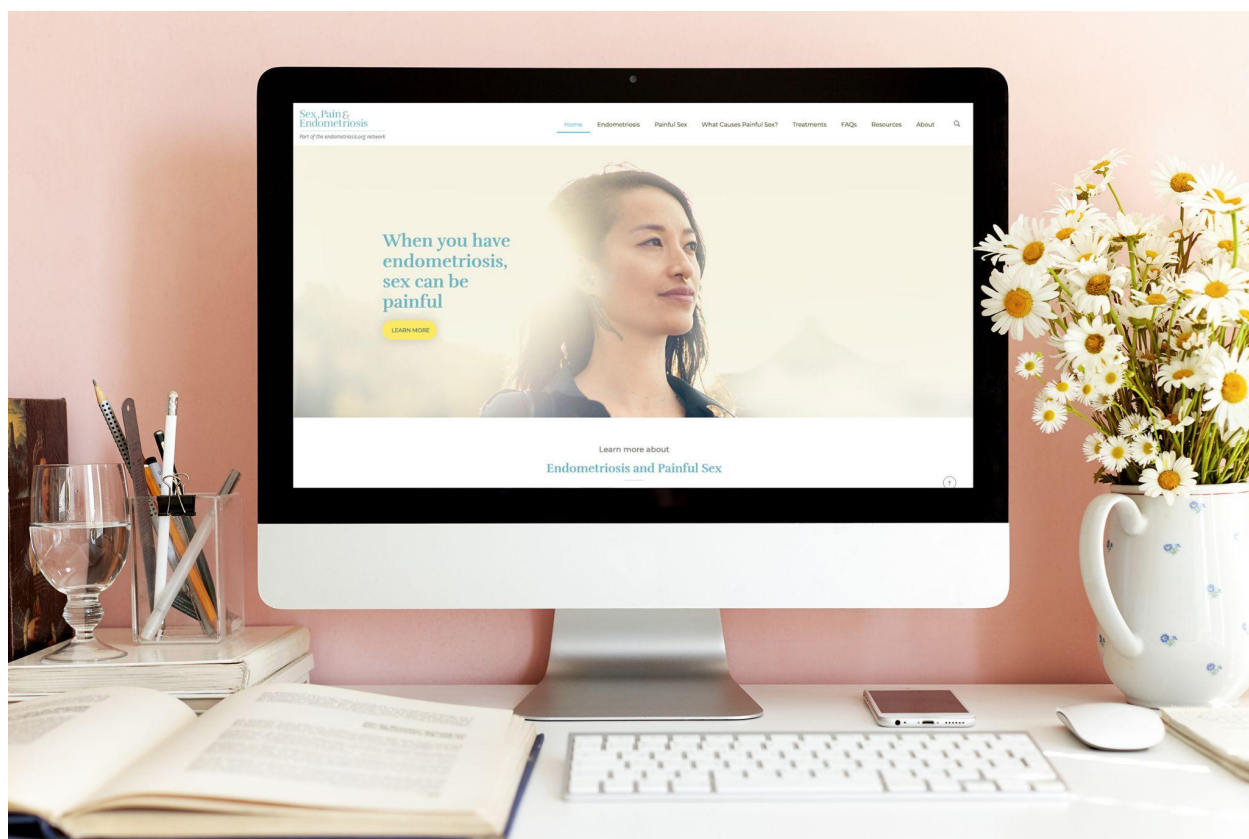




Sex, Pain & Endometriosis Website Press Kit

Thank you for helping to spread the word about
our website endopain.endometriosis.org



Our goal is to use endopain.endometriosis.org to raise awareness of [endometriosis-associated painful sex](http://endopain.endometriosis.org) and improve care by sharing evidence-based information. Pain can be changed!

[What is endometriosis?](#)

Endometriosis is a condition that affects approximately 1 in 10 people. It occurs when endometrial-like tissue, similar to tissue that grows on the inside of the uterus, grows on other parts of the body. Often, it grows on the lining of the abdomen, but can also be present on the uterus, ovaries, bladder, or colon. In rare cases, it has even been found on the appendix and diaphragm.

