



Submission cover sheet

Inquiry into endometriosis and other pelvic pain conditions

Submission number: 017

Submitter: Name withheld

Date authorised for publication: 28 April 2026

From: [REDACTED]
To: [LA Committee - SP](#)
Subject: Re: Endometriosis inquiry
Date: Thursday, 9 April 2026 10:35:31 PM

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On Thu, 9 Apr 2026 at 10:02 pm, [REDACTED] wrote:
To whom it may concern,

My name is [REDACTED] and I suffer from endometriosis. I was diagnosed 2 and a half years ago at 28 after my first gynaecologist apparently 'missed it' when I was 19. I have a huge amount of other health issues that are thought to be caused by my endometriosis including:

- a benign tumour on my liver
- abdominal migraines
- joint pain
- constant tenderness and pain in my stomach area
- constant headaches that occasionally progress into a migraine
- lightheadedness
- fatigue
- sleep issues
- severe pain flair ups at certain times. One particular time being when I'm menstruating

This condition affects my life in a very big way. It is consistent and has been ever since I was 15, however it intensified when I was 18. It impacted my ability to study for my university degree, and impacts me a great deal in my job as a teacher due to fact that I have duty of care of students and when I'm having a pain flare up, I can't leave the classroom to help manage it. This causes me to take sick days however I am very reluctant to do this as i know that's it's a long running issue and don't want to use all my sick days in case something bigger comes up.

I have had very mixed experiences with health professionals in relation to this. My GP has been amazing in trying to manage all of my health issues and very much looks at me as a holistic person. She tries not to overwhelm me with too many tests and priorities issues. She at one point sent me to the ED. I tried to go to her first as other times when I have gone to the ED, I hadn't had much success in managing my issue. This time was no different. Understanding that the emergency department is a busy place, I hate going there and have only gone there as a last resort when I feel like I'm going to pass out from the pain and can't take it anymore. In my experience in the ED, they assess you at intake and as if you've done things to manage the pain at home (which obviously I have) and say the wait will be long. They give some pain relief (no different to the ones I have at home) and ask you to wait. I have waited for up to 6 hours at some of theses visits, only to do an ultrasound or bloods or both and send me home saying to follow up with my doctor. On this occasion in question, the doctor was incredibly condescending and as soon as he got me from the waiting room, when I sat down on the bed and he started asking me questions, one of his first questions was 'are you sure it's not just a bit of menstrual pain?' To which I responded that it absolutely was not and if it was 'a bit of menstrual pain' I wouldn't be here. He proceed to do the same as above. When some more of my tests came through and got back to my gp, she got me straight back in because it turned out that I actually had an infection.

I am also waiting for surgery to scrape my endometriosis. I do have private health insurance but then found out that my doctor isn't on the medigap program so I would be thousands of dollars out of pocket even with my private health so I am currently waiting on the public list and have to wait up to a year. Again I know the public system is very busy but it is a long time to wait especially when you've waiting a long time to get diagnosed.

I manage this conditions and the many side effects as best I can through heat packs, tens machines and pain meds that I only take rarely due to the fact that I don't want to get addicted as they have addictive properties and I need them in the long run.

I very much look forward to education and progress in this area.

Thankyou in advance,

[REDACTED]

[REDACTED]