

HOW TO FIND ACCURATE INFO ABOUT ENDOMETRIOSIS

Finding accurate info about your illness
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Getting diagnosed with endometriosis in Canada often takes years, which can leave patients searching online for answers. Unfortunately, much of what you find on social media or blogs is inaccurate or misleading. That's why it's important to know how to tell if the info you read is accurate.

COMMON MYTHS ABOUT TREATMENT:

- **There is a cure:** False. Treatments like hormone therapy and surgery can improve pain, fertility, and quality of life, but there is no cure yet.
- **Pregnancy cures endometriosis:** False. Symptoms may ease temporarily but usually return after birth, which can be distressing.
- **Pain shows your disease is worse:** False. Pain levels don't always match the severity of endometriosis and can change over time.
- **Hormone therapy is dangerous:** False. Pills, IUDs, and injections are safe and effective for many patients. Most side effects are mild.
- **Surgery is the only option:** False. Medications can control symptoms, and combining surgery with hormones may give the best results.



WHY EARLY REFERRAL MATTERS

Getting on a waitlist for a gynecologist or specialist early shortens the path to care, especially here in Canada. Talk with your family doctor about a referral when you first suspect you have endometriosis, start keeping track of your symptoms, and ask questions about treatments or the content you read. Having all the facts will help you and your care team create a treatment plan that works for your individual needs.