# London Animator Shares Struggle with Endometriosis Diagnosis and Recovery



Sarah Mahon, a 29-year-old animator from London, endured severe health issues for two years before being diagnosed with endometriosis in February 2022. Initially presenting with heavy periods as a teenager, her symptoms intensified in 2022, causing crippling cramps, severe bloating, and fatigue. Despite consulting seven different doctors, most of whom attributed her symptoms to digestive-related issues such as IBS or IBD, Mahon felt dismissed and unsupported.

Persistent and debilitating pain led Mahon to seek a private consultation earlier this year. Scans confirmed endometriosis, and in April, she underwent a £7,500 operation to remove excess tissue in her pelvic wall and between the uterus and rectum. Post-surgery, Mahon reported significant improvement in her condition, gaining more energy and no longer experiencing severe pain.

Endometriosis is a long-term condition where tissue similar to the lining of the womb grows outside the uterus, affecting around 1.5 million women in the UK and 6.5 million in the US. Symptoms include pelvic pain, painful periods, and difficulties during sex, among others. There is no cure, but treatments such as painkillers, hormone therapies, and surgery aim to manage symptoms.

Recent studies indicate an increase in the time needed for diagnosis, now averaging nearly nine years, often involving multiple A&E visits and numerous GP appointments.