

WOMEN LIKE ME

#MyHealthMyPriority

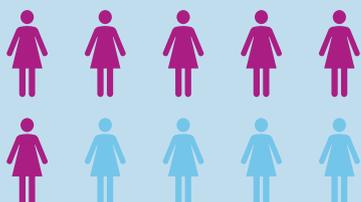
LISTEN TO YOUR BODY, UNDERSTAND YOUR SYMPTOMS

If you are experiencing any of the symptoms below, don't let them takeover your quality of life. Put your mind at rest and make time to consult your doctor or healthcare specialist.

Irregular periods Infertility
Lower back pain
Constipation
Heavy periods



62% of women say they lack the time to find out about staying healthy¹



This information is intended to provide you with helpful content but is for information purposes only, is not medical advice and should not be used as an alternative to speaking with your doctor. For more information, and to discuss questions specific to your health and treatments, please speak to your healthcare professional.

1. <http://www.adweek.com/brand-marketing/why-healthcare-advertisers-should-really-consider-womens-perspectives-campaigns-170987/>

2. L. Bradley Abnormal Uterine Bleeding. https://www.sciencedirect.com/science?_ob=PdfExcerptURL&_imagekey=3-s2.0-B9780323032476100140-main.pdf&_piikey=B9780323032476100140&_cdi=278453&_orig=article&_zone=centerpane&_fmt=abst&_eid=3-s2.0-B9780323032476100140&_user=3730613&md5=c-3305c3735583a5a8a244a3c7a88d83f&ie=/excerpt.pdf

3. <https://www.nhs.uk/conditions/endometriosis>

4. <https://www.nhs.uk/conditions/fibroids/>

5. <https://medium.com/clued-in/uterine-polyps-a-common-reason-for-irregular-bleeding-around-menopause-2b6b187be275> ;

6. <http://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/uterine-cancer/incidence#heading-One>

AUB (Abnormal Uterine Bleeding)

AUB is a **common symptom** that leads a woman to seek gynecological advice

- Cycle length is greater than 35 days
- Cycle length is less than 21 days
- Heavier and increased menstrual bleeding
- Irregular episodes of bleeding occurring outside of menstrual cycle
- Longer duration of flow occurring at unpredictable intervals
- Bleeding that occurs more than 12 months after the last menstrual cycle
- Erratic or irregular bleeding not associated with intrauterine pathology²

Endometriosis

Most common in women of **childbearing age**

- Pain in lower abdomen or back (pelvic pain) – which is usually worse during period
- Period pain that stops women doing their normal activities
- Pain during or after sex
- Pain when peeing or pooping during period
- Feeling sick, constipation, diarrhoea, or blood in pee or stools during period
- Difficulty getting pregnant³

Fibroids

Occur most often and become symptomatic in women aged **30 – 50**

- Heavy and/or painful periods
- Abdominal pain
- Lower back pain
- A frequent need to urinate
- Constipation
- Pain or discomfort during sex⁴

Uterine Polyps

1 in 3 women develop uterine polyps

- Irregular menstrual bleeding
- Bleeding between menstrual periods
- Heavy menstrual periods
- Vaginal bleeding after menopause
- Infertility⁵

Uterine Cancer

Almost **80%** of women in Europe diagnosed with uterine cancer are **alive five years** after their diagnosis⁶

- After the menopause, bleeding at any time
- Before the menopause, bleeding between periods or after sex
- Non-infected vaginal discharge
- Pain during or after sex
- Pain in the lower abdomen

To find out more visit:

www.medtronic.com/covidien/en-gb/patient-information/women-like-me.html