



# UNDERSTANDING ENDOMETRIOSIS PAIN

Types, Triggers, and Coping Strategies

CanSage, 2025

## WHAT IS ENDOMETRIOSIS?

Endometriosis happens when tissue similar to the lining of the uterus grows outside of it. This tissue responds to your monthly hormones, so it thickens and bleeds, but it has no way to leave the body. That can cause inflammation, scarring, and pain.

About **1 in 10 women** suffer from endometriosis. The type of pain you experience because of it can vary day-to-day and patient-to-patient.

## COMMON TYPES OF ENDOMETRIOSIS PAIN:

**Period cramps** (Dysmenorrhea)  
Severe, long-lasting cramps that don't improve with usual remedies

**Pelvic ache** (Chronic Pelvic Pain)  
A constant heaviness or ache in the lower stomach

**Ovulation pain** (Mittelschmerz)  
Sharp, one-sided pain mid-cycle

**Pain with sex** (Dyspareunia)  
Discomfort during or after intercourse

**Bathroom pain** (Dyschezia / Dysuria)  
Burning, cramping, or bleeding with bowel movements or urination

**Back, hip, or leg pain**  
Pain that spreads beyond the pelvis

## WHAT TRIGGERS ENDOMETRIOSIS?

- High estrogen levels or monthly hormone spikes
- Processed foods, dairy, caffeine, alcohol and/or gluten
- Not getting enough sleep or getting a poor quality sleep
- Not getting enough exercise because of your symptoms
- Digestive symptoms like bloating, constipation, or IBS

## HOW TO COPE WITH ENDOMETRIOSIS

It's generally safe to try strategies like these at home:

- Heat (heating pads, warm baths, Epsom salt soaks)
- Gentle movement (yoga, stretching, short walks)
- Eating more anti-inflammatory foods (greens, fruit, whole grains, omega-3s)
- Stress management (mindfulness, counseling, breathing exercises)
- Connecting with support groups or others who understand



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## IF YOUR PAIN PERSISTS, ASK YOUR DOCTOR ABOUT:

- Over-the-counter pain relief (ibuprofen, naproxen, acetaminophen)
- Stronger prescription pain relief for short-term use during flares
- Hormone-based birth control methods to help reduce symptoms
- IUDs with or without hormones like levonorgestrel
- A referral to a pain clinic or specialist
- [Surgery](#) to remove endometriosis tissue



## HOW TO TALK TO YOUR DOCTOR ABOUT YOUR PAIN

Pain is subjective, but endometriosis can also cause vague symptoms that don't necessarily seem like they're related to your condition at first. Try to include details like these:

- Whether it's throbbing, stabbing, aching, burning, cramping, dull, or stinging
- When it happens (during your period, mid-cycle, during sex, or daily)
- Where you feel it (in a specific spot, multiple spots, or in your back/legs)
- How it affects your ability to enjoy life (do you skip work or miss activities?)



Some patients find it helpful to keep a diary of their symptoms or fill out a pain chart. Your doctor can give you guidance on what to include.

## GET HELP WITH YOUR ENDOMETRIOSIS PAIN

Endometriosis pain is very real, and it's so much more than just "bad periods." If you're struggling with symptoms like these or your pain is interfering with your daily life, talk to your doctor. There are ways to get relief that can also improve your overall quality of life and help you feel more like yourself.

