



## March - Endometriosis Awareness Month

I'm back again to share my nursing knowledge far and wide - and this month's focus is on **Endometriosis!**

Endometriosis as it affects almost 1 million Australian people with a uterus, often beginning in adolescence. Chances are you know someone who's living with this condition, so it's important to know more about it.

Endometriosis is when parts of tissue that resemble the tissue you would normally find inside the uterus begin to grow in other parts of the body.

Common symptoms include pain, fatigue, difficulties going to the toilet, or heavy/irregular menstrual bleeding. Because these symptoms can be vague, diagnosis of endometriosis averages 6.5 years from the onset of symptoms - that's a long time for a person with a uterus to be living in doubt. Long-term complications can arise when the condition is left untreated - including pain, infertility, or mental health concerns.

We are so fortunate to have the Periods, Pain and Endometriosis Program (PPEP) visiting our school this month to talk to our grade 10 student's assigned female at birth about the neuroscience behind things. More information about their visit TBA soon!

I also encourage anyone who has questions about what is and isn't normal to reach out to me - **I can be found in SE06 Monday - Thursday.**

This month, I'm encouraging you all to start a conversation about Endometriosis. I've joined the pledge this March to raise awareness, and you can too:  
<https://endometriosisaustralia.org/march-awareness-pledge>

**2026**

**Nurse Emma's  
Monthly Health Promotion**

**March  
ENDOMETRIOSIS**

Source: Endometriosis Australia

**What is endometriosis?**

Tissue similar to the lining of the uterus grows outside it in other parts of the body.  
Endometriosis mostly affects reproductive organs, but can be found elsewhere in the body (bowel, bladder, skin, joints, lung, brain)

*FACT: Nearly 1 million Australian people with a uterus live with endometriosis*

**Symptoms**

Can be very vague - leading to difficulties diagnosing the condition:

- Fatigue
- Pain during ovulation
- Pain after going to the toilet
- Difficulty holding on when to have a full bladder, or needing to go more frequently
- Heavy bleeding or irregular bleeding

*FACT: Diagnosis can take up to 6.5 years*

**Problems**

- Pain
- Infertility
- Mental health concerns

Make the pledge, start a conversation about endometriosis this March:  
[endometriosisaustralia.org](https://endometriosisaustralia.org)