body better than anyone else! If you think you may have this condition – or something doesn't feel right – contact your GP

## Other support.



We provide free calls with our **fertility advisors**, offering impartial, confidential advice.



We offer **doctor consultations**, scanning services and at-home hormone blood tests to support in the diagnosis of conditions.



**Reflexology** as a complementary therapy that can support with treating those with endometriosis



Visit **Endometriosis UK's** website, the UK's leading endometriosis charity