

Why do we need endo activism?

On average, it takes 10 years to receive a diagnosis and proper treatment for **endometriosis**! This is mainly due to a lack of **awareness**, insufficient **research**, and inadequate knowledge among medical professionals.

That's why we need endo activism!

It's time to stop treating women's and queer health as taboo subjects. We demand a national endometriosis strategy!

About us

We at **EndEndoSilence e.V.** are a group of **activists** committed to improving **care** for people affected by endometriosis. **Together**, we launch petitions, raise awareness, and empower those living with the condition.

Support

Are you affected yourself or looking for advice and support?

Find information and help here:



Helping Hands?
Always welcome!
Find us at:

<https://endendosilence.de/>

END ENDO SILENCE

For gender-specific
medicine

**Endometriosis:
We break
the silence!**

For better
Healthcare
Education
Research Funding

What is endometriosis?

Endometriosis is an extremely painful, **chronic disease** in which tissue similar to that of the uterine lining grows outside the uterus.

Endometriosis affects the quality of life of many cis women, as well as many intersex and trans people, for decades of their lives.

Current **care** for (potential) endometriosis patients is more than **insufficient**. Despite the **severe consequences** and the immense personal **suffering**, those affected are largely left on their own by policymakers. A deafening **silence** persists. In medicine, there is still a pronounced gender bias — the focus is often centered on the health of cis men.

Symptoms

The whole body:

- › PMS
- › Chills
- › Migraine
- › Hair loss
- › Sleep disorders
- › Nutrient deficiency
- › Intolerances

Pain in:

- › Shoulder
- › Back
- › Lower abdomen
- › Chest/breasts
- › Arms/legs/knees

Mental health:

- › Depression
- › Social isolation
- › Anxiety disorders
- › Mood swings

Digestive & urinary system:

- › Pain during bowel movements
- › Nausea/vomiting
- › Diarrhea/constipation
- › Urinary urgency/pain

Reproductive organs:

- › Reduced fertility
- › Pain during sex
- › Cycle complaints with pain

Around **10%** of all women and queer people who were born with a uterus have endometriosis:

That's **two million** people in Germany alone!

Endometriosis lesions

