

Dr Anita Sharma

- **GPwSI Gynaecology**
- **Chair and Founder of Endometriosis Awareness North**
- **Chair of Women's Doctors Forum BIDA**
- **Education Lead FDA North-West**
- **Undergraduate Trainer University of Manchester**
- **GP Member NICE QS Endometriosis, menopause, Breast CA**
- **Ex Clinical Director Vascular and MO Oldham CCG**

ENDOMETRIOSIS AWARENESS NORTH CHARITY

MISSION

AWARENESS,

EDUCATION,

EARLY INTERVENTION AND RESEARCH.

GET INVOLVED, SHARE YOUR STORY

Women's Health Strategy for England Published December 2021



WHAT IS ENDOMETRIOSIS

All the women I know have no symptoms.
endometriosis noun \en-duh-muh-tree-o-sis\ : the presence and growth of functional endometrial tissue in places other than the uterus, often causing severe pain and infertility. — See also and Heard
If you want to look up the word "endometriosis" in a dictionary, you will find it listed under the heading "functional endometrial tissue." This is because the term "endometriosis" was first used by a doctor named Dr. John Sampson in 1861 to describe the condition of having functional endometrial tissue outside the uterus.

ENDOMETRIOSIS:

Is a condition characterized by the presence of

TISSUE RESEMBLING ENDOMETRIUM
OUTSIDE OF THE UTERUS

DIAGNOSIS

Suspected Endometriosis in Women

(including young women aged 17 and under)

presenting with 1 or more of the following
symptoms and signs:



- ▶ Chronic pelvic pain
- ▶ Dysmenorrhoea
- ▶ Deep pain during or after Sex
- ▶ GI symptoms
- ▶ Urinary symptoms
- ▶ Infertility

*Painful, heavy or irregular periods
Pelvic pain
Painful bowel movements*

Experience any of these?

**It could be
endometriosis**

Pain when urinating

Pain during or after sex

Difficulty getting pregnant

Fatigue



endometriosisuk

Helpline: 0808 808 2227

www.endometriosis-uk.org

enquiries@ukendo.org



Many women experience period pain, but if your pain is interfering with your everyday life it's best to see your doctor.

