

Endo myths **BUSTED!**



1. Getting pregnant will cure endometriosis

There is not one ounce of truth to this myth; however, it is still a common message heard by those that live with endometriosis. Some people experience a reduction in the severity of symptoms during pregnancy but it is NOT a cure.

2. A lot of pain means you have a whole lot of endometriosis

Or, on the flip side, if you have a small amount of pain and other symptoms you only have a small amount of endometriosis. The severity of the symptoms does not necessarily correlate to the amount of endometriosis (or stage of the disease) or damage that is being done. Totally illogical, right?! This is just one part of the puzzle that is endometriosis.

3. Endometriosis has psychological origins



This could not be a bigger 'no' if we tried. Have you ever had anyone say that you have endometriosis because of some kind of emotional trauma you have suffered, or that it is in your head? No, No, No! The latest research has found that endometriosis has a genetic origin. QENDO is lucky enough to have one of the world-leading researchers of the genetic origins of endometriosis as our patron, Professor Grant Montgomery.

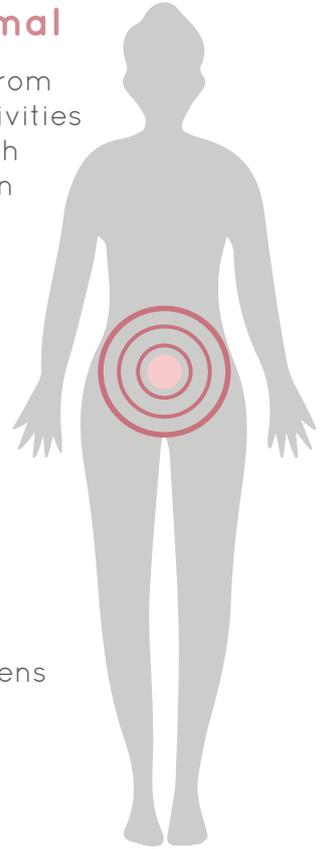
4. Period pain is normal

Period pain that stops you from doing your normal daily activities and cannot be managed with simple over-the-counter pain medication is NOT normal. It is not a part of being a woman. Endometriosis is much more than just period pain: the types of pain that are experienced vary from individual to individual.

They can include:

- Dysmenorrhoea – painful periods
- Chronic pelvic pain – continuous pain for three months of more that happens outside of your period
- Dyschezia – painful bowel movements
- Dysuria – painful urination
- Dyspareunia – painful sex
- Back, leg and shoulder pain.

And the list goes on!



5. Teenagers are too young to have endometriosis

Girls as young as seven and eight years old have been diagnosed with endometriosis. So, it is not only career women who have left it too late to have kids. And no, girls who have severe pain from their first period are not too young to have endometriosis. Although women are commonly diagnosed in their 20s with endometriosis, the average time they have been trying to get a correct diagnosis is between 7-10 years, and in many cases their pain and symptoms started when they were teenagers.



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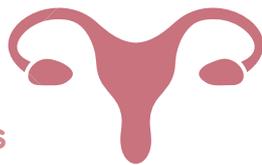
6. Hormonal treatments will cure endometriosis

Hormonal medications like the oral contraceptive pill, progesterone and GRH analogues are often used to treat endometriosis. They are not a cure; they temporarily suppress the symptoms of endometriosis while the medication is being taken. The gold standard for treatment and removal of endometriosis is excision surgery performed by an experienced endometriosis excision specialist.

7. Endometriosis is misplaced endometrium

Although it is common for people to refer to endometriosis as being as something along the lines of 'the presence of endometrial tissue being found outside the uterus', this is incorrect. The correct way to define endometriosis is that 'endometriosis occurs when endometrium-like tissue is found outside the uterus'(endometriosis.org).

8. Hysterectomy will cure endometriosis



Hysterectomy will not cure endometriosis and is an extreme treatment option. There is a relatively high incidence of endometriosis recurring after a hysterectomy. This risk can increase again if you are using hormone replacement therapy (HRT) or the surgery to remove the endometriosis was not carried out through excision surgery by an endometriosis specialist. Hysterectomy can reduce symptoms for some women but can have other health impacts and is not a guarantee of a cure. There is no cure for endometriosis, there are effective management techniques when managed by an experience endometriosis specialist.



9. Endometriosis means you will be infertile

An endometriosis diagnosis does not mean you will be infertile. Most women that have endometriosis are able to have children. It is believed that the more severe the disease and as with women that do not have endometriosis the older you get the more likely there will be fertility issues. This is another reason why early diagnosis and treatment by an experienced endometriosis excision specialist is important.

10. Endometriosis is caused by an STI

Sexually transmitted infections (STIs) are totally unrelated. They are not connected in any way to endometriosis. You cannot catch endometriosis.

This is by no means an exhaustive list of the myths about endometriosis: they are some of the more common ones.

Your best way of sorting out the myths from the facts is to educate yourself using reputable resources such as those available on our website at

www.qendo.org.au or speaking to a endometriosis excision specialist.

Educating yourself is empowering. The more you know, the stronger you are.

