

# SUNDAY MORNING Health Corner

## Endometriosis Awareness Month

March is Endometriosis Awareness Month.

**Endometriosis** is a reproductive disorder that affects an estimated **1 in 10 women** worldwide. Most **endometriosis** cases are diagnosed in women aged 25-35 years old. However, cases of endometriosis have been reported in girls as young as 11 years old. **Currently, there is no known cure for endometriosis.**

### What is endometriosis?

Endometriosis is a chronic disease that causes the abnormal growth of tissue to grow outside of the uterus. This "misplaced" tissue can cause pain, infertility, and heavy menstruation. These patches of tissue are called implants, nodules, or lesions.

### What causes endometriosis?

The cause of endometriosis is unknown.

### Am I at risk?

Endometriosis can affect any menstruating woman.

### Symptoms

While some women living with endometriosis may experience no symptoms, the most common endometriosis symptoms include:

- Painful periods
- Chronic pelvic pain
- Painful bowel movements and/or painful urination
- Fatigue
- Abdominal bloating and nausea

Consult with your healthcare provider about any questions or concerns you may have about endometriosis.



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