

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.



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855.VA.WOMEN

www.womenshealth.va.gov

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