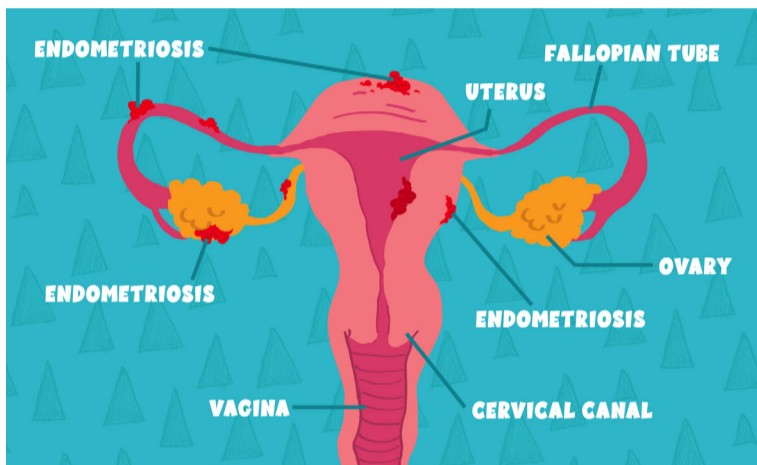


Endometriosis - Email Series



Below you'll find pre-drafted content and images that can be used in an email campaign to help educate employees about Endometriosis. Please feel free to share this with your employees; you may also wish to include information on any telehealth services (if available) and other health plan features.

email 1



What is Endometriosis?

When Endometriosis is present, endometrial tissue that is normally found inside the uterus also grows in other areas of the body including the ovaries, pelvis and fallopian tubes. This condition is present in 5-10% of the female population, with a more significant percentage of Asian women impacted by Endometriosis than other racial/ethnic groups. Endometriosis can cause severe pain and discomfort and is associated with risks including infertility and higher rates of ovarian cancer.

What are the causes?

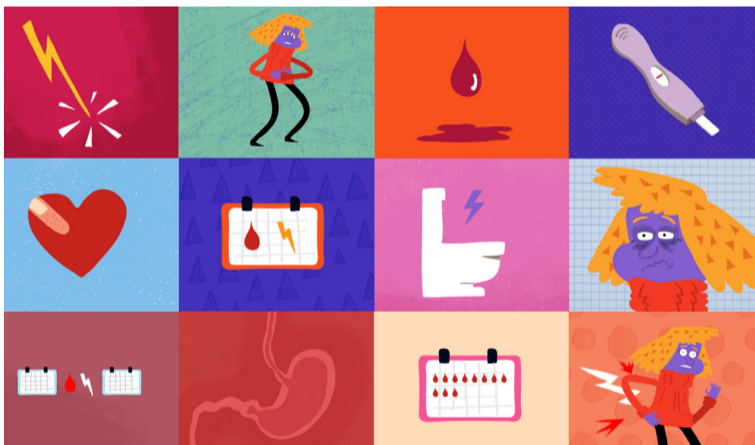
Some possible causes of Endometriosis include: genetic factors; "retrograde menstruation" which occurs when blood containing endometrial cells flows back into the pelvic cavity through the fallopian tubes during menstruation; immune system dysfunction; and hormonal factors.

Over the next few days you'll receive more information to help you learn about Endometriosis.

This campaign is brought to you by the Generali Employee Benefits Network geb.com

The information is not designed to provide medical advice. Individuals should consult their own health professional for guidance on all health matters.

email 2



What are the symptoms of Endometriosis?

Symptoms may include, but are not limited to:

- Painful periods, with pelvic pain and cramping;
- Excessive bleeding during menstrual periods;
- Pain during or after sexual intercourse;
- Painful urination and bowel movements;
- Problems with fertility;
- Additional symptoms may include fatigue, bloating, diarrhoea, nausea.

How is Endometriosis diagnosed?

A range of diagnostic tests/exams can help medical providers identify physical signs of Endometriosis. Tests may include a pelvic exam, ultrasound, MRI and laparoscopy.

What are the treatment options?

Available treatment options vary greatly, from medication-based pain management to major surgery. Treatment may include:

- Medication to address chronic pain;
- Hormonal therapy including contraceptives (birth control pills, patches, vaginal rings) to regulate the production of hormones that drive the growth and development of excess endometrial tissue;
- Surgery to remove excess endometrial tissue, though it is possible for the tissue to regrow, causing ongoing pain and discomfort. A complete hysterectomy, including removal of the ovaries, is the most aggressive surgical option for Endometriosis but is the least preferred due to its impact on fertility, the potential to induce early menopause in younger patients, and other complications related to surgery and anesthesia.

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