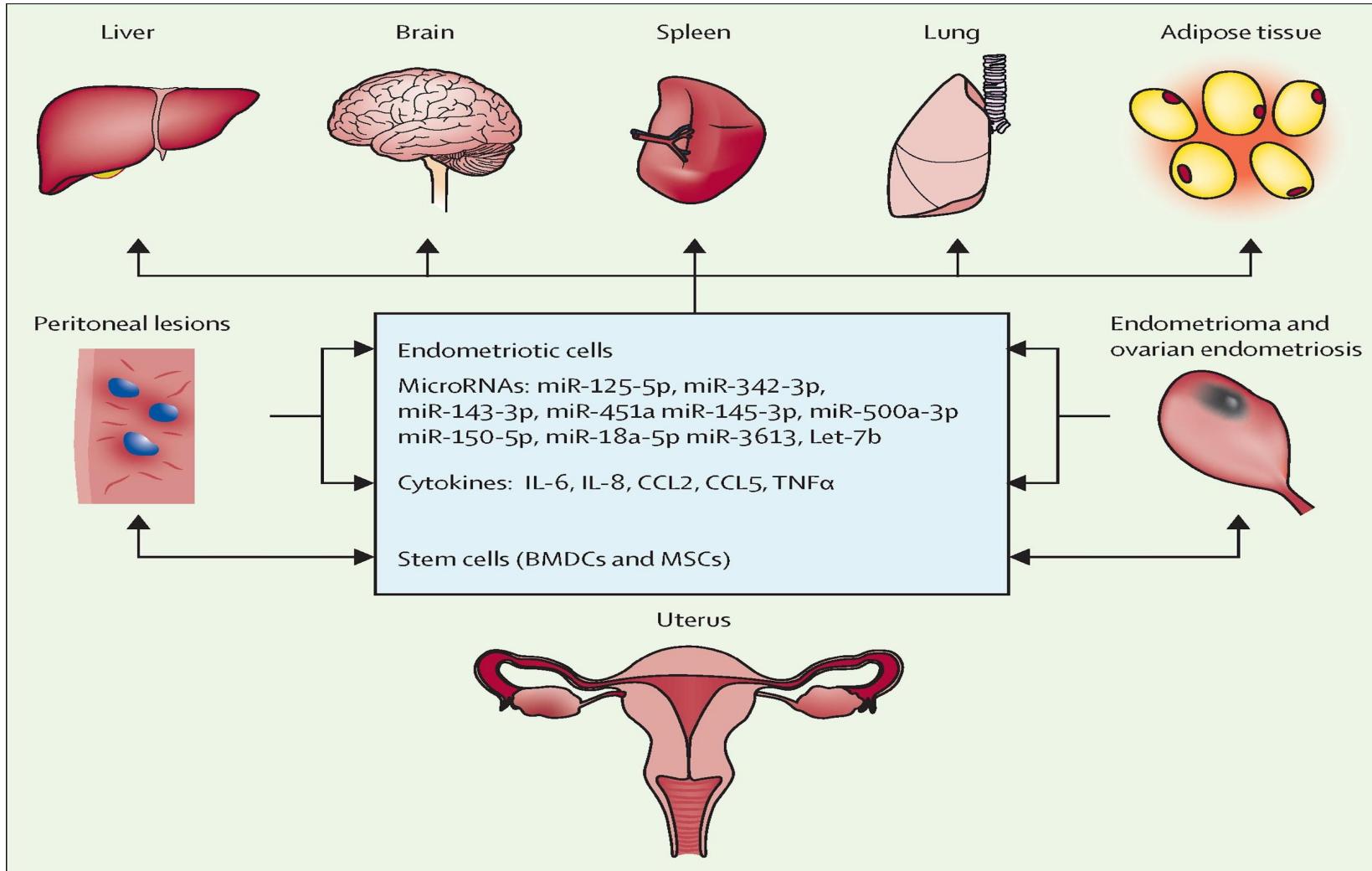
ENDOMETRIOSIS or MENSTRUAL CRAMP



- **Persisting pain during period**
- **Severe enough to interfere with normal activities**
- **Lasting longer than 2–3 days**

