

## SELF-HELP-GROUPS

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

### TIP:

You can find self-help groups all over Germany on our website:

[www.endometriose-vereinigung.de/selbsthilfegruppen](http://www.endometriose-vereinigung.de/selbsthilfegruppen)

## WHO ARE WE?

### Our association is called:

Endometriose-Vereinigung Deutschland e.V.

It was established in 1996.

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



**BECOME A MEMBER OF  
OUR ASSOCIATION**



## DO YOU WANT TO KNOW MORE?

### On our website you will find:


- a lot of information on endometriosis
- a list of hospitals that are familiar with endometriosis
- a list with self-help groups
- flyers and brochures you can order





**LEARN MORE ABOUT  
ENDOMETRIOSIS**


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

### Endometriose-Vereinigung Deutschland e.V.

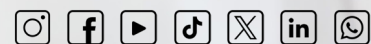
 Bernhard-Göring-Str. 152 | 04277 Leipzig

 0341 3065305

 [info@endometriose-vereinigung.de](mailto:info@endometriose-vereinigung.de)

 [www.endometriose-vereinigung.de](http://www.endometriose-vereinigung.de)

### You can also find us on social media:



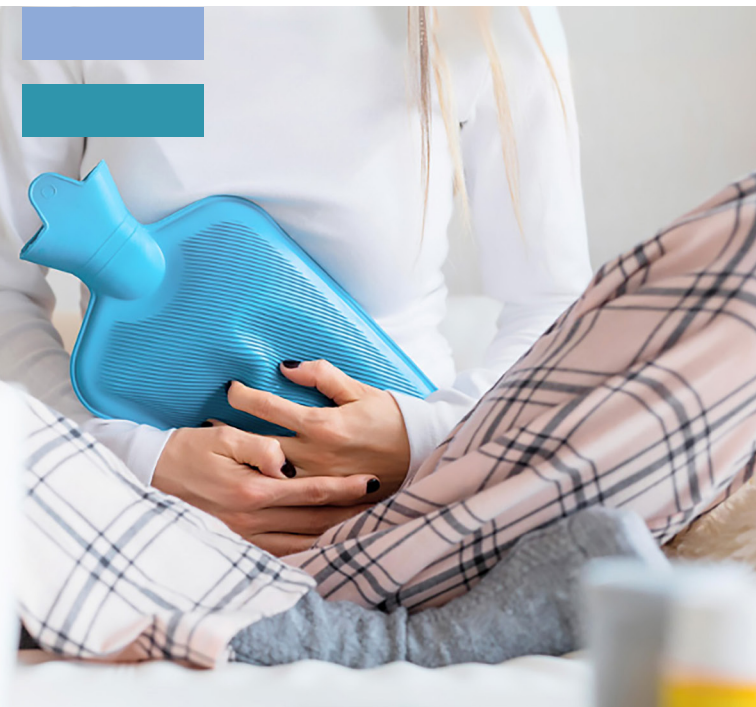
ENDOMETRIOSE-VEREINIGUNG  
DEUTSCHLAND E.V.

 Endometriose-Vereinigung  
Deutschland e.V.

# SEVERE MENSTRUAL PAIN? FATIGUE? UNWANTED CHILDLESSNESS?

IT COULD BE  
ENDOMETRIOSIS

ENDOMETRIOSIS  
SIMPLY EXPLAINED



## SEVERE MENSTRUAL PAIN CAN INDICATE ENDOMETRIOSIS

If you feel strong pain in your (lower) abdomen, contact your doctor. Reason: endometriosis is a disease and has to be treated medically.

Other words for menstruation are also: **cycle or period.**

### 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.

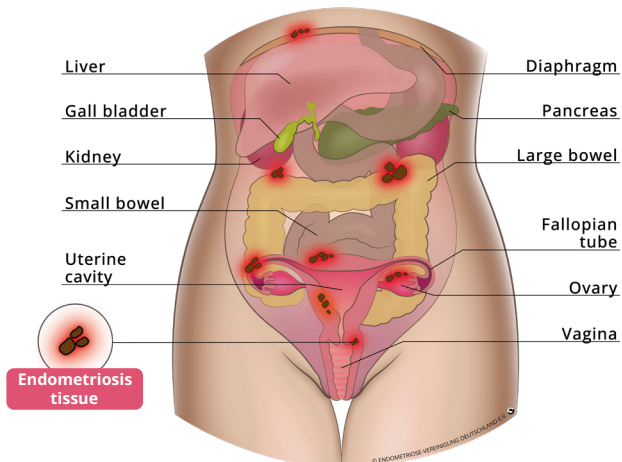
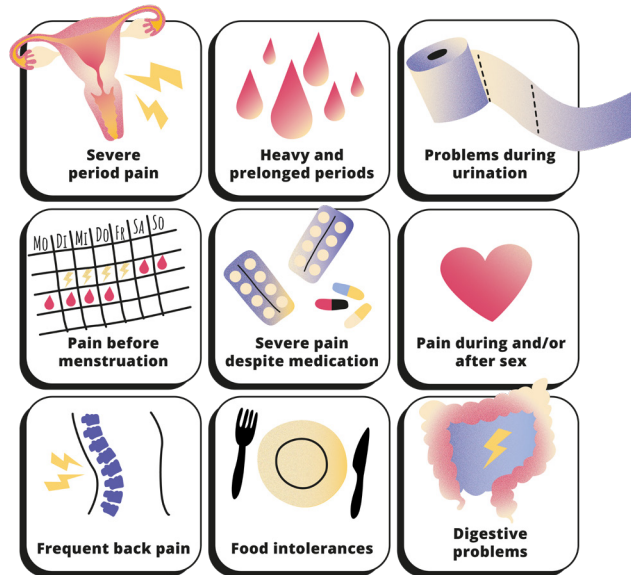


Illustration of the female body with endometriosis lesions

## COMMON SIGNS AND SYMPTOMS



Some people with endometriosis can't get pregnant.

If you have such symptoms and pain, contact your doctor!

### TIP:

On our **website**, you will find clinics that specialise in endometriosis in Germany. The qualified doctors there know a lot about endometriosis.



**ARE YOU LOOKING FOR AN ENDOMETRIOSIS CLINIC NEAR YOU?**

## 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.

For example:

- What can I do?
- Who can I talk to?
- How do I find a doctor?

We provide counselling by phone and by video.

Contact us at this phone number and make an appointment: **0341 3065304**

Our counselling service is for free.



**FIND MORE INFORMATION ABOUT OUR COUNSELLING SERVICE.**