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
 Heavy periods Painful periods Painful sex Infertility Fatigue Diarrhea, constipation, nausea, or bloating Others? 	 Heavy or long periods Pelvic or back pain Constipation Frequent urination or difficulty emptying your bladder Others?
What symptoms bother you the most?	

LET YOUR DOCTOR KNOW YOUR TREATMENT GOALS

Decrease pain

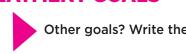
Decrease amount of bleeding with your period

Reduce fatigue

Improve fertility

Keep your uterus

Avoid surgery



Other goals? Write them here:

MAKE SURE YOU GET A CHANCE TO ASK ALL YOUR QUESTIONS



Other questions? Write them here: