

# 5 Things You May Not Know About Endometriosis

- 1. Severe pelvic or abdominal pain during your period, sex, or bowel movements is not normal.**

*If over-the-counter pain medications don't help and the pain disrupts everyday tasks for several days each month, it's time to get help.*

- 2. Early diagnosis matters.**

*Left untreated, pain and symptoms can worsen. Talk to your VA health care provider about your symptoms and concerns.*

- 3. About 1 in 10 women of reproductive age experience endometriosis.**

*Despite being common, it often takes years to diagnose due to lack of symptom awareness.*

- 4. Endometriosis can make it more difficult to get pregnant.**

*Between 30-50% of women with endometriosis may experience infertility.*

- 5. Endometriosis is often a chronic condition—VA can help.**

*Your VA clinician can diagnose endometriosis and help you manage pain and symptoms through medications, hormone therapy, or surgery.*



WOMEN VETERANS CALL CENTER  
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[www.womenshealth.va.gov](http://www.womenshealth.va.gov)

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