



Do I have Endometriosis?

WWW.MNENDOWARRIORS.ORG

What if I think I have endometriosis?

The Endometriosis Research Center developed an 11 question self-test to help identify suspicion of endometriosis. Consider if any the of these common symptoms apply to you.

- Do you experience so much pain during or your period that you find yourself unable to work, attend school or social functions, or go about your normal routine?
- Do you have any relatives diagnosed with endometriosis?
- Do you find yourself with painful abdominal bloating, swelling or tenderness at any time in your cycle?
- Do you have a history of painful ovarian endometriomas (“chocolate cysts”)?
- Do you have a history of miscarriage, infertility or ectopic pregnancy?
- Do you experience gastrointestinal symptoms during your cycles, such as nausea or vomiting and/or painful abdominal cramping accompanied by diarrhea and/or constipation?
- Do you have a history of fatigue or feeling “sick and tired” all the time?
- Do you have a history of allergies, which tend to worsen around your periods?
- If sexually active, do you experience pain during sexual activity?
- Do you suffer from autoimmune diseases or other conditions e.g. thyroid disease, rheumatoid arthritis, lupus, fibromyalgia, multiple sclerosis, chronic migraines?
- Have you ever undergone pelvic surgery like a laparoscopy, in which endometriosis was suspected but not definitively diagnosed?

If you answered “yes” to three or more of these questions you could have endometriosis. It is best to consult with an endometriosis specialist about your symptoms and your answers to these questions. (Take a look at our list of recommended excision specialists on www.mnendowarriors.org)



REFERENCES:

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