[What are the symptoms of endometriosis?](#)

The symptoms are different for everyone. Common symptoms include:

- Pain felt in the pelvis during periods (dysmenorrhea)
- Persistent or chronic pain felt in the pelvis
- Pain felt during and/or after sex (dyspareunia)
- Pain felt during bowel movements (dyschezia)
- Pain felt during urination (dysuria)
- Abnormal bleeding during periods
- Difficulty getting pregnant

[How can endometriosis make sex painful?](#)

More than 50% of people with endometriosis feel pain during and/or after vaginal penetration. It can occur for many different reasons. The pain may be caused by the endometriosis lesions themselves, or as a result of nerves that grow around the endometriosis. If you have chronic pain, your nerves may also become sensitized and result in high levels of pain, even with light touch. Stress, anxiety, depression, emotions and experiences can all play a role in painful sex.

Where should someone go to learn more?

Head on over to endopain.endometriosis.org to learn the basics and discover options for pain relief.

How can folks support endopain.endometriosis.org?

1. Share our website on your website
2. Talk to others about endometriosis and painful sex
3. Share our website on your social media feeds (see the end of this kit for suggested posts)
4. Share our virtual events with others

5. September 2021 to November 2021 follow **@sexpainendo** on [Facebook](#), [Instagram](#) and [Twitter](#) and share our posts

2021 Virtual Events

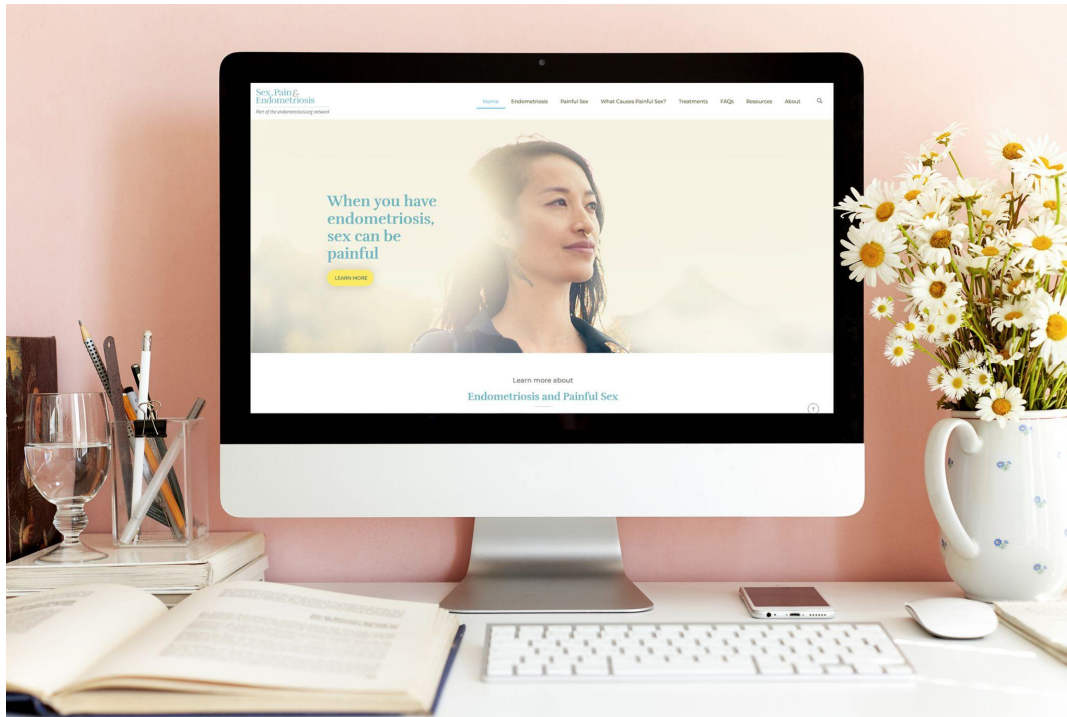
- **September 23 [Reddit AMA r/endometriosis](#)** We answer your questions about sex, pain and endometriosis with our team of experts:
 - Dr. Paul Yong (MD, PhD, FRCSC), Gynaecologist at the Centre for Pelvic Pain & Endometriosis in Vancouver, Canada and Research Director of the UBC Endometriosis and Pelvic Pain Laboratory.
 - Natasha Orr is a PhD candidate in the Reproductive and Developmental Sciences Program at UBC.
 - Kiran Parmar is a graduate student at the School of Population and Public Health at UBC and is a research assistant in the UBC Endometriosis and Pelvic Pain Laboratory.
 - Jessica Sutherland is a member of the Patient Research Advisory Board (PRAB) for the UBC Endometriosis and Pelvic Pain Laboratory.
- **[October 21 Facebook Live Endometriosis & Painful Sex: Stories of Loss, Hope & Resilience](#)**
 - Join us on Facebook Live for a virtual screening of 6 stories of love, loss, pain, hope and resilience followed by a panel discussion with the storytellers themselves.

