

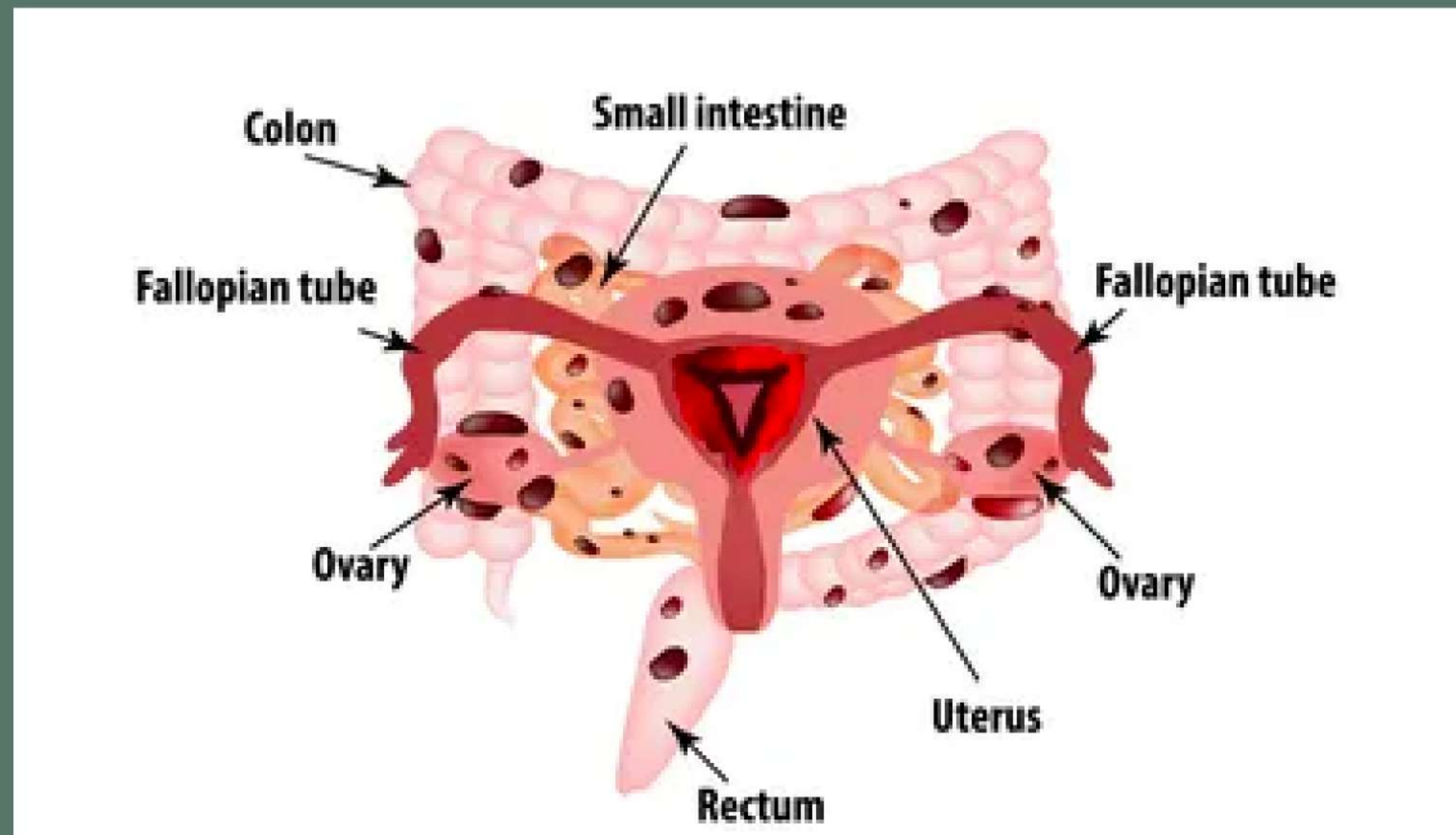
Endometriosis and Matilda



What is endometriosis?



Endometriosis is a condition where tissue similar to the lining of the uterus is found in other parts of the body.



What is endometriosis?



Heavy periods
Infertility
Pelvic Pain
Bladder problems
Bowel problems
Pain with sex

1 in 7

Average time to diagnosis is 7 years



Days off work
Financial burden
Years of invalidation
Lost relationships
Medical gaslighting

How common is it?



Endometriosis is more common than diabetes in women in Australia

AIHW 2021



What causes endometriosis?



No definite answer- multiple theories

- More menstrual cycles, higher chance of endometriosis
- Genetics
- Sampson's Theory of Retrograde Menstruation
- Immune dysfunction
- Lymphatic/blood transport
- Coelomic Metaplasia

How is it categorised?



Endometriosis is categorised by location:

- Superficial Peritoneal Endometriosis: Endo on the lining of the peritoneal cavity (in the pelvis or low down in the tummy).
- Endometriomas: Also called "Chocolate cysts", found in 17% to 44% of people with endo Can occur on either/both ovaries
- Deep Infiltrating Endometriosis (type 1 and 2): Most severe; the "endo lesion" has grown > 0.5cm into the affected organ
 - Type 1 - only in the pelvic area (lower tummy)
 - Type 2 - outside the pelvic area

How does it impact fertility?



