

Self-help Groups

- ▶ Women with endometriosis can support each other in self-help groups.
- ▶ Women can meet and talk to each other in self-help groups.
- ▶ We support self-help groups.



You can find self-help groups all over Germany on our homepage.



www.endometriose-vereinigung.de

Who are we?

Our association is called:

Endometriose-Vereinigung Deutschland e.V.

It was established by women with endometriosis more than twenty years ago.

- ▶ We support women with endometriosis all over Germany.
- ▶ We are no doctors.
- ▶ We make endometriosis better known to the public and to doctors.

Do you want to know more?

On our homepage

www.endometriose-vereinigung.de

you will find:

- ▶ a lot of information on endometriosis
- ▶ a list with hospitals and experienced doctors
- ▶ a list with self-help groups and
- ▶ flyers and brochures you can order



You can also send us an e-mail:
info@endometriose-vereinigung.de



You can also find us on Facebook:
[facebook.com/
EndometrioseVereinigungDeutschland](https://facebook.com/EndometrioseVereinigungDeutschland)



Our postal address is:
Endometriose-Vereinigung Deutschland e.V.
Bernhard-Göring-Str. 152, 04277 Leipzig

This flyer is written in plain language.
We have further information on endometriosis in German.
This information is not written in plain language.

This flyer by the



ENDOMETRIOSE - VEREINIGUNG
DEUTSCHLAND E. V.

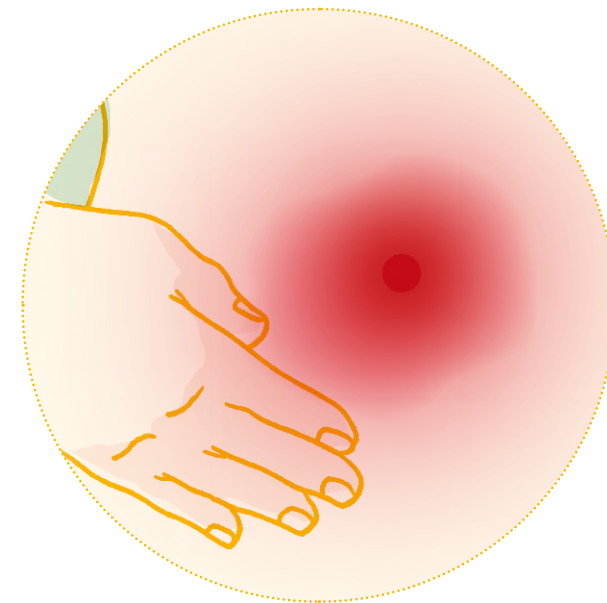
has been funded by



In the name of affected women and their relatives,
the Endometriose-Vereinigung Deutschland e.V. expresses its gratitude.

Severe menstrual pain, fatigue, unwanted childlessness?

It could be endometriosis.



ENDOMETRIOSE - VEREINIGUNG
DEUTSCHLAND E. V.

Severe menstrual pain can indicate endometriosis.

▶ If you feel strong pain in your (lower) abdomen, contact your doctor.

Other words for menstruation are also: cycle or period

Reason: endometriosis is a disease and has to be treated medically.

What is endometriosis?

Endometriosis makes tissue grow where it doesn't belong. For example outside the uterus.

This tissue can inflame. This can be very painful.

Sometimes these inflammations can also start to bleed.

Endometriosis often causes pain:

- ▶ in the (lower) abdomen
- ▶ in the back and down to the legs
- ▶ when on the toilet and / or
- ▶ during sex

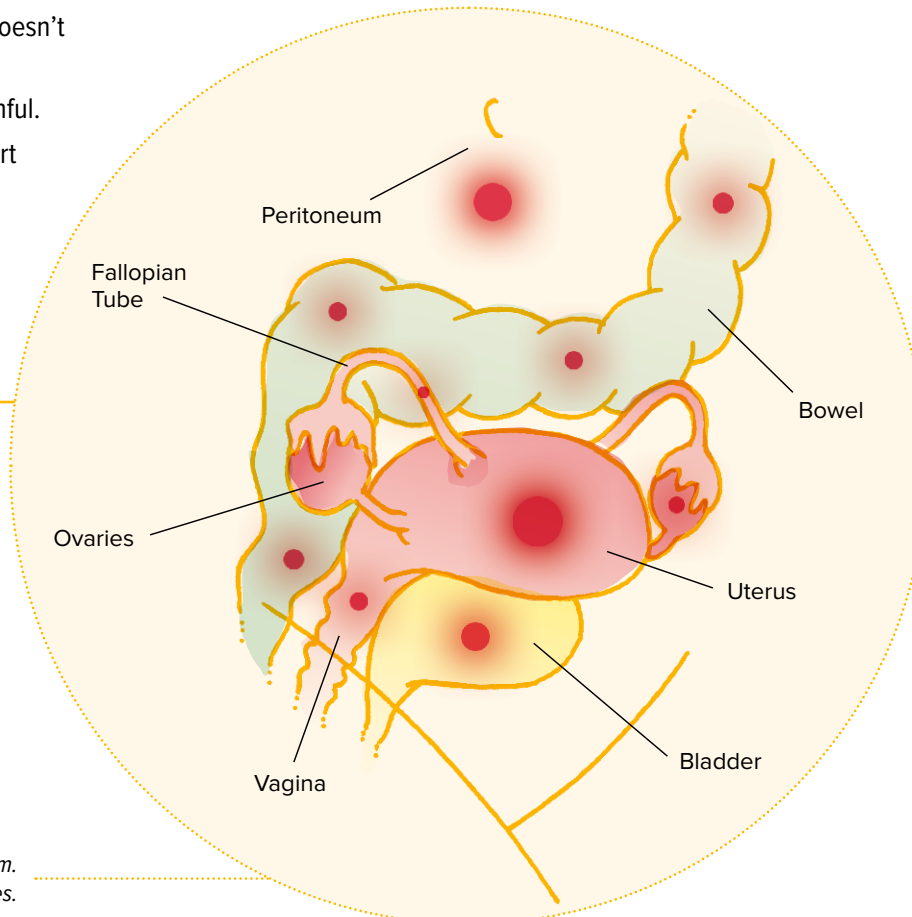
Some women with endometriosis can't get pregnant.

▶ If you have such pain, contact your doctor!
Some doctors know a lot about endometriosis.



You will find addresses of experienced doctors on our homepage.

www.endometriose-vereinigung.de
You can also find further information in German on our homepage.



● Possible spots for endometriosis to form.
Endometriosis can develop in many places.

We can help you. We can support you.

We can give you advice.

Our counsellors are well educated.

They are happy to help you with your questions on the phone.

Many women have questions like:

- ▶ Where do I find a good doctor?
- ▶ How do I cope with endometriosis?
- ▶ What can I do?
- ▶ Whom can I talk to?



We provide counselling by phone.

Contact us at this phone number and make an appointment: **0341 3065 304**



We also give counsel online:

www.regelschmerzen-info.de

Our counselling service is for free.

We provide counselling via e-mail in English.

Our counselling by phone is in German.



Endometriosis can strongly differ from case to case. That is why it is also called the chameleon of gynecology.