Suggested Social Media Posts and Images

[Click here to view all suggested images that can be downloaded from our Dropbox](#)

Thank you for your support.

I. Intro Post Example



[Click here to download the above Instagram, Facebook, and Twitter sized images](#)

Instagram Post Suggestion Copy

Sex can be painful when you have endometriosis, but it doesn't have to be. Find answers, options, and resources at <https://endopain.endometriosis.org> 🧡 This website was created by gynaecologists, allied health professionals, and patient partners at the Centre for Pelvic Pain and Endometriosis located at BC Women's Hospital + Health Centre in Vancouver, British Columbia, Canada as well as endometriosis.org and the Endometriosis Network Canada. 🙌 If you know someone who suffers from #SexualPain, share this website with them. 🙏

Alt text description: A computer desk with the Sex, Pain, & Endometriosis website on a large monitor, an open book, a glass of water, a box of pencils and ruler, cell phone, keyboard, mouse, and a pitcher with a blue pattern of daises in a room painted pink.

Facebook Suggested Copy

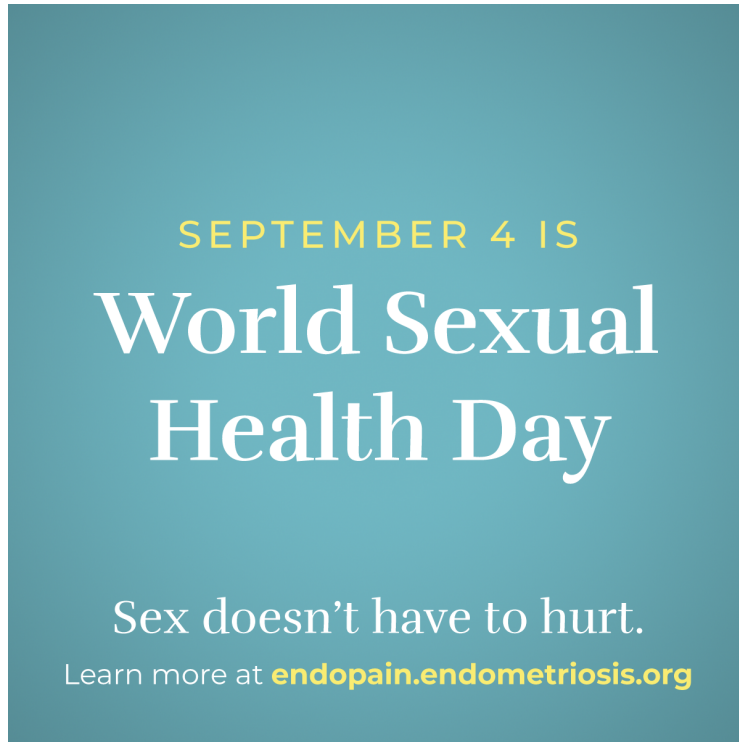
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Twitter Suggested Copy

Sex can be painful when you have endometriosis, but it doesn't have to be. Find help at <https://endopain.endometriosis.org> 🟡 Created in partnership with @pelvicpainendo @TheEndoNetwork + @Endometriosis 🙌 Know someone who suffers from #SexualPain? Share this website with them. 🙏

Alt text description: A computer desk with the Sex, Pain, & Endometriosis website on a large monitor, an open book, a glass of water, a box of pencils and ruler, cell phone, keyboard, mouse, and a pitcher with a blue pattern of daises in a room painted pink.

