



**Endometriosis awareness month:
an unknown disease that affects 1 in 10 women!**

Montreal, March 2nd, 2020 – Endométriose Québec and Endo.Ed join forces for Endometriosis awareness month.

Every year since 2014, a worldwide walk has been held in March to raise awareness for endometriosis, a gynecological disease that is unknown but affects more than 1 in 10 women worldwide! The rally, [Worldwide Endomarch](#), will take place on Saturday, March 28th this year, in more than 50 countries. In Canada, Endomarch is held annually in May, due to warmer temperatures, in many cities. But several activities will take place in Quebec throughout the month of awareness.

[Endométriose Québec](#) and [Endo.Ed](#), the first French-speaking podcast for information and better living with endometriosis, are joining forces on this occasion to expand these initiatives and raise awareness of the disease among the general public and health professionals. Several activities will take place during the month of March, including free webinars on various topics ([see event calendar](#)), a new special episode of the podcast (March 4th) and a discussion circle (March 28th).

What is endometriosis?

Endometriosis is a chronic gynecological disease that can be very painful. It is related to the presence of endometrium outside the uterus and on surrounding organs. Endometriosis is one of the first causes of infertility. However, endometriosis is not just a disease that affects the reproductive system. It can cause severe and chronic symptoms throughout the body, including disabling pain, episodes of chronic fatigue, infertility and damage to organs and tissues such as the uterus, the intestine, bladder, liver, lungs, diaphragm, muscles, nerves and ligaments.

“Endometriosis can have major physical and psychological consequences for women affected. It is essential to raise awareness of the disease in order to help women who are suffering in silence and to give the right tools to those who are wondering. We must also educate young girls so that they do not go through what we have gone through and that they do not suffer irreversible consequences.” says Marie-Josée Thibert, founder of Endométriose Québec.

Endometriosis in numbers:

200 million women affected around the world.

One to two women of child-bearing age in ten suffer from endometriosis.

70% suffer from debilitating chronic pain.

40% of women who are affected suffer from infertility.

It takes **7 to 9 years** to receive a diagnosis.

5 to 7 doctors are consulted before receiving this diagnosis.

There is **0 treatment** for this disease.

Proposed facilitators:

- Mrs. Marie-Josée Thibert, suffers from endometriosis, founder of Endométriose Québec
- Mrs. Sarah Maheux-Lacroix, gynecologist specializing in endometriosis, Clinical researcher at CHU de Québec and professor at Université Laval
- Mrs. Julie Goudreault and Mrs. Claire Buret, founders of the podcast Endo.Ed

About Endometriosis Québec and Endo.Ed:

- Endométriose Québec is a volunteer organization whose mission is to support women affected by the disease, raise awareness of the disease, offer treatment options and possible solutions in addition to raising awareness and encouraging research of the disease.
- Endo.Ed is the first French-speaking podcast for information and better living with endometriosis

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