



Teens & Endometriosis

It is common to have irregular menstrual cycles and experience pain during the first two years of your period. If you are missing school because your period is so painful, it is important to talk to a trusted adult or healthcare provider.

Your period pain may be because of endometriosis.

Endometriosis is an inflammatory disease that occurs when tissue similar to the lining of the uterus (the endometrium) grows outside of the uterus. People with endometriosis may also experience trouble sleeping, fatigue, migraine, and irritable bowel syndrome.

Tracking your periods every month can help you understand what a normal period is for you. You can write it down, use a calendar, or use an app. It might also be helpful to write down if there are foods, exercises, or activities that make your symptoms better or worse.

To learn more visit:

<https://www.yourperiod.ca/endometriosis>