2. World Sexual Health Day



[Click here to download the above Instagram, Facebook, and Twitter sized post](#)

Instagram Post Suggestion Copy

#WorldSexualHealthDay is September 4. 🍆💧⚠️ When you have endometriosis, sex can be painful. Find out what causes #SexualPain with endometriosis and what you can do to change your pain. Learn about treatments, resources, and more at endopain.endometriosis.org

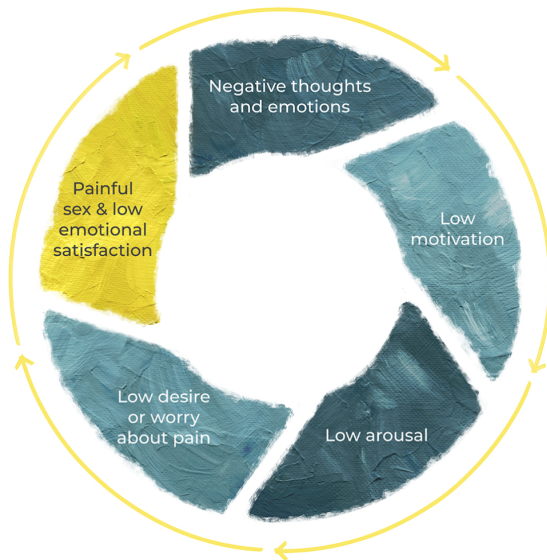
Alt text description: White text on a blue background. Sex doesn't have to hurt.

Twitter and Facebook Suggested Copy

#WorldSexualHealthDay is September 4. 🍆💧⚠️ When you have endometriosis, sex can be painful. Find out what causes painful sex with endometriosis and what you can do to change your pain. Learn about treatments, resources, and more at <https://endopain.endometriosis.org>

3. Pain Awareness Month Post

SEPTEMBER IS
Pain Awareness Month



Stop your pain cycle.

endopain.endometriosis.org

[Click here to download the above Instagram, Facebook, and Twitter sized post image](#)

Instagram Post Suggestion Copy

September is #PainAwarenessMonth. When you have #endometriosis sex can be painful.

Painful sex & low emotional satisfaction → Negative thoughts and emotions →
Low motivation → Low desire or worry about pain → Low arousal ↻

Stop the cycle of painful sex at endopain.endometriosis.org

#SexualPain

Alt text description: A circular diagram with yellow arrows around it. The stages of the cycle are made of paint in blues and yellows with the cycle of painful sex on each stage.

Facebook Post Suggestion Copy

September is #PainAwarenessMonth. When you have endometriosis sex can be painful.

Painful sex & low emotional satisfaction → Negative thoughts and emotions →
Low motivation → Low desire or worry about pain → Low arousal ↻

Stop the cycle of painful sex at <https://endopain.endometriosis.org> to find treatments, resources, and options.

Twitter Post Suggested Copy

September is #PainAwarenessMonth. When you have endometriosis sex can be painful. 🛑 ↻ Stop the cycle of painful sex and learn more at <https://endopain.endometriosis.org> to find treatments, resources, and options.


Alt text description: A circular diagram with yellow arrows around it. The stages of the cycle are made of paint in blues and yellows with the cycle of painful sex on each stage.

4. FAQ Post



[Click here to download this FAQ image sized for Instagram, Facebook, and Twitter](#)

Instagram, Facebook and Twitter Suggested Copy

 More than 50% of people with endometriosis feel pain during or after sex. Find answers about #PainfulSex and resources to reduce #SexualPain at <https://endopain.endometriosis.org/faq/>

Alt text description: Black text reading “How Common is pain during sex?” blue answer and white website text on a yellow background.