

March 2026 aims to raise awareness for both Endometriosis and Ovarian Cancer

Endometriosis Awareness

Endometriosis, a condition affecting millions of women globally, often remains veiled in mystery and misconceptions. Endometriosis Awareness Month seeks to dispel the shadows. Endometriosis Awareness Month is a dedicated observance aimed at raising global awareness about endometriosis—a condition where tissue similar to the lining of the uterus grows outside the uterus. It's a time for educating about the symptoms, challenges, and available treatments for those affected by this condition.

If you or one of your staff are struggling with symptoms, then it may be beneficial to make a referral to Occupational Health, to get advice on any supports/adjustments that may help someone remain in the workplace if symptoms are impacting their ability to attend work. Referrals can be made by management only - [Occupational Health Forms](#)

Further information on symptoms and supports can be found here - [Endometriosis UK](#)(opens new window)

Ovarian Cancer Awareness

Currently only 3 in 10 women diagnosed with ovarian cancer live beyond 10 years, with around 7,500 women receiving an ovarian cancer diagnosis in the UK each year. Ovarian Cancer Awareness Month aims to empower women, raise awareness of symptoms and change the future for women diagnosed with ovarian cancer.

Understanding the symptoms of ovarian cancer is pivotal for early detection. Common symptoms include:

- Persistent bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Changes in urinary habits
- Fatigue
- Unexplained weight loss or gain

This ovarian cancer symptoms tracker can be used to track symptoms and help conversations with your GP - [OCA Symptoms Diary \(PDF, 568 KB\)](#)(opens new window)

Further information on symptoms and what to do can be found here - [OCA Symptoms Leaflet \(PDF, 982 KB\)](#)(opens new window)