



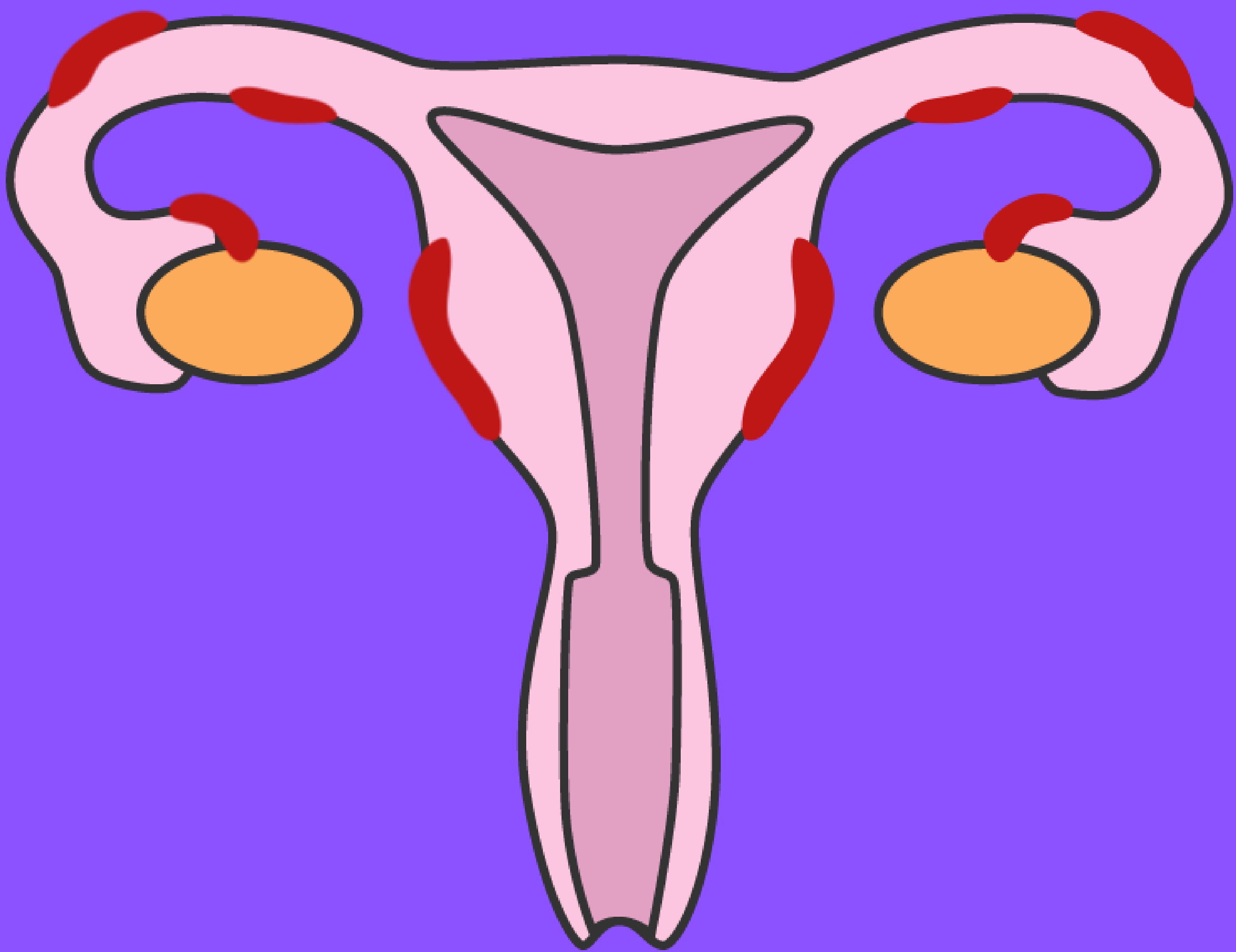
SEPTEMBER NEWSLETTER

The Women's Health Advocacy Club aims to raise awareness and break the stigma surrounding health issues faced by individuals who are female-identifying.

**INTERESTED IN WOMEN'S
HEALTH ADVOCACY?**

Stay tuned to learn about
how to get involved!

**THIS MONTH QWHA
PROMOTES**



Endometriosis

UNDERSTANDING ENDOMETRIOSIS

What is endometriosis?

Endometriosis is a progressive, chronic condition where uterine cells and menstrual buildup develops outside the uterus. Every month during menstruation, this tissue also becomes full and bleeds when the person has their period (1).

