

Just what is endometriosis, anyway?

We get our periods because we're shedding the lining inside our uterus each month. The lining builds up, and then it sheds. That's the usual scenario.

But if you have endometriosis, it's not that simple. Endometriosis is a condition where endometrial tissue appears outside the uterus. No one knows exactly why this can happen. But it does, and this tissue can end up on weird places like your stomach, intestines, bladder and other areas of the body.

And this uterine tissue that's outside the uterus still responds to the hormones that signal your period. So it builds up and then sheds each month, too.

Because the tissue isn't supposed to be outside your uterus, it can affect your hormones, immune system and digestive tract.

1/10 women
in the U.S.
suffers from
endometriosis.

*You don't really know
what's 'normal' or how
to gauge the pain.
You start to second
guess yourself.*

Advice from
our women
in the know

Do I have endo?

What should I look for?

If you're missing out on life because of your symptoms, it's not normal or OK. You can use our [symptom checker](#), as well as the short list below, to get an idea of [what to talk about with your doctor](#):

- Pain during your periods
- Pain during sex
- Pain when you use the bathroom
- Heavy periods (very heavy) or bleeding between periods
- Hard time getting pregnant
- Tiredness, bloating or trouble using the bathroom

It's important to **talk about all the things bothering you**, so your doctor understands the entire picture.

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