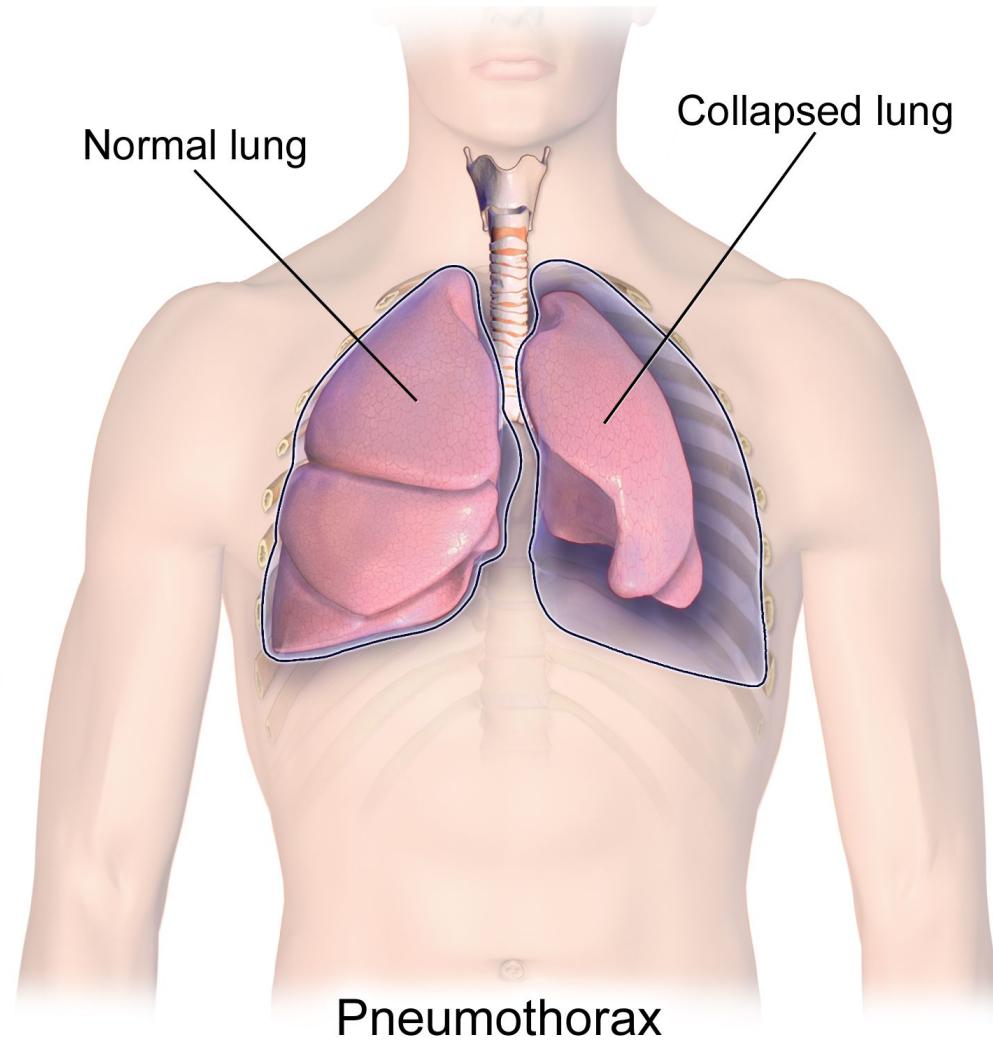


SPREAD



ENDOMETRIOSIS LUNG

26-year-old Coughing Up Blood



FACTS



THIS IS **NOT** ACCEPTABLE

- **Endometriosis is estimated to affect 1.5 MILLION WOMEN in the UK**
- **Globally , it affects 190 MILLION WOMEN**
- **It takes on average 7.5 YEARS to make a diagnosis**
- **27 is the average age when a woman is first diagnosed with endometriosis**

FACTS

- **Difficulty Conceiving can occur In 30 – 50 % of Cases**
- **It can have a significant Impact on the:**
 - ▶ PHYSICAL,
 - ▶ MENTAL,
 - ▶ PSYCHOLOGICAL
 - ▶ SOCIAL
- **Diagnosis for Endometriosis is Appallingly Slow**
- **Research**
- **Mental Health Support For Victims**

Why Is The CARE POOR IN The UK

- The Stigma associated with discussing period problems and painful sex**
- Lack of awareness of symptoms and not seeking early help from GP**
- Lack of Specialist Support**
- GP's Lack of Awareness and Training**

