



Moona

**PERIODS
SHOULD NOT
STOP YOU
FROM LIVING**

 **Korento ry**

KORENTO RY

The gynaecological patient association Korento ry is a Finnish patients' organisation that acts as an advocacy group for all people living with endometriosis, adenomyosis, PCOS, and vulvodynia.

We make it possible for everyone living with these conditions to give and receive peer support. Our organisation offers a wide range of volunteering opportunities in a variety of roles. We also focus on organising annual awareness weeks and sharing information about gynaecological conditions through different channels. We promote responsibility and openness around topics such as menstrual health and gynaecological issues.

The values that guide our work are:

- We are a reliable and responsible organisation.
- Our expertise is built on accurate and up-to-date information.
- Our work is diverse, inclusive, and people-centred.
- We are open and approachable.
- We work with ambition, perseverance, and courage.

In this brochure, you will find information about the gynaecological conditions we represent and the peer support we offer. The brochure also contains information about the Moona Symptom Diary app which you can use to monitor your menstrual cycle and symptoms.



 Korento ry

MOONA

SYMPTOM DIARY

Moona Symptom Diary is a free mobile app that allows you to track your menstrual cycle and symptoms.

Moona is a helpful tool for anyone who wants to get to know their menstrual cycle and how it affects their body. It is a particularly good partner for anyone living with or suspecting a gynaecological disease or syndrome. Moona can also be used by people who are not menstruating.

Why keep a symptom diary?

- Monitoring your menstrual cycle can help you articulate and describe your symptoms better.
- You can gain a better understanding of how your menstrual cycle affects your body and mind.
- It is easier to notice any changes in your cycle or symptoms.
- If you suspect you may have a gynaecological condition or syndrome, monitoring your symptoms can help confirm your suspicions.
- If you have been diagnosed with a gynaecological condition or syndrome, monitoring your symptoms will give you a fuller picture of your symptoms.
- You can also provide detailed notes of your symptoms to your health care provider when seeking a diagnosis or when planning your treatment.

Korento ry encourages everyone to become an expert on their own body and menstrual cycle!

Download the free app from application stores:



ENDOMETRIOSIS

In endometriosis, tissue similar to the lining of the uterus grows outside the uterus, in areas such as the peritoneum, ovaries, or the surface of the bowel. Endometriosis is a recurrent chronic disease for which there is still no definitive cure. Endometriosis can cause pain, reduce one's quality of life, and impair fertility.

Diagnosis is based on the patient's symptoms, tests, or laparoscopy or endoscopy. You should talk openly about all your symptoms and feelings to your health care provider.

TYPICAL SYMPTOMS OF ENDOMETRIOSIS

INCLUDE:

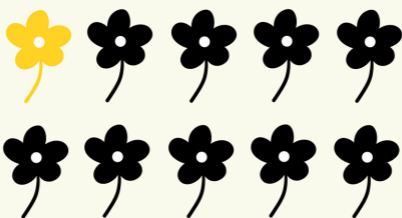
- severe menstrual pain
- pain that starts well before menstruation
- breakthrough bleeding
- chronic pain in the lower abdomen, genitals, and pelvis
- pain during or after penetrative sex
- pain when defecating or urinating
- bloating and distension
- fatigue

Endometriosis tissue reacts to the menstrual cycle in a similar way as the lining of the uterus. Symptoms can occur during menstruation, between periods, and during ovulation. People who do not have menstrual bleeding can also experience symptoms.

Endometriosis has symptom-specific treatment options. Different symptoms are treated with anti-inflammatory pain medicine, hormonal drugs, or surgery. **Most patients will find some form of effective treatment to relieve their symptoms.**

Adenomyosis is a condition where endometrial tissue grows into the muscle wall of the uterus. Typical symptoms of adenomyosis include menstrual pain and disturbances in the menstrual flow, such as long periods and heavy bleeding.

Symptoms can affect one's ability to cope with everyday life. You don't have to keep quiet about your period, symptoms, or feelings. **Remember that you are not alone!**



#EVERYTENTH

UP TO 200,000 FINNS SUFFER FROM
ENDOMETRIOSIS

THERE IS UP TO
6 TO 9 YEARS' DELAY
IN DIAGNOSIS



THE ANNUAL SOCIAL
COST: €1.5 BILLION



"Since eighth grade, I've been seeing a gynaecologist regularly for painful periods. It wasn't until I moved to a new city as a university student that I was diagnosed. I've been told many times that it can't be anything serious because I'm so young."

**ANNA, 19,
ENDOMETRIOSIS**

PCOS

Polycystic ovary syndrome (PCOS) is the most common hormonal disorder in women of childbearing age. Symptoms often start during puberty when the hormonal system is activated. Diagnosis is difficult in adolescents, as symptoms can be confused with the typical changes related to puberty.

A diagnosis can be made if two of the following criteria are met:

- polycystic ovaries
- a prolonged or absent menstrual cycle
- hyperandrogenism (the excessive presence of the male sex hormone testosterone)

Polycystic ovaries without hormonal disturbances are a common finding. This is called PCO and not PCOS.

