# Naga Munchetty reveals decades-long struggle with adenomyosis and calls for urgent women's health reforms



Naga Munchetty, the BBC Breakfast presenter, has recently opened up about her long struggle with adenomyosis, a chronic condition that remains under-discussed in women's health discourse. Speaking at the Hay Festival, Munchetty recounted her harrowing journey from experiencing debilitating symptoms since the onset of menstruation at the age of 15 to finally receiving a diagnosis more than three decades later. Her frustration stems from a healthcare system that repeatedly dismissed her pain as a normal aspect of womanhood.

In her candid talk with Kirsty Lang, Munchetty detailed the "excruciating" experiences that often left her fainting and vomiting. She shared that when she sought medical advice over the years, she was consistently told that heavy periods and severe pain were common and would improve with age or childbirth. It was only after she went to the doctor regarding an ovarian cyst that she was finally diagnosed with adenomyosis, which is characterised by the abnormal growth of uterine lining tissue into the muscular wall of the uterus.

The symptoms associated with adenomyosis are extensive, and include heavy periods, severe pelvic pain, and discomfort during sex. Munchetty’s case highlights a broader issue within women’s healthcare: the lack of awareness and research surrounding conditions like adenomyosis. Many women with the condition report spending years in pain before receiving a proper diagnosis, often wondering whether their symptoms are indeed “normal.” According to medical experts, approximately one in ten women experience adenomyosis, which can lead to significant disruption in their daily lives and mental health.

Following her diagnosis, Munchetty turned her attention towards advocacy, underscoring the necessity for better research into women's health issues. She expressed her disappointment at the traditional medical response to her condition, detailing how a visit to the NHS website led her to an overwhelming focus on hysterectomy as the main treatment option. This narrative resonates deeply with many women who feel that their health concerns are frequently trivialised by healthcare professionals.

According to Dame Lesley Regan, the government’s women's health ambassador, there is an urgent need for reforms to honour women's health. She highlighted that the current NHS system often fails to adequately address women's symptoms, suggesting that women should have the ability to self-refer to specialists without enduring extensive waiting periods or inadequate explanations. This sentiment echoes Munchetty's frustration and the shared experiences of countless women who have felt neglected in their pursuit of proper care.

Munchetty's journey is not just a personal account but a call to action for systemic change within healthcare systems, particularly in the UK. As she continues to share her story, it becomes increasingly clear that the conversation around women's health should no longer be sidelined. By advocating for greater awareness and funding for research, Munchetty hopes to ensure that future generations of women receive timely diagnoses and appropriate treatments for their health concerns.

The Hay Festival, where Munchetty spoke, serves as a platform for such critical discussions, gathering voices from diverse fields to explore the pressing issues faced by today's society. As women like Munchetty boldly share their experiences, they illuminate the need for informed healthcare systems capable of addressing and validating the complexities of women's health.

## Reference Map:

* Paragraph 1 – [[1]](https://www.independent.co.uk/news/uk/home-news/naga-munchetty-period-health-adenomyosis-hay-festival-b2757559.html), [[2]](https://www.theguardian.com/society/2023/may/22/naga-munchetty-pain-womb-condition-adenomyosis)
* Paragraph 2 – [[1]](https://www.independent.co.uk/news/uk/home-news/naga-munchetty-period-health-adenomyosis-hay-festival-b2757559.html), [[3]](https://www.bbc.com/news/health-65574106), [[5]](https://www.theguardian.com/society/2023/oct/18/naga-munchetty-i-was-failed-and-gaslit-by-nhs-despite-debilitating-periods-and-symptoms)
* Paragraph 3 – [[4]](https://www.bbc.co.uk/programmes/p0fppbqc), [[6]](https://www.bbc.com/news/health-65809418)
* Paragraph 4 – [[7]](https://www.telegraph.co.uk/news/2023/05/22/naga-munchetty-bbc-breakfast-pain-adenomyosis-womb/)
* Paragraph 5 – [[1]](https://www.independent.co.uk/news/uk/home-news/naga-munchetty-period-health-adenomyosis-hay-festival-b2757559.html), [[5]](https://www.theguardian.com/society/2023/oct/18/naga-munchetty-i-was-failed-and-gaslit-by-nhs-despite-debilitating-periods-and-symptoms)
* Paragraph 6 – [[2]](https://www.theguardian.com/society/2023/may/22/naga-munchetty-pain-womb-condition-adenomyosis), [[6]](https://www.bbc.com/news/health-65809418)