Poor Training



All Party Parliamentary Group
on Endometriosis

Endometriosis in the UK: time for change

APPG on Endometriosis
Inquiry Report 2020

NCEPOD REPORT

11.7.2024



LACK OF ENDOMETRIOSIS PATHWAY
AND
POOR SYMPTOM RECOGNITION
HINDER CARE

Many Drs including Gynaecologists still believe a painful period is normal

SEE YOUR GP

Role of Primary care

ENDOMETRIOSIS RESEARCH AT UNIVERSITY OF MANCHESTER IRAS 294763

Professor Kay Marshall

Miss Gaitty Ahmad

Harriet Lamb

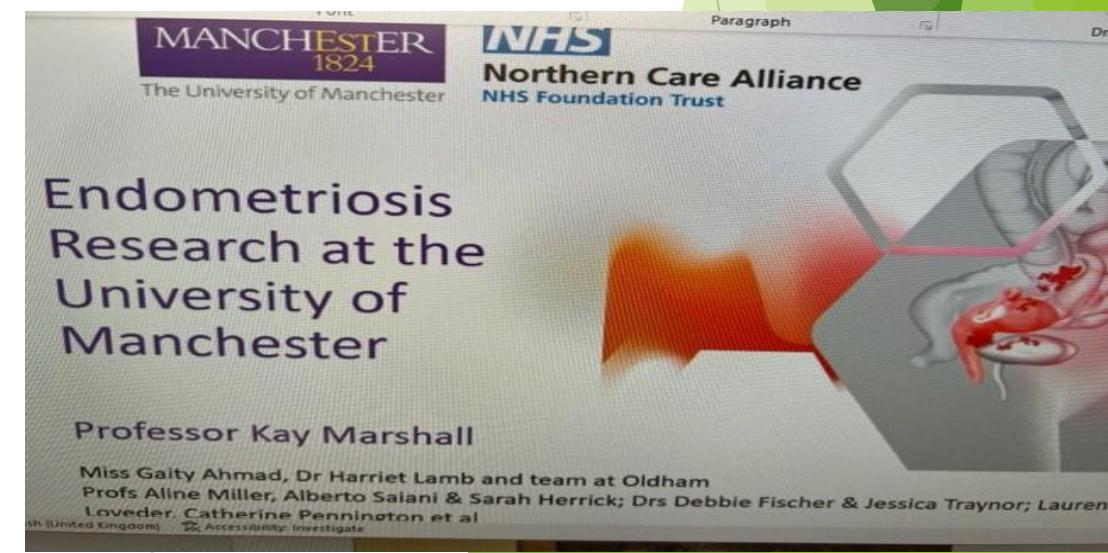
Prof. A Miller

Alberto Salari

Sarah Herrick

Dr D Fletcher

Dr Jessica Traynor





THANK YOU

Thank you for attending this Endometriosis Awareness Session

If you require any further information our Contact Details



email address:- endometriosisawarenessnorth@gmail.com



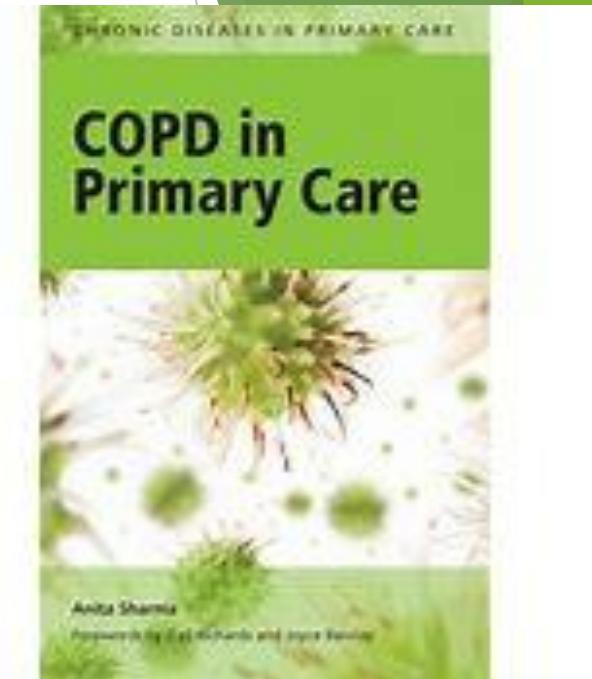
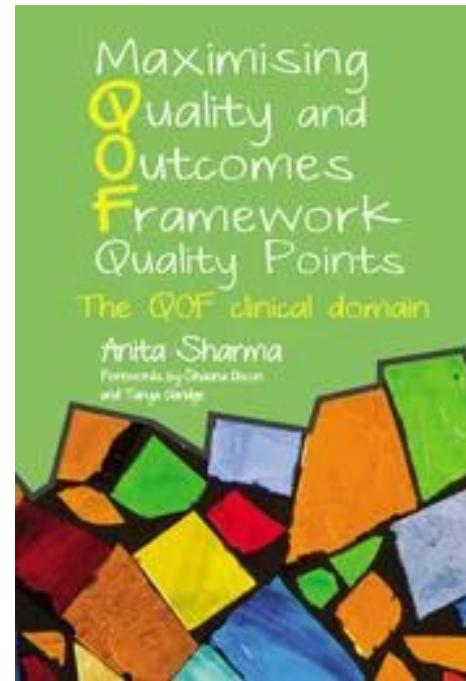
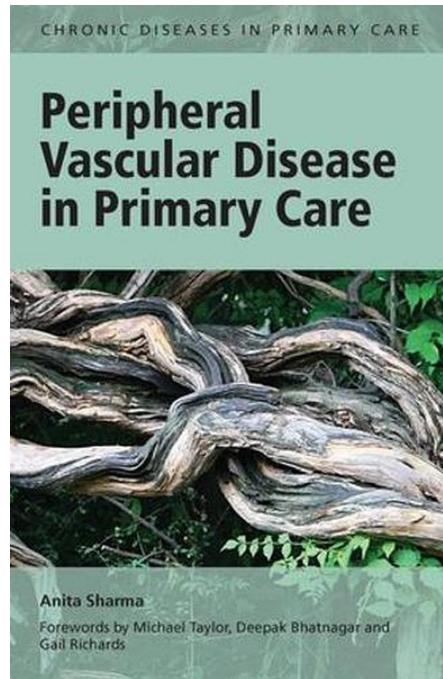
Twitter/ X :- @DrAnitaEndo



