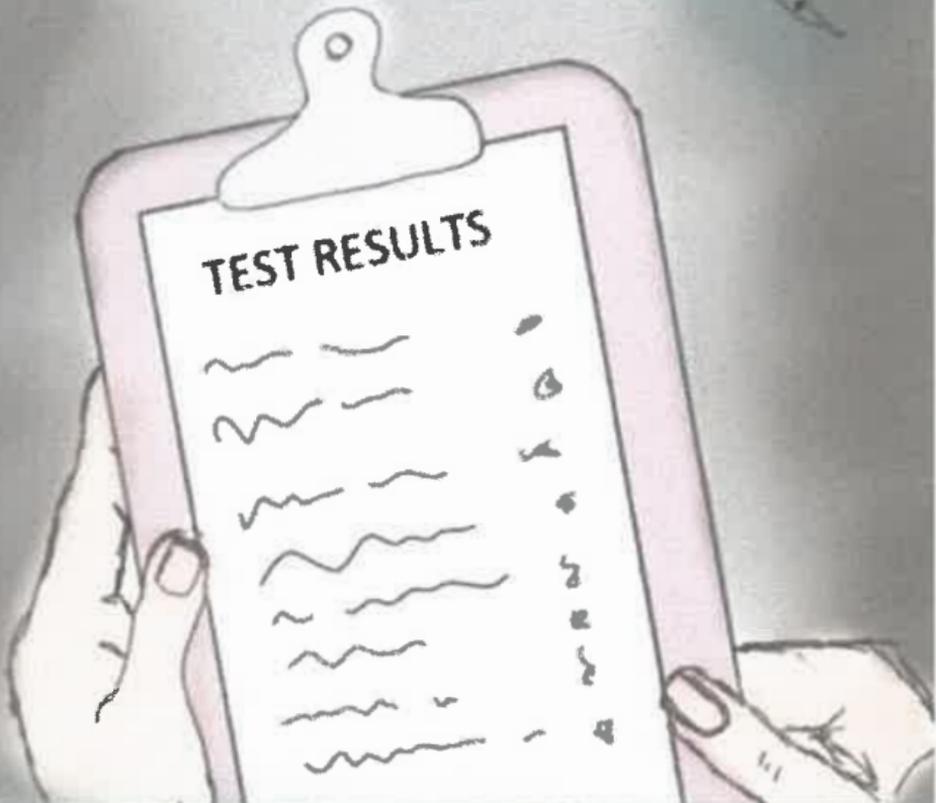


THE CHALLENGES  
OF A  
DIAGNOSIS

1

VANESSA A. CAROLS.  
WHAT BRINGS YOU IN TODAY?



② I BELIEVE I MIGHT HAVE ENDOMETRIOSIS.  
I HAVE AN IRREGULAR PERIOD AND MY SYMPTOMS INCLUDE TERRIBLE  
CRAMPS, SPOTTING, AND HEAVY BLEEDING DURING AND BETWEEN  
CYCLES I ALSO FEEL LIKE I AM CONSTANTLY BLOATED  
AND NAUSEOUS, MY MENTAL HEALTH HAS ALSO  
BEEN SPIRALING DOWNWARDS.



③



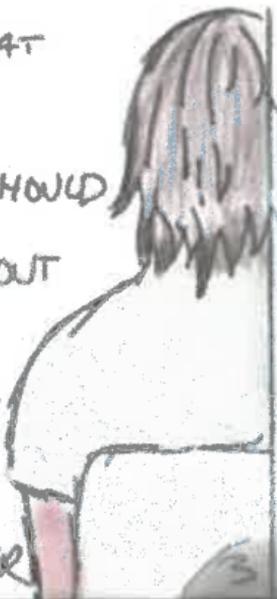
ENDOMETRIOSIS SYMPTOMS ARE COMMONLY LINKED TO SYMPTOMS IN WOMEN WHO DO NOT PRIORITIZE A HEALTHY LIFESTYLE.

DO YOU EXERCISE?

I AM NOT CONCERNED ABOUT MY LIFESTYLE.

I EXERCISE MULTIPLE TIMES A WEEK, EAT HEALTHY AND MY

WEIGHT IS WHERE IT SHOULD BE. I AM CONCERNED ABOUT MY PERIOD BECAUSE I HAVE IMMENSE PAIN. IT DOES NOT SEEM NORMAL, I'VE HAD THESE SYMPTOMS FOR AS LONG AS I CAN REMEMBER.





I RECOGNIZE THIS AND I ADVISE  
TO KEEP UP YOUR WEIGHT MANAGEMENT  
AND HEALTHY EATING PRACTICES. SINCE  
STRESS MAY ALSO BE EXACERBATING  
THESE SYMPTOMS, I SUGGEST  
MEDITATION AS A WAY TO HELP YOUR  
MENTAL HEALTH. ALTHOUGH THERE IS  
A 5 year WAITLIST, I CAN DIRECT YOU  
TO A PUBLIC PRACTICE IN THE  
INTERIM. THE OPTION OF A  
PRIVATE PRACTICE TO BE  
SEEN SOONER IS AVAILABLE  
AT A HIGH EXPENSE.

I AM SURE YOUR PERIOD  
WILL SETTLE ON ITS OWN  
IF YOUR HEAVY PERIOD  
PERSISTS, YOU COULD  
CONSIDER BIRTH CONTROL.

Ophelia Dixon-Lawless  
Abby Tucker  
Olivia Colombo

# Resource Page

## Endometriosis

### *What is endometriosis?*

Health Link BC states “endometriosis occurs when cells that are like the cells that line inside of your uterus grow outside of your uterus... They usually grow on the ovaries, the fallopian tubes, the outer wall of the uterus, the intestines, or other organs in the belly” (Healthwise Staff, 2022).

### *What are the symptoms of endometriosis?*

Mayo Clinic says pelvic pain is the main symptom (Mayo Clinic Staff, 2023).

Other Symptoms Mayo Clinic states include

Painful periods

Pain with sex

Pain with bowel movements or urination

Excessive bleeding (heavy menstrual periods or bleeding between periods)

Infertility

### *How is endometriosis diagnosed?*

Your doctor will ask questions about your symptoms, what your periods are like, and your family health history.

They may want to do a pelvic examination or imaging tests like an ultrasound or MRI.

Health Link BC reports that to find out if you have endometriosis a surgery called laparoscopy is done (Healthwise Staff, 2022).

### *Challenges in an endometriosis diagnosis*

The American Journal of Obstetrics & Gynecology explains that the onset of your symptoms to receiving a diagnosis can range from 4 to 11 years. They say that this delay can be because of misdiagnoses and the “normalization” of symptoms (Agarwal et al., 2019).

The World Health Organization sheds light on the fact that primary healthcare provider's knowledge of endometriosis may be limited (World Health Organization, 2023).

### *Helpful Resources*

The BC Women's Hospital has a centre dedicated to pelvic pain and endometriosis. They offer pain education workshops, pelvic floor physiotherapy, clinical counselling, medical management and surgery. A referral from your doctor is required to make an appointment. <http://www.bcwomens.ca/our-services/gynecology/pelvic-pain-endom>

The Endometriosis Network Canada is an incredible website for endometriosis. Their website includes information about endometriosis, finding a surgeon and virtual support groups. <https://endometriosisnetwork.com/>