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Clinic Sofia Offers Support, Resources during National Endometriosis Month

MINNEAPOLIS (March 8, 2017) — Endometriosis, a painful condition where uterine tissue grows outside of the uterus, impacts millions of women in the U.S. yet many don't recognize the symptoms or are unaware of how to get the help they need. During National Endometriosis Awareness Month in March, [Clinic Sofia](#), a local OBGYN clinic known for empowering women to be advocates for their own health, offers resources to support women suffering from endometriosis, pelvic pain and infertility.

"Endometriosis isn't something to be embarrassed or ashamed about, and this month gives us the chance to talk more openly about something many women struggle with," said Dr. Donna Block, founder of Clinic Sofia in Edina and Maple Grove. "At Clinic Sofia, we are pleased to offer the latest resources to address sources of pelvic pain and infertility as well as information on treatment for women hoping to get pregnant or simply feel better."

Many women struggle for a decade or more before endometriosis is diagnosed. Most common for women in their 30s and 40s, when fertility naturally begins to decrease, endometriosis can damage both eggs and sperm. National Endometriosis Awareness Month supports recognition of women struggling with infertility and pelvic pain and provides resources for treatment to support conception and comfort.

According to Block, some of the symptoms include:

- painful menstruation
- low back pain
- pelvic pain
- discomfort during intercourse
- fatigue
- gastrointestinal issues

(more)

“When women have the right information and the right resources, then they can make the best decisions regarding their health,” Dr. Block added. “As a team committed to empowering women to be advocates for their own health and wellness, we are always happy to share the latest information, provide diagnostic testing and offer treatment options.”

What You Need to Know about Endometriosis:

- 1) **While it cannot be cured, it can be treated.** Treatment options include surgery, over-the-counter pain medicine, hormone therapy, topical oils and more. Warm baths and exercise can also help with monthly discomfort.
- 2) **Endometriosis is one of the top three causes of infertility.** Endometriosis affects young women – as early as their first period all the way through menopause. Thirty to forty percent of women with endometriosis are infertile, according to the Endometriosis Foundation of America, yet many women don’t realize they have endometriosis until they struggle to conceive.
- 3) **Awareness is critical.** “When it’s taking a decade for some women to receive a diagnosis, awareness of endometriosis is critical to helping women get the treatment and support they need,” Dr. Block added. “No matter what month it is, it is critical to talk with your doctor if you are experiencing unusually heavy periods, painful sex or other potential endometriosis symptoms.”

In addition, Dr. Block encourages women to:

- **Talk.** Talk to your doctor, talk to your friends, talk to your daughters. Do not suffer in silence and ensure that your daughters aren’t suffering either.
- **Trust your instincts.** Endometriosis can be mistaken for pelvic inflammatory disease, fibroids and even slipped disks. If you think your pelvic pain or infertility might be related to endometriosis, get a second opinion.
- **Take action.** This can include regular exercise, participating in National Endometriosis Month via social media or a march, and proactively responding to any health concerns.

About Clinic Sofia

Clinic Sofia, a leading OB-GYN clinic with locations in Edina and Maple Grove, was founded in 2004 and is known for its personalized approach to healthcare that centers around giving women the tools, guidance and resources to help them stay healthy and happy. Today, Clinic Sofia serves thousands of women throughout the metro and is consistently ranked as one of the top OBGYN clinics in the area. For more information, please visit www.clinicsofia.com.

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