



The
Endometriosis
Network
Canada

PRESS
KIT



Everyone knows someone with endometriosis. Whether you know it or not, someone you care about has this disease.

Endometriosis, often called *endo*, is a common disease, but many people don't know much about it – some people have never even heard of it.

Endo is a serious chronic disease that affects every aspect of a person's life. People with endo often feel alone in dealing with their disease due to lack of awareness and understanding, or even dismissal of their symptoms by the people around them.

People with endo can suffer severe menstrual pain, chronic pelvic pain, infertility, anxiety, depression and thoughts of suicide. And that's not normal.

There is no cure.

The Endometriosis Network Canada is a patient-led registered charity dedicated to enhancing the lives of people living with endometriosis across Canada. Our measurable impact includes providing support and education to thousands of Canadians, developing dedicated programs for underserved communities, raising awareness, and impacting policy across Canada.

#KNOWENDO



Endometriosis is a common disease, but many people do not know much about it.

It affects at least **1 in 10** girls, women, and unmeasured numbers of Two-Spirit, transgender, gender-diverse people.

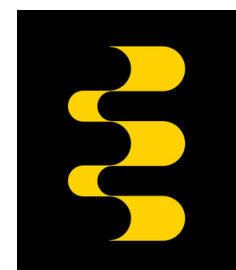
An estimated **2 million Canadians** have endometriosis.

It takes an average of **3** doctors to get a diagnosis. The average delay to diagnosis in Canada is **5.4 years**, and some people experience longer delays, up to 20 years.

The estimated cost of endometriosis to the Canadian health care system is **\$2.5 billion** per year.

8 out of 10 people with endometriosis were initially told their pain was normal before diagnosis.

PAINFUL FACTS





Many people with endo have their first symptoms as teens.

Youth with symptoms of **endometriosis are 10 times** more likely to miss school than their peers without endometriosis symptoms.

9 out of 10 young people who miss school due to endometriosis symptoms do so because their periods are too painful.

6 out of 10 teens and youth with endometriosis face challenges in school due to pain.

4 out of 10 people with endometriosis have difficulty reaching their educational goals.

Only **8% of teenagers** can describe endometriosis, and **86% want to learn more about it.**

Menstrual health and endometriosis education improves knowledge and attitudes in Canada among middle and secondary students of all genders.

TEEN FACTS



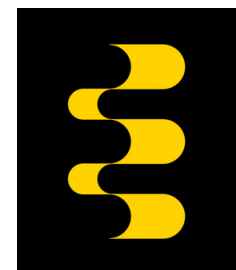
By learning more about endo, you can support the people in your life who live with the disease – your family members, friends, classmates, and co-workers about change to policy on endometriosis in Canada.

Together, we can raise awareness about the problems faced by the endometriosis community and solutions to ensure that everyone in Canada who has this condition gets the right care, in the right place at the right time.

Endometriosis isn't just a problem that affects individual Canadians, it's a problem that affects families, communities, workplaces, and society as a whole. You can help to take action no matter who you are – a member of the public, a policy maker, journalist, or anyone else who thinks it's time to shine a light on this disease

We can all work together to reduce the devastating impact of endometriosis

MANY PEOPLE ARE BEING LEFT BEHIND WITHOUT CARE





If endometriosis is not treated, serious complications can happen.

In people with endometriosis, tissue that is similar to the lining of the uterus grows elsewhere in the body. Endometriosis is most commonly found in the pelvis, however, endometriosis growths can be found anywhere in the body.

Symptoms of endometriosis often start in the teenage years but can begin at any time.