The link between endometriosis and infertility is still being explored but here is what we know:

- Around 1 in 3 people with endometriosis have difficulty getting pregnant.
- Structural changes to ovaries and fallopian tubes- compromised egg quality and difficulty transiting
- Changes can also occur in the muscle layer of the uterus, making implantation more difficult.
- The uterus lining in people with endometriosis may be different



What does care look like?

Gynaecologist- specialised (AGES)
Pain specialist
Psychologist
Sexologist
Hypnotherapist

Physio
Dietician
Naturopath
Exercise Physiologist
Acupuncture



Matilda.

Building a better future for
people with endometriosis

Jo Morris

Dr Kevin Wernli, PhD





The problem we are
solving:

Current care for
endometriosis is NOT holistic
AND holistic care is NOT
affordable or accessible.

What is holistic care?

Holistic care is defined as care for the whole person. The support should consider their mental, physical, emotional, social and spiritual wellbeing.

Physiotherapists, dietitians, psychologists,
naturopaths, exercise physiologists

Meet Matilda:



Track



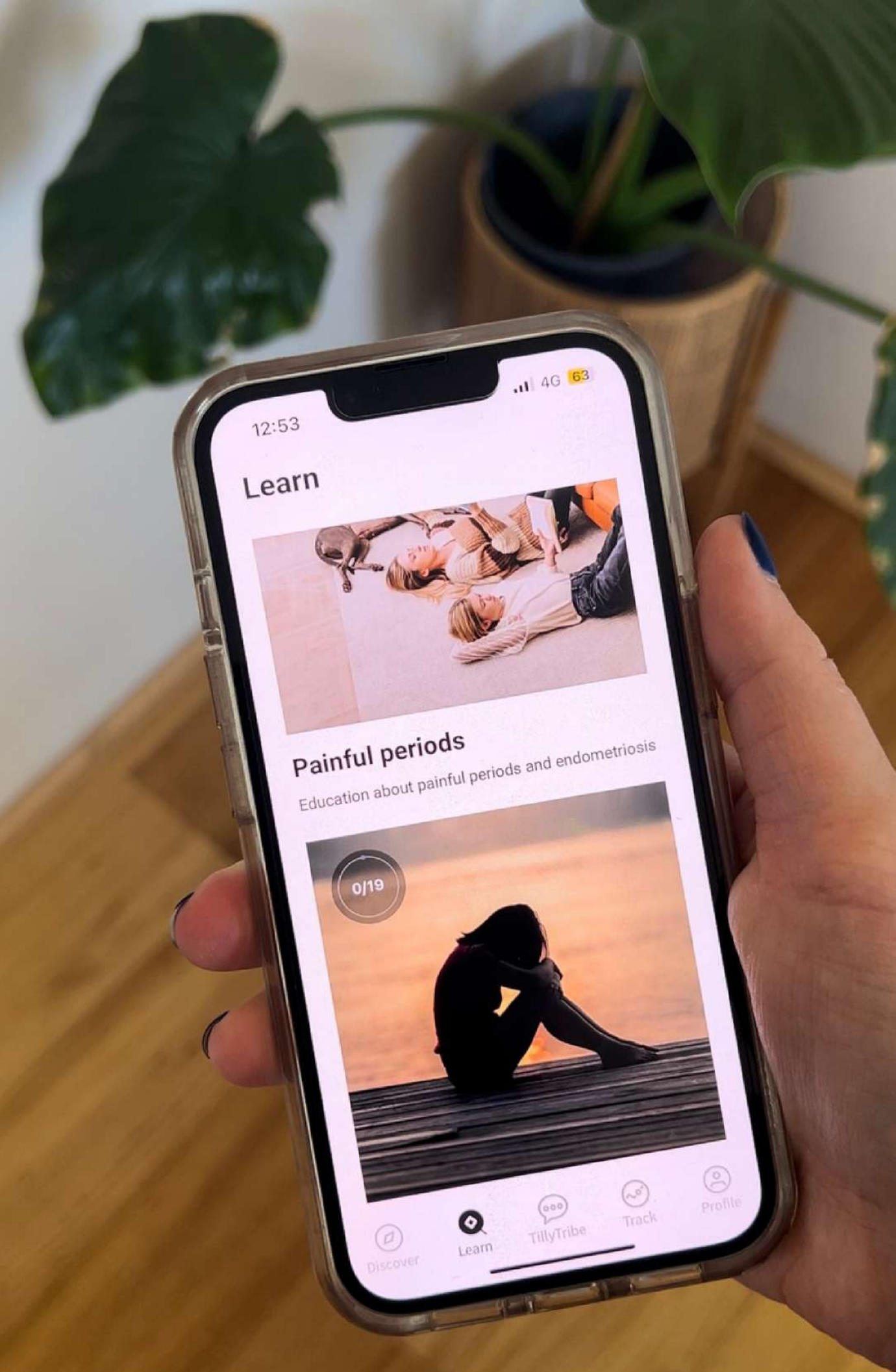
Learn



Community



Classes



Language and validation



- Open
- Curious
- Constructive
- Bias towards action
- Honest
- Kind



Questions?

**Do you want to be involved at Matilda? Contact us on
hello@matilda.health**

End-know - Let's Learn!



Anna Fischer

Bachelor of Health and Physical Education

Lived Experience Educator, Phys Ed Teacher

Head of Mentoring and High School Education at Matilda.Health

Pre-diagnosis

The search for answers

Diagnosis

The flood of relief

Post diagnosis

Learning to accept and move forward

Questions?