

Kardinia Health Supports Endometriosis Awareness Month with Specialised Care and Community Initiatives

Geelong, VIC – March 2025 – During Endometriosis Awareness Month, Kardinia Health is raising awareness and offering specialised support for those affected by this often misunderstood condition.



Geelong, Victoria Mar 24, 2025 ([Issuewire.com](https://www.issuewire.com)) - Affecting 1 in 7 women and those presumed female at birth, endometriosis is a common yet often underdiagnosed condition. It occurs when tissue similar to the uterine lining grows outside the uterus, leading to a range of symptoms, including chronic pelvic pain, painful periods, fertility challenges, fatigue, nausea, and bloating. For some, endometriosis presents no symptoms at all, making diagnosis difficult. In the past, doctors could only diagnose endometriosis definitively through a surgical procedure called a laparoscopy and biopsy. However, with advances in technology and clinical assessments, this is no longer always necessary. It is also important to recognise that no one should wait for a formal diagnosis to receive care. Many people successfully manage their symptoms with medical and allied health therapies, avoiding the need for invasive surgeries.

Kardinia Health's Pelvic Pain Clinic offers comprehensive care for individuals experiencing the complex and often debilitating symptoms of endometriosis. Their multidisciplinary approach includes a range of tailored management options, including contraceptive advice, pelvic health physiotherapy, psychology services, and nutrition support. The team also collaborates with experienced off-site clinicians and

gynaecologists when needed, ensuring comprehensive, ongoing care.

"At Kardinia Health, we are committed to improving the quality of life for those living with endometriosis through individualised assessments and tailored care plans," says Dr Caitlyn Pring. "Our multidisciplinary approach combines medical treatments with allied health support, empowering individuals to take control of their health."

Throughout March, Kardinia Health encourages the community to participate in Endometriosis Awareness Month initiatives, including:

Endo Enlightened: Throughout March, iconic landmarks across Australia were illuminated in yellow to raise awareness for endometriosis. On March 23rd, Melbourne's Transurban Bridge shone bright in support of the cause. Those nearby were encouraged to capture the moment and share it on social media using #IAmEndoEnlightened to show their support.

March into Yellow: Invite your workplace or community to host a March into Yellow day!

Webinar: Nutrition for Endometriosis & Pelvic Pain: On Wednesday, March 6th, Kardinia Health hosted an online session led by dietitians Nadia Maxwell and Laura May. The webinar explored the impact of nutrition on symptom management and digestive health, offering practical dietary strategies for those living with endometriosis.

Kardinia Health remains dedicated to providing expert, compassionate care for individuals affected by endometriosis. Through their specialised Pelvic Pain Clinic, they offer comprehensive support to help patients confidently navigate their health journey.

For more information or to schedule an appointment, visit [Kardinia Health Pelvic Pain Clinic](#).



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