AgelessCoach™
AGE STRONG. LIVE LONG.

Endometriosis: Six Symptoms, One Record

The six symptoms Mayo Clinic names, why the pain level does not measure the disease, and what actually confirms it.

✓ **Verified against published guidance** from Mayo Clinic, WHO & Cleveland Clinic · sources below

See a member of your health care team if you think you might have symptoms of endometriosis. Mayo Clinic names menstrual pain far worse than usual, pain with sex, pain with bowel movements or urination, heavy or between period bleeding, infertility, and fatigue with gut symptoms as the six to raise.

✓ Do This

Track All Six Symptoms

- Painful periods, pain with sex
- Heavy bleeding, fatigue, gut upset
- Pain passing stool or urine

COACH'S TIP Mayo Clinic names all six.

Log Three Full Cycles

- Note the day of your cycle
- Note what came with it
- Note heaviness of bleeding

COACH'S TIP WHO says a history helps.

Bring The Record, Not A Rating

- Pain scores mislead here
- Timing separates the causes
- The pattern carries the signal

COACH'S TIP Written beats remembered.

Ask What Imaging Comes First

- Pelvic exam is usually first
- Cleveland Clinic names both
- Then ultrasound or MRI

COACH'S TIP Ask about the order.

Ask What Confirms It

- Laparoscopy is definitive
- WHO: surgery is not always needed
- A tissue sample goes to the lab

COACH'S TIP Two paths exist. Ask yours.

Ask About Pain Options Now

- NSAIDs such as ibuprofen
- Both are provider decisions
- Hormonal therapy, including the pill

COACH'S TIP Do not wait to ask.

✗ Do Not

Do Not Call Bad Pain Normal

- Far worse than usual is a sign
- Diagnosis already takes years
- It may get worse over time

COACH'S TIP Mayo Clinic says far worse.

Do Not Rate Pain As Severity

- A little tissue can hurt badly
- Mayo Clinic says so plainly
- A lot of tissue may not hurt

COACH'S TIP Pain is not a measure.

Do Not Settle For An IBS Label

- IBS looks similar
- So can cysts and PID
- IBS can happen alongside it

COACH'S TIP Mayo names three look alikes.

Do Not Expect A Cure

- WHO says there is none
- It limits long term harm
- Treatment controls symptoms

COACH'S TIP Aim at control, not cure.

Do Not Wait For A Scan To Act

- A history helps diagnosis
- Start the record today
- Imaging may support it

COACH'S TIP The record starts now.

Do Not Assume No Pain Means No Disease

- Some people have no symptoms
- Or after other surgery
- Found during fertility tests

COACH'S TIP Mayo Clinic says so.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

10%	of reproductive age women, WHO
190 million	people worldwide, WHO
4 to 12 yrs	average time to diagnosis, WHO

Sources: Mayo Clinic, WHO, Cleveland Clinic. **Educational content, not medical advice.** Talk with your doctor.