What is endometriosis and persistent pelvic pain?

Endometriosis is a debiliating condition that affects at least 1 in 7 Australian girls, women and people assigned female at birth.

Endometriosis occurs when the tissue similar to the lining of the uterus (womb), called the endometrium, grows outside of the uterus.

Symptoms can include:

- · Pain during periods
- · Pain during or after sex
- · Pain on or around ovulation
- · Pain with bowel movements
- · Pain with urination
- · Needing to urinate more often
- · Pelvic pain that occurs outside of your period
- · Heavy bleeding or irregular bleeding
- Fatique
- · Diarrhoea or constipation

Persistent pelvic pain (PPP) is estimated to affect 15-25% of girls, women and people assigned female at birth. Persistent pelvic pain (PPP) can be defined as pain anywhere below the belly button and between the hip bones that has been present on most days for more than 6 months. There can be many causes for persistent pelvic pain, including endometriosis.



Family, Planning Tasmania.

Glenorchy

421 Main Road Glenorchy TAS 7010 **Tel:** 03 6273 9117

Burnie

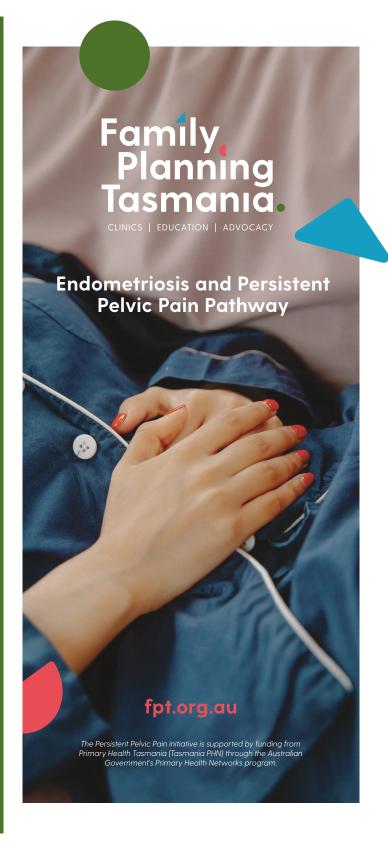
199 Mount Street Upper Burnie TAS 7320 **Tel:** 03 6431 7692

Launceston

4/93 Paterson Street Launceston TAS 7250 **Tel:** 03 6343 4566

Driveway and parking off Paterson St.

fpt.org.au



Persistent Pelvic Pain Pathway

Family Planning Tasmania's pathway is designed to support and empower patients as they journey through life living with these conditions.

We're an experienced multidisciplinary team, consisting of doctors, nurses, physiotherapists and psychologists. Our pathway puts each individual patient at the centre of their care. The goal is find solutions and strategies to help them manage their pain in the most effective way.



Starting your Journey

Ring a Family Planning Tasmania clinic in Glenorchy, Launceston or Burnie to book in for an appointment.



Assessment

30 minute appointment for the doctor to assess whether you meet the criteria for the pathway.



Initial Doctor Consult

45 minute appointment for the doctor to explore treatment and management options and identify any specialist and appropriate allied health professionals.



Pelvic Pain Management workshops

Online workshops where those with Pelvic Pain and endometriosis can share experiences, learn about coping and management techniques, and provide mutual emotional support.



6 month Nurse Follow up

30 minute call from one of our nurses to gain an update of your progress, feedback of your journey through our service and any further needs.



Follow up Doctor Consult

30-45 minute
appointment for the
doctor to work
on treatment and
management strategies
and identify any more
helpful resources you
might need.



Allied Health Sessions Physiotherapists and Psychologists

Physiotherapists will work with patients on physical techniques to suit their needs. Psychologists will help patients manage the impact of persistent pain on their mental health.

4