The lack of awareness of endometriosis is caused by several interconnected factors. Culturally, menstrual pain is often normalized or stigmatized in many societies, which leads to symptoms being dismissed as routine rather than recognized as a serious condition. Research on endometriosis remains underfunded and limited, especially regarding adolescents, resulting in gaps in knowledge for both the public and healthcare providers. Many healthcare professionals lack adequate training to identify and manage endometriosis, causing delays in diagnosis and treatment.

Several interconnected factors cause the lack of awareness of endometriosis. Medical misunderstanding and frequent misdiagnosis mean that symptoms are often dismissed as ordinary menstrual pain. Cultural stigma around menstruation discourages open discussion, while limited health education and minimal media coverage prevent accurate information from reaching the public. Gender bias in medical research has also resulted in underfunding of women’s health, slowing progress in understanding and awareness. In addition, inequalities in healthcare systems, particularly in low-income regions, restrict access to specialists and diagnostic tools. Long diagnosis delays, averaging seven to ten years, further reinforce silence and misinformation.

The global lack of awareness surrounding endometriosis stems from a complex interplay of factors. Deeply ingrained societal stigmas, such as the normalization of menstrual pain and cultural taboos about discussing menstruation, create a foundation of silence that discourages individuals from seeking help. This is compounded by significant failures within medical systems, including inadequate education for healthcare providers, frequent misdiagnosis, and the requirement of invasive surgery for a definitive diagnosis, which acts as a major barrier. The disease's own characteristics, such as its highly variable and often invisible symptoms, further complicate recognition and understanding. Finally, systemic issues like a severe lack of research funding and limited media coverage prevent the condition from gaining the public visibility and scientific priority needed to break the cycle of ignorance and delay

Lack of awareness of endometriosis globally stems from several factors. Culturally, menstrual pain is often normalized or stigmatized in many societies, which leads to symptoms being dismissed as routine rather than recognized as a serious condition. Research on endometriosis remains underfunded and limited, especially regarding adolescents, resulting in gaps in knowledge for both the public and healthcare providers. Many healthcare professionals lack adequate training to identify and manage endometriosis, causing delays in diagnosis and treatment. Social stigma around menstruation and women's health further discourages open discussion and early medical consultation, while psychological barriers like embarrassment also inhibit seeking help. These combined issues contribute to widespread underdiagnosis, delayed care, and poor awareness of endometriosis worldwide, perpetuating its significant impact on quality of life for those affected. This global lack of understanding makes improving education, research, and healthcare training essential for better diagnosis and management.