



Endometriosis:

Pelvic pain related to periods and pain during intercourse

Cyclical bowel or urinary symptoms

Infertility

Irritable bowel syndrome (IBS):

Abdominal pain

Diarrhea or constipation

Bloating

Hyper permeability syndrome (leaky gut):

Abdominal pain

Bloating

Diarrhea

Pelvic congestion syndrome:

Pelvic pain

Painful periods

Pain during intercourse

Fibromyalgia:

Widespread pain

Fatigue

Cognitive problems

Common Symptoms

- Pain: Many of these conditions are characterized by chronic pain, which can range from mild to severe and may be localized or widespread.
- Fatigue: Chronic fatigue is a common symptom of these conditions, and it can range from mild tiredness to severe exhaustion.
- Sleep problems: Many individuals with these conditions may experience difficulty falling asleep or staying asleep, which can contribute to fatigue and other symptoms.
- Mood disorders: Depression and anxiety are common in individuals with these conditions, and they may be related to the physical symptoms of the condition or the emotional toll of living with a chronic illness.
- Cognitive problems: Some individuals with these conditions may experience difficulties with memory, concentration, or decision-making, which can be referred to as "brain fog."

Anxiety:

Excessive worry

Difficulty concentrating

Restlessness

Rheumatoid arthritis:

Joint pain and stiffness

Swelling in the joints

Fatigue

Chronic fatigue syndrome:

Severe fatigue

Difficulty concentrating

Pain

Migraine:

Severe headache

Sensitivity to light, sound, and smell

Nausea

Depression:

Persistent low mood

Loss of interest in activities

Difficulty concentrating

Changes in sleep or appetite