Web:- www.endometriosisawarenessnorth.com



Facebook:- Endometriosis Awareness North



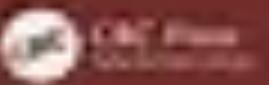
BOOKS BY Dr.ANITA SHARMA

Gynaecology in Primary Care

a practical guide



Ajanta Shrivastava
Rajeshwari Singh and Shilpa Chawla, Devendra
and Kanchan Jayaraman, Editors



FIRST BMA PRIZE 1995

The burden of endometriosis is enormous, with one in ten women suffering from this painful and debilitating condition. It is estimated to affect 1.5 million women in the UK and 190 million women globally. Despite its prevalence, it is currently taking an average of seven and a half years for women to receive a formal diagnosis, with 27 the average age at which a diagnosis is made. This can have a significant impact on the physical and mental health of those living with the condition, with 30-40 % experiencing infertility.

KEY FEATURES:

- Written specifically to enable and support improved management in primary care
- Covers how to make an early diagnosis including questions to ask while taking history and what investigations to prioritise
- Indicates when the patient should be referred
- Evidence based, with advice supported by latest NICE guidelines
- Visit www.routledge.com/9781032684796 for sample patient information leaflet

An early, accurate diagnosis in a primary care setting can have a crucial impact on the care a patient with endometriosis receives, providing the opportunity for timely referral, advice on managing the condition and connecting the sufferer with wider support networks. This timely, practical book brings together clear and concise information for GPs and primary healthcare teams on how this can be achieved quickly, accurately and effectively.

LEAD AUTHOR:

Anita Sharma MBBS MD DRCOG MFFP is a General Practitioner with a special interest in women's health in Oldham where she has been practising for over 30 years. She is the Founder of Endometriosis Awareness North and Chair of the Women's Doctor Forum of the British International Doctors Association (BIDA), was a member of the NICE Quality Standard Advisory Committee for Endometriosis and at present is involved with NICE Menopause and Breast Cancer Guidelines.



With thanks to those suffering with endometriosis (Anbreen Latif, Caitlin Leah Banks, Claire Warburton, Courtney Ormrod, Emma Wareing, Jo Walton, Lorna Marsh, Lucy Bowker, Rachael Pennington and Rebecca Lomas, front cover) and to the Endometriosis Research Group of the University of Manchester (Cohen J. Loveder, Deborah P. Fischer, Kay M. Marshall and Catherine E.W. Pennington, back cover).

ENDOMETRIOSIS IN PRIMARY CARE

A PRACTICAL GUIDE

ENDOMETRIOSIS IN PRIMARY CARE

Anita Sharma

Anita Sharma

Forewords by Gaiti Ahmad,
Pete Gibson and Kay Marshall



Rochdale Ethnic Communities Network

Making voices heard, sharing and exchanging ideas, exploring opportunities for collaboration and working to influence policy change

Facilitated by
skyp





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ENDOMETRIOSIS CHARITY 5K WALK

20.3.2022

<https://endometriosisawarenessnorth.com/>



ENDOMETRIOSIS AWARENESS EVENT

1st July 2022



WALK IN QUEEN'S PARK

9.3.2024

WALK IN OLDHAM TO RAISE AWARENESS 6.7.2024



OLDHAM WALK



ROCHDALE PRIDE EVENT

13.7.2024





DERBY HIGH SCHOOL 26.3.2024



COFFEE MORNING 14.9.2024

WALK HOLLINGWORTH LAKE

22.3.2025



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PERIOD POVERTY PROJECT



GYNAE CLINIC ROH



Contact the Charity at:

Support the Endometriosis Awareness North by visiting
www.endometriosisawarenessnorth.com

This site includes information on the signs and symptoms of endometriosis

Charity Number

We are registered with The Charity Commission. Our Charity number is 1212676.

ENDOMETRIOSIS AWARENESS NORTH

TEAM MEMBERS

Dr Anita Sharma

Chair and Founder of Endometriosis Awareness North Charity

Melanie Banks

Secretary and Campaign Ambassador

Lucy Bowker and Courtney Ormrod

Campaign Ambassadors

Kenneth Ma

Consultant Gynaecologist St Mary's Hospital, specialist in severe endometriosis, advanced laparoscopic surgery, BSGE accredited surgeons in Endometriosis Centre.

Gaitty Ahmad

Consultant Gynaecologist and obstetrician ROH specialist in Endometriosis

Andrew Pickersgill

Consultant Gynaecologist and obstetrician Alexandra Hospital specialist in Endometriosis

Margaret Heywood and Susan Richardson

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Additional Members