

# LET'S TALK ENDOMETRIOSIS

Being an informed patient prepares you to make good decisions for your health. It is helpful to write down a list of questions before going to your medical appointments. These questions may vary depending on where you are in your journey to address your symptoms and the type of provider you are seeing.

Your health care provider might be a pediatrician, school nurse, urgent care or emergency room doctor, or gynecologist. Each provider can and should help you to better understand your body and your health before you leave.

**A Health Visit Worksheet is provided in the SWHR Endometriosis Toolkit: A Guide for Teens for you to fill out and take with you when you visit your health care provider.**

## Initial Evaluation

- How can I know if what I am experiencing is endometriosis?
- What other conditions cause similar symptoms to what I am experiencing?
- Is there strong enough evidence based on my medical history and symptoms to diagnose endometriosis?
- Would additional testing be helpful to confirm or rule out endometriosis?
- Could any of my current medications make my symptoms better or worse?
- What are the different treatment options available for someone with endometriosis at my age? What are the risks and benefits of each of those treatments?
- What individual or combination of treatments would you recommend for my specific situation?

## Ongoing Treatment

- What type of changes can I expect based on my treatment plan? When should I expect to see improvement in my symptoms?
- What additional activities or treatments can I do at home to help manage my symptoms?
- If your symptoms are not improving to your satisfaction or are getting worse: What are some other treatments we should begin to consider?
- What are things I need to consider about my endometriosis as I get older?
- What resources can you give me to help me educate my family, friends, and school about endometriosis?

## Conversations with Your Family

Genetics can be a factor that increases risk for developing endometriosis. Looking into the medical history of your female relatives on both sides of your family might give insight into your symptoms and whether they could be associated with endometriosis. Talking to your mother, sisters, cousins, aunts, or grandmothers might also provide support throughout your health care journey.

Consider discussing the following topics:

- At what age did your family member's periods start?
- Does your family member experience frequent pelvic pain and/or irregular periods?
- Has anyone in the family been diagnosed with endometriosis or uterine fibroids?
- How does your family member manage their period or endometriosis symptoms?

