

Dear [Your MP's Name]:

One million people in Canada live with a complex and debilitating chronic disease called endometriosis. Endometriosis is an important issue to me because _____.

Endometriosis affects 1 in 10 women of reproductive age and an unknown number of gender diverse people. Symptoms often start in early teenage years and include severe and chronic pain, infertility, and fatigue. When these symptoms are not managed, they cause frequent absence from school or work, disrupt milestones like going to college or starting a family, and negatively affect mental health.

Despite the burden of endometriosis, it takes approximately 5 to 11 years to be diagnosed. This diagnostic delay happens because awareness of the disease is low - many health care professionals and members of the public think that the severe pain experienced by people with endometriosis is normal.

Once diagnosed, individuals in Canada can wait 9 months to 2 years for specialised surgical and chronic pain care. Because specialised surgical care in Canada has such a long wait and is only accessible in certain regions, some people have even crowdfunded to obtain financial support to get care internationally. Regardless of where they receive care, people with endometriosis may require lifelong follow up since there is no cure for endometriosis.

In addition to the burden of endometriosis on individuals, research shows that the annual cost of the disease in Canada is \$1.8 billion. A significant proportion of this is due to lost productivity, highlighting that people with endometriosis do not have the support they need to fully contribute to Canada's economy.

Although the federal government is not responsible for health care delivery, it has the opportunity to address the substantial burden and cost of endometriosis through funding support and health promotion. For example, the Australian government launched a [National Action Plan for Endometriosis](#) in 2018 and has committed \$22.50 million to awareness and education, clinical management and care, and research. A similar Pan-Canadian model must be supported to address the neglect of people with endometriosis in this country.

[Use this sentence if you want to request a meeting] I would appreciate the opportunity to meet with you to discuss the impact of endometriosis in our community and to share my personal experience.

[Use this sentence if you want your MP to meet with EndoAct] I would ask that you meet with the organisation EndoAct Canada (info@endoact.ca) to discuss the need for a national action plan on endometriosis.

The one million people in Canada living with endometriosis need your leadership. Can we count on you to champion the development of an action plan that ensures people with endometriosis receive the right care, in the right place, at the right time?

Sincerely,

Your name

Your city, province

Your postal code

[Optional] Your email

[Optional] Your phone number