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## Bibliography

1. <https://www.independent.co.uk/news/uk/home-news/naga-munchetty-period-health-adenomyosis-hay-festival-b2757559.html> - Please view link - unable to able to access data
2. <https://www.theguardian.com/society/2023/may/22/naga-munchetty-pain-womb-condition-adenomyosis> - Naga Munchetty, the BBC presenter, has revealed her struggle with adenomyosis, a condition where the womb lining grows into the muscular wall of the womb. She describes experiencing constant, nagging pain in her uterus and pelvis, sometimes extending down her thighs. Despite seeking medical help, she was often told her symptoms were 'normal'. Adenomyosis can cause severe symptoms, including heavy and painful periods, bloating, and pain during sex or bowel movements. Treatment options range from hormonal contraceptives and painkillers to, in severe cases, a hysterectomy. However, the condition is often under-researched, leading to challenges in diagnosis and treatment. ([theguardian.com](https://www.theguardian.com/society/2023/may/22/naga-munchetty-pain-womb-condition-adenomyosis?utm_source=openai))
3. <https://www.bbc.com/news/health-65574106> - BBC presenter Naga Munchetty has disclosed her battle with adenomyosis, a debilitating womb condition. She shares her experience of living with constant pain, which can become so severe that she has to scream. Munchetty explains that the pain is so intense she couldn't move, turn over, or sit up, leading to non-stop screaming for 45 minutes. Adenomyosis affects about one in ten women and often goes undiagnosed for years. Symptoms include extremely heavy and painful periods, bloating, and pain during sex or bowel movements. Treatment options include hormonal contraceptives, painkillers, and, in some cases, a hysterectomy. ([bbc.com](https://www.bbc.com/news/health-65574106?utm_source=openai))
4. <https://www.bbc.co.uk/programmes/p0fppbqc> - In this BBC Radio 5 Live segment, Naga Munchetty discusses her experience with adenomyosis, a condition where the womb lining grows within the muscular wall of the womb. She shares her personal journey of living with constant pain and the challenges of seeking a diagnosis. The episode highlights the impact of adenomyosis on women's health and the importance of awareness and research into this condition. ([bbc.co.uk](https://www.bbc.co.uk/programmes/p0fppbqc?utm_source=openai))
5. <https://www.theguardian.com/society/2023/oct/18/naga-munchetty-i-was-failed-and-gaslit-by-nhs-despite-debilitating-periods-and-symptoms> - Naga Munchetty has revealed that she spent decades being failed and gaslit by doctors despite suffering from debilitating periods and symptoms. She was consistently told by medical professionals that her symptoms were 'normal' and to 'suck it up'. It wasn't until she sought help from a private GP that she was diagnosed with adenomyosis, a condition where the lining of the womb grows into the muscle in its walls. This highlights the challenges women face in getting proper diagnosis and treatment for gynecological issues. ([theguardian.com](https://www.theguardian.com/society/2023/oct/18/naga-munchetty-i-was-failed-and-gaslit-by-nhs-despite-debilitating-periods-and-symptoms?utm_source=openai))
6. <https://www.bbc.com/news/health-65809418> - Dame Lesley Regan, the government's women's health ambassador, has stated that the NHS in England is 'failing women'. She emphasized the need for women to be able to self-refer to specialists and highlighted the lack of dedicated information on conditions like adenomyosis on the NHS website. Adenomyosis, where the womb lining grows within the muscular wall of the womb, can cause heavy and painful periods, bloating, and pain during sex. Treatment options include hormonal contraceptives and, in some cases, a hysterectomy. ([bbc.com](https://www.bbc.com/news/health-65809418?utm_source=openai))
7. <https://www.telegraph.co.uk/news/2023/05/22/naga-munchetty-bbc-breakfast-pain-adenomyosis-womb/> - Naga Munchetty has revealed that she lives with a womb condition called adenomyosis, which has left her in near constant pain. She describes the pain as constant and nagging, leaving her feeling weak, sad, and angry. Munchetty shares her experience of being told by doctors that her symptoms were 'normal' and to 'suck it up'. Adenomyosis is a condition where cells that form the inner lining of the womb grow in the muscular wall of the womb. ([telegraph.co.uk](https://www.telegraph.co.uk/news/2023/05/22/naga-munchetty-bbc-breakfast-pain-adenomyosis-womb/?utm_source=openai))