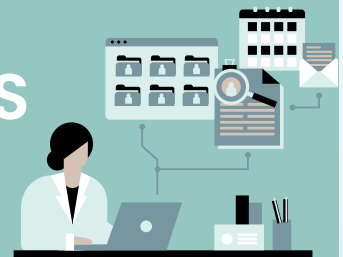


ENDOMETRIOSIS PATIENT RESOURCES & SUPPORT SYSTEMS

Finding Reliable Support Without the Misinformation
CanSage, 2025



ENDOMETRIOSIS & SUPPORT SYSTEMS

Endometriosis affects every part of daily life, so you may be looking for information and support outside of medical appointments.

Online groups, structured support programs, and new professional-led group therapy and education sessions can help you cope, but their reliability varies. Knowing the strengths and limitations of each one can help you find trustworthy resources.

HOW TO FIND EXPERT INFORMATION ON ENDOMETRIOSIS

Doctors and specialists are the best source of advice, since they can confirm what is safe and relevant to you. Universities, hospitals, professional societies, and government agencies also publish trustworthy, peer-reviewed content. Blogs, influencers, and social media accounts may share misinformation.

TRUSTWORTHY SOURCES

Health Canada • CanSAGE • GynQI • Mayo Clinic • Cleveland Clinic • Johns Hopkins Medicine • Harvard Health • PubMed • SEUD • NICE (UK)

Sometimes reliable: verified doctors on social media

QUESTIONS TO ASK BEFORE TRUSTING A SOURCE

- **Who is behind it?** Look for recognized health organizations (.gov, .edu, hospitals).
- **Who paid for it?** Be cautious if the site sells supplements or treatments.
- **Who benefits?** Consider whether they gain followers, sales, or ad revenue.
- **Is it evidence-based?** Reliable sources cite research or guidelines.
- **Is it current?** Avoid content older than 5–10 years unless updated.
- **Does it meet quality standards?** Clear authorship, funding, and ads separated.
- **Is it balanced?** Trust sources that show both benefits and limits.

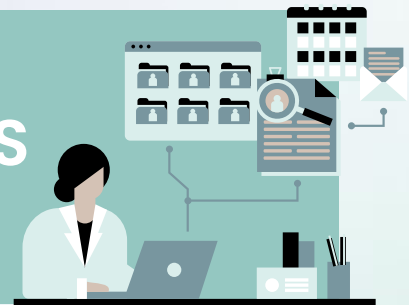
FIND ENDOMETRIOSIS SUPPORT YOU CAN TRUST

Endometriosis patients need community, education, and reliable information. Online spaces can help but come with a real risk of spreading misinformation. Structured groups provide safer guidance but face limits in scale and access. Emerging models led by pharmacists and nurses show promise for reaching more patients.

By choosing trustworthy resources and closely following the guidance of your care provider, you can better navigate the challenges associated with this condition and be part of a stronger, more informed community.

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Sometimes reliable: verified doctors on social media

Not reliable: influencers and wellness brands



WHAT TO DO IF YOU HAVE QUESTIONS

- Check claims against Canadian authorities (Health Canada, CanSAGE, provincial portals).
- Ask your family doctor, specialist, or nurse practitioner.
- Call 811 in most provinces for nursing support.
- Use telehealth or virtual visits if you can't see a specialist quickly.

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