Symptoms

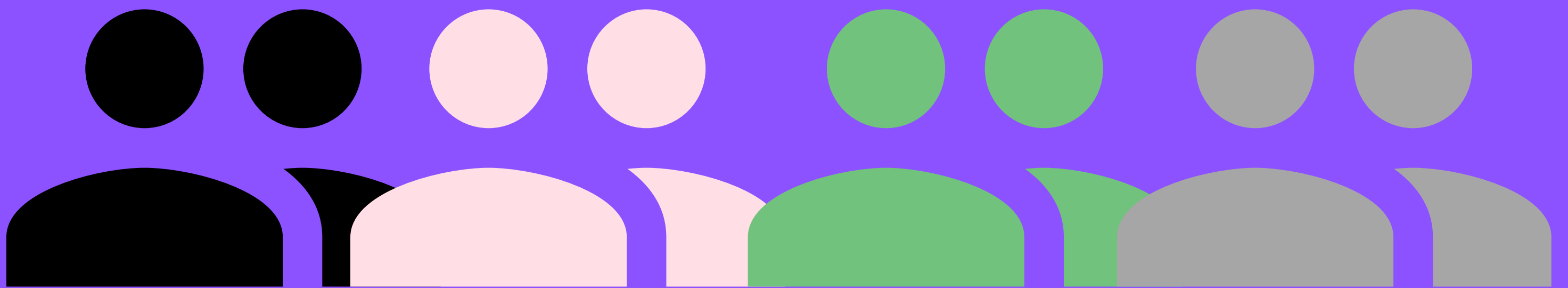
- Excessive abdominal pain
- Heavy and long menstruation
- Chronic pelvic pain
- Potential infertility

Treatment

Currently there is no cure for endometriosis. Potential treatment options include hormone replacement therapy, where exogenous androgens are administered to prevent shedding of the endometrial lining. Alternatively, older women may be recommended Vaginal hysterectomy, which is a surgical procedure involving the removal of the uterus. Unfortunately, both treatment options can severely impair a patient's quality of life and fertility.

DID YOU KNOW?

10% of Canadian women suffer from endometriosis (2)



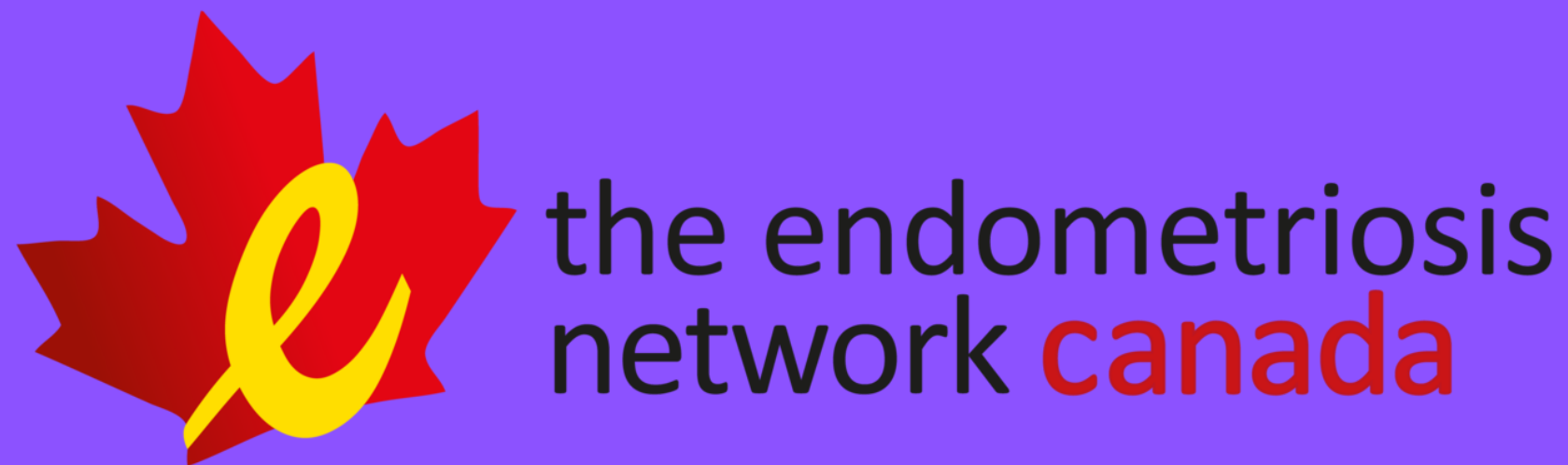
There is often a **5.3** year delay in diagnoses (3)



\$1.8 million financial burden (4)



RESOURCES TO CHECK OUT THIS MONTH



Visit: <https://endometriosisnetwork.com/>



Visit: <https://endometriosisnetwork.com/endoact-canada>



Visit: <https://endometriosis.ca/>



Stay Tuned for our...

OCTOBER NEWSLETTER

REFERENCES

(1)<https://www.mayoclinic.org/diseases-conditions/endometriosis/symptoms-causes/syc-20354656>

(2)[https://www.jogc.com/article/S1701-2163\(20\)30472-2/fulltext](https://www.jogc.com/article/S1701-2163(20)30472-2/fulltext)

(3)<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0223316>

(4)<https://www.clinicbarcelona.org/en/assistance/diseases/endometriosis/evolution-of-the-disease>