

The below is suggested social copy for use across your social channels. Text can be amended in line with your organisations tone of voice. You may wish to post across different platforms throughout the month to help increase awareness of Endometriosis.



### **[Post 1]**

Do you know the symptoms of endometriosis?

Physical symptoms can include painful periods, heavy, long-lasting periods and pain or bleeding before or after peeing or pooing.

Tracking your symptoms and how they are affecting your daily life may help your conversation with a health professional and explain the support you feel you need.

The menstrual health symptom tracker has been designed to support those conversations → <https://bit.ly/4hRgMgF>

**#EndometriosisAwareness #WomensHealth #EndometriosisAwarenessMonth**

### **[Post 2]**

Could it be #endometriosis

Physical symptoms can include painful periods, heavy, long-lasting periods and pain or bleeding before or after peeing or pooing

Learn more about symptoms, treatment options, and how to access help and support at [nhsinform.scot/endometriosis](https://nhsinform.scot/endometriosis)

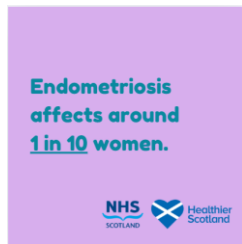
**#EndometriosisAwareness #WomensHealth #EndometriosisAwarenessMonth**

### **[Post 3]**

While there is no cure for endometriosis, treatments such as the contraceptive pill can help control and improve symptoms, helping you to live well with endometriosis.

Learn more about symptoms, treatment options, and how to access help and support at [nhsinform.scot/endometriosis](https://nhsinform.scot/endometriosis)

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## **[Post 4]**

What is endometriosis?

Endometriosis is a chronic condition where tissue similar to the lining of the womb is found elsewhere in the body. Symptoms can include painful periods which are affecting your daily life, heavy or long-lasting periods and pain during and after sex.

Learn more about symptoms, treatment options, and how to access help and support at [nhsinform.scot/endometriosis](https://nhsinform.scot/endometriosis)

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## **[Post 5]**

For some people endometriosis can have a significant impact on their day-to-day lives and their mental health.

It's important to know you're not alone and support is available.

For more info visit [nhsinform.scot/endometriosis](https://nhsinform.scot/endometriosis)

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