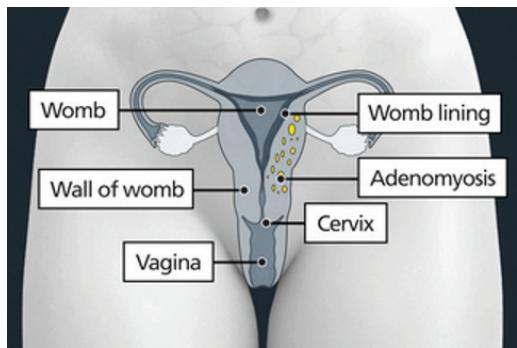




Adenomyosis is a condition where the lining of the womb (uterus) starts growing into the muscle in the wall of the womb. There are treatments that can help with any symptoms.

Adenomyosis is more commonly diagnosed in women over the age of 30. It can affect anyone who has periods.



### Symptoms of adenomyosis

Some symptoms of adenomyosis affect your periods, such as:

- painful periods
- heavy bleeding during your period

Other symptoms can happen any time in your menstrual cycle, such as:

- pelvic pain (pain in the lower part of your tummy)
- bloating, heaviness or fullness in your tummy (abdomen)
- pain during sex

### What is adenomyosis?

Adenomyosis is a condition that affects your uterus (womb). It can cause painful and heavy periods.

This condition affects 20% to 35% of females.

If you have adenomyosis, you might also have a similar condition called endometriosis. The features of these 2 conditions overlap.

### What are the symptoms of adenomyosis?

Symptoms of adenomyosis can include:

- heavy periods
- painful periods
- pain during sex
- chronic (ongoing) pain in the pelvis
- bleeding between periods
- infertility

The symptoms may be mild for some people. But they can also be severe enough to interfere with your work, study and enjoyment of life. Sometimes there are no symptoms.

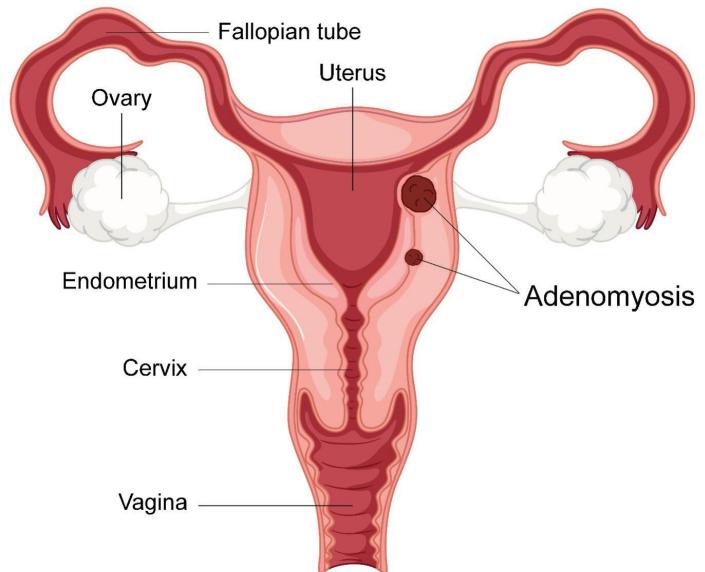
**CHECK YOUR SYMPTOMS — Use the Symptom Checker and find out if you need to seek medical help.**

### What causes adenomyosis?

Adenomyosis occurs when the cells that normally line the inside of your uterus also grow in the layer of muscle in the wall of the uterus.

It is not certain how or why the uterus-lining cells enter the muscle wall.

Adenomyosis is only seen in women in their reproductive years. It happens in response to the hormone **oestrogen**. It usually goes away after **menopause** when your oestrogen levels drop.



**Illustration showing adenomyosis growing in the layer of muscle in the wall of the uterus.**

### When should I see my doctor?

See your doctor if you have painful or heavy periods. Also see your doctor if you have:

- any unusual bleeding from your vagina
- pain when having sex

