

Shared Decision-Making in Endometriosis and Uterine Fibroids

What Is Shared Decision-Making?

- A type of care that encourages you to play a role in decisions about your treatment
- Working together with your healthcare team to choose tests, treatments, and management plans
- Incorporating your personal needs, goals, and values into decision-making
- Balancing risks and benefits of different treatments and management options while considering what you want



IDENTIFY YOUR SYMPTOMS

This Helps You Work With Your Doctor to Choose the Best Treatment

ENDOMETRIOSIS	UTERINE FIBROIDS
<input type="radio"/> Heavy periods <input type="radio"/> Fatigue	<input type="radio"/> Heavy or long periods <input type="radio"/> Frequent urination or difficulty emptying your bladder
<input type="radio"/> Painful periods <input type="radio"/> Diarrhea, constipation, nausea, or bloating	<input type="radio"/> Pelvic or back pain <input type="radio"/> Others? _____
<input type="radio"/> Painful sex <input type="radio"/> Others? _____	<input type="radio"/> Constipation <input type="radio"/> Others? _____
<input type="radio"/> Infertility	

▶ What symptoms bother you the most? _____

LET YOUR DOCTOR KNOW YOUR TREATMENT GOALS

<input type="radio"/> Decrease pain <input type="radio"/> Reduce fatigue	▶ Other goals? Write them here: _____ _____ _____
<input type="radio"/> Decrease amount of bleeding with your period <input type="radio"/> Improve fertility	
<input type="radio"/> Keep your uterus <input type="radio"/> Avoid surgery	

MAKE SURE YOU GET A CHANCE TO ASK ALL YOUR QUESTIONS

<input type="radio"/> What are my treatment options?	<input type="radio"/> What results can I expect from my treatment options?
<input type="radio"/> What are the possible side effect of each option?	<input type="radio"/> Are there lifestyle changes that can help my symptoms?
<input type="radio"/> What do I do if I experience side effects from my treatment?	<input type="radio"/> What should I do if my symptoms don't get better with treatment?

▶ Other questions? Write them here: _____