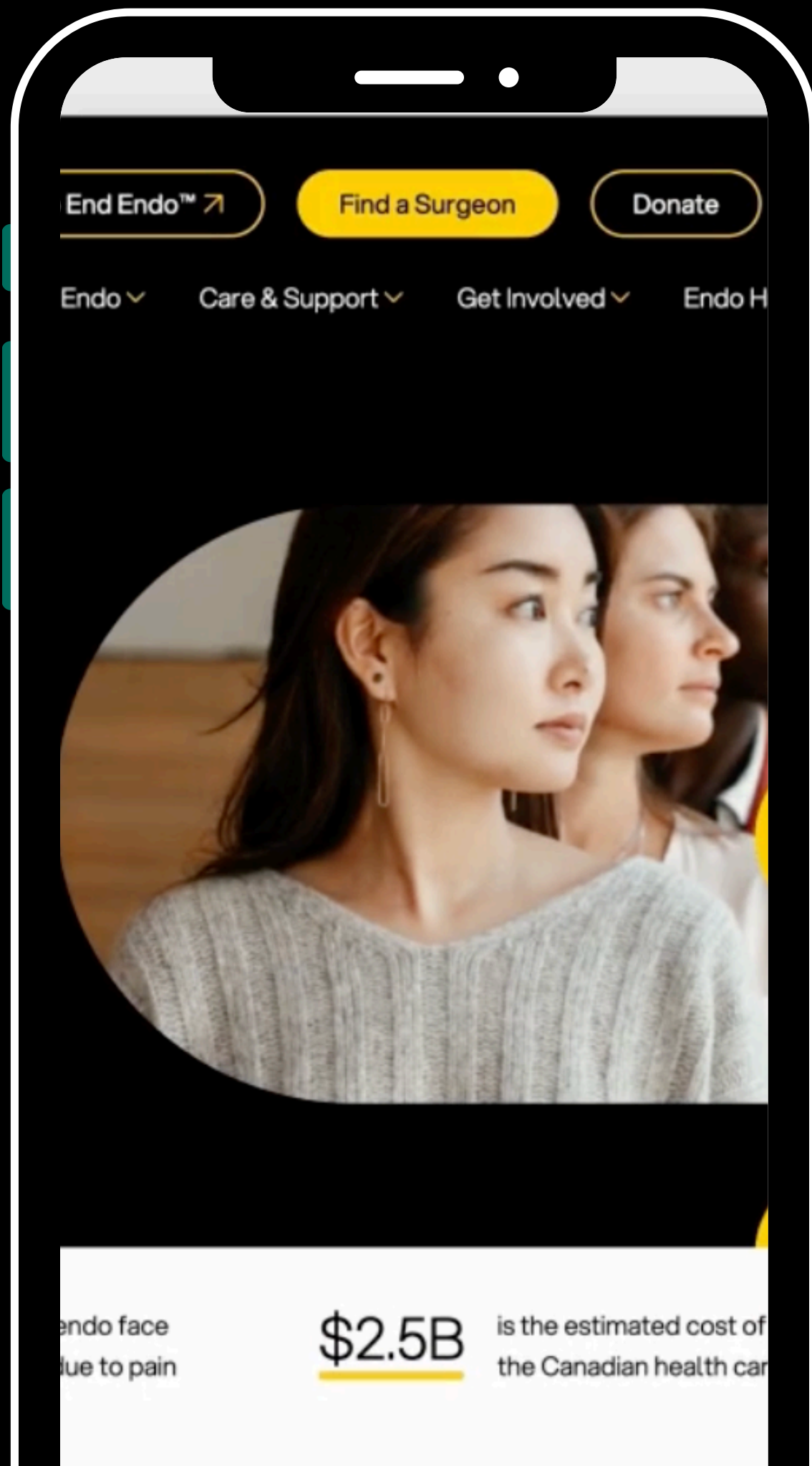
Common symptoms of endometriosis include:

- Pelvic pain
- Period pain
- Bladder symptoms (pain, urgency, frequency)
- Pain with sex or bowel movements
- Fertility challenges
- Gastrointestinal issues (constipation, diarrhea, bloating)
- Fatigue

Once it is diagnosed, the symptoms can be treated, but many people have ongoing symptoms despite treatment.

ENDO IS A SERIOUS, CHRONIC DISEASE THAT HAS NO CURE





Visit our website to learn more



The
Endometriosis
Network
Canada

www.endometriosisnetwork.ca





The Endometriosis Network of Canada calls for a National Action Plan to fight the disease

Français

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CONTACT US

If you've got questions, we've got answers.
We're always here to help.

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