

ENDOMETRIOSIS

WHAT YOU NEED TO KNOW

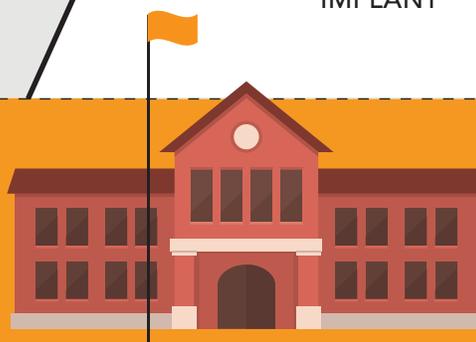
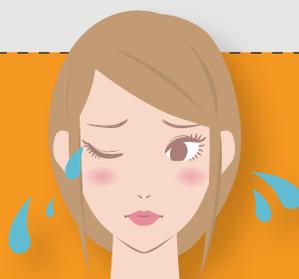
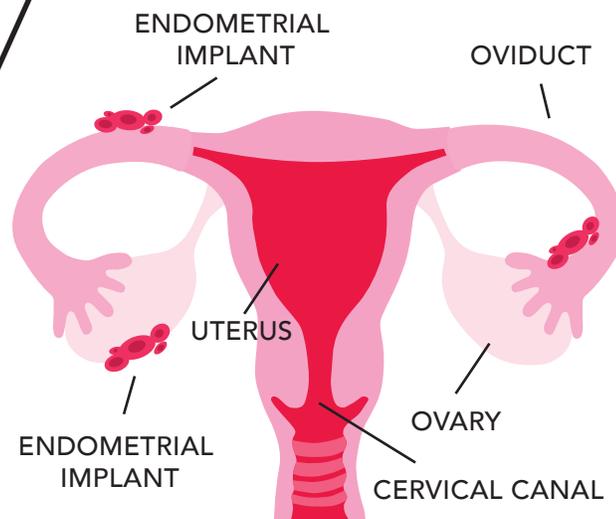
"END-O-ME-TREE-O-SIS"

A condition that occurs in 1 in 10 women & girls when the lining of the uterus grows in places other than inside the uterus.

COMMON SYMPTOMS:

painful periods, heavy bleeding
periods lasting 7+ days

THIS IS NOT NORMAL!



Miss school or other activity because of period pain?
Tell a doctor.



OCCURS AMONG GIRLS REGARDLESS OF RACE



GENETIC INFLUENCE:

If your mom or sister has endometriosis, you are more likely to get endometriosis.

University of
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Flip the page to learn more about endometriosis and environmental factors.

ENDOMETRIOSIS

ENVIRONMENTAL EXPOSURES

EXPOSURE TO CHEMICALS IN OUR ENVIRONMENT MAY AFFECT ENDOMETRIOSIS.

University of Cincinnati scientists are studying two of these chemicals - **BISPHENOLS** (bis-fee-nols) and **PHTHALATES** (thal-ates).



WHAT ARE BISPHENOLS?

Chemicals that are used to harden plastics. **Examples: BPA, BPAF. Found in water bottles, the lining of canned foods and drinks, food containers**

~~BPA~~



~~PHTHALATES~~

WHAT ARE PHTHALATES?

Chemicals used to make plastics more flexible and personal care products hold their scent. **Examples: DEHP, DEP. Found in plastic food wrap, cosmetics, shampoo, perfume, product fragrance, hairspray, nail polish**

They're EVERYWHERE! How can I avoid them?

READ INGREDIENTS

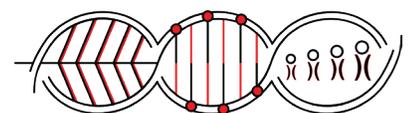
Use glass & metal water bottles + food containers

Buy natural skin and body care products



CEG

Center for Environmental Genetics



Community Engagement Core

Flip the page to learn more about endometriosis.

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