

## Discussing Presumptive Endometriosis With Your General / OBGYN - PROMPT

WRITTEN BY: HAYLEE MCPHETRIDGE AND JENNEH RISHE BSN, RN

“After tracking my cycle for *“insert your timeline of months/years here”* I have found that: *“your list of repetitive symptoms”* are cyclical - occurring during *“state which weeks of your monthly hormonal cycle”*, while: *“your list of chronic symptoms”* have become more persistent and are now impacting my daily life. This has led me to believe that I may have Endometriosis. I would like to explore our options and look into getting referrals for *“list treatment options you are seeking - (ex. pelvic floor physiotherapy, an endometriosis specialist that will be able to remove any disease during the diagnostic surgery effectively, ultrasounds, additional hormone therapy or pain management - to assist in easing symptoms in the meantime)”*.”

My goal is to be able to have one thorough and complete excision surgery rather than multiple repeat surgeries, if possible. In the meantime, my hope is for us to work together to create a plan that will get my body and mind as healthy and prepared as possible prior to diagnostic/excision surgery.”

### KNOWLEDGEABLE ADVOCATE FOR YOURSELF

Unfortunately, Endometriosis is often one of the last diseases to be considered because doctors are often looking for persistent/repetitive symptoms before considering it. Few doctors have both the knowledge and skill sets to effectively diagnose and treat Endo. The goal of this prompt is to build a rapport with your General/OB. They should be your teammate, ensuring that together you build the medical team and plan.

On average Endo takes 7-11 years to diagnose in the US due to the variation of symptoms (based on the type of Endometriosis, how and where it is located throughout the body, and the individual's body's response to those foreign cells). It is a complex and full-body disease that requires surgery for more than a "Presumptive (Suspected) Endometriosis" diagnosis.

Symptoms can range anywhere from pain: which can be localized in the lower abdomen or throughout the entire body - often described as radiating, stinging, bubbling - that can be either chronic or cyclical; to digestive issues: nausea, constipation, diarrhea, similar and often misdiagnosed as IBS or Leaky Gut; urinary issues: frequency, urgency, pain - easily misdiagnosed for UTI; dizziness, shortness of breath, fatigue, brain fog, infertility, etc.

It is not a "Bad Period," bad periods can simply be another symptom. No matter your family planning goals, age, or whether you menstruate or not, Endometriosis can result in the body working overtime throughout all phases of your hormonal cycle. If you suspect you are living with Endo, it is essential to track your symptoms and can best communicate when and where you are experiencing them.