TYPICAL SYMPTOMS OF PCOS INCLUDE:

- long or irregular menstrual cycles
- a prolonged or absent menstrual flow
- weight gain (especially around the midsection) and difficulty losing weight
- insulin resistance
- reduced fertility
- excess hair growth and acne

Treatments for PCOS include combined contraceptives to even out cycles and reduce hair growth, the treatment of irregular flow with progesterone therapy or a hormonal IUD, and medication to battle insulin resistance.

People with PCOS have a higher risk of developing anxiety disorders, depression, and eating disorders. It is important to talk about these symptoms to your health care provider.

PCOS-related infertility is treated with hormone therapy. Although PCOS can make it more difficult to get pregnant, having at least one child is as likely for people with PCOS as it is for people without the condition.

Losing 5 to 10% of your body weight can reduce the symptoms of PCOS. In addition to diet, exercise is a good treatment. **Remember that you are not alone!**

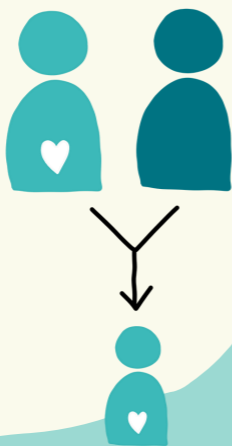
"The diagnosis by a professional brought relief and also new stress about my future. Treatment for the infertility caused by the disease could start immediately, and the body's functions were restored thanks to the correct diagnosis."

VEERA, 23, PCOS

UP TO 10 TO 18% OF PEOPLE WITH
A VULVA LIVE WITH SOME DEGREE
OF PCOS



PCOS HAS A 50 TO 70%
CHANCE OF BEING
INHERITED



VULVODYNIA

Vulvodynia is a syndrome characterised by chronic pain in the vulva that lasts for at least 3 months. The pain can be either vague and generalised or localised, often triggered by touch. The pain can also be intermittent, itchy, and burning.

Pain that is triggered by touch and can be localised to a specific area is more common among young people. This kind of local vulvodynia is known as 'vulvar vestibulitis' or 'vestibulodynia', and the pain associated with it is often described as sudden, burning, and sharp.

Vulvodynia is diagnosed by excluding other possible causes of symptoms, such as infections, skin diseases, tumours, and sexually transmitted infections. Vestibulodynia is diagnosed with a cotton swab test where a cotton swab is used to gently check for specific areas of pain around the vaginal opening.

TYPICAL SYMPTOMS OF VESTIBULODYNIA

INCLUDE:

- pain during or after penetrative sex
- pain in the vulvar area that is triggered by touch
- itching in the vulvar area
- recurrent infections
- dry and sensitive vaginal mucosa
- vaginismus aka vaginal muscle spasms

There are different ways of treating symptoms, and you can also try different things to relieve your symptoms:

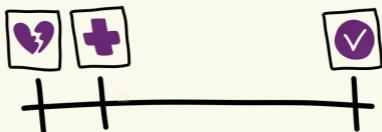
- pausing possible combined contraception
- getting to know your anatomy and sexuality
- pelvic floor muscle relaxation exercises
- lubricants, local anaesthetic gels, oils, and mild skincare creams
- washing your underwear with an unscented detergent and without fabric softener
- using breathable underwear
- avoiding shaving your pubic hair
- a diet and exercise plan that suits you

Pain can put a huge strain on relationships and sexuality. If you have any questions or negative feelings about these issues, don't hesitate to discuss them with a health care professional such as a gynaecologist. **Remember that you are not alone!**

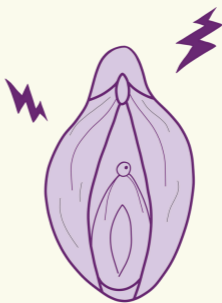
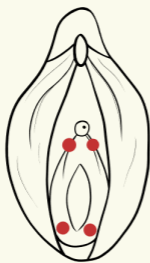
UP TO 200,000
FINNS LIVE WITH
VULVODYNIA



GETTING THE RIGHT DIAGNOSIS AND HELP
CAN TAKE SEVERAL YEARS



8 TO 16% OF PEOPLE WITH A VULVA HAVE
EXPERIENCED VARIOUS TYPES OF PAIN
IN THE VULVAR AREA



"After my diagnosis, I was given an appointment with a sex counsellor and was able to start pelvic floor physiotherapy. I also found Korento, whose peer support has been very important to me."

AINO, 20, VULVODYNIA

EXPERIENCES

"Peer support helps you keep going. There is nothing more valuable than sharing similar experiences with others. The best thing is that you can discuss anything related to your illness."

**MANTELI, 24,
PCOS & ENDOMETRIOSIS**

"I often wonder whether my life would be different if the first doctor I told about my pain and other ailments 6 years ago had taken me seriously."

RIINA, 24, ENDOMETRIOSIS

"I told the girl I was seeing at the time about vulvodynia and vaginismus and explained that penetrative sex would be impossible at that moment because the treatments were just starting. I cried when I told her, because I was afraid of being rejected, but I was met with understanding and acceptance."

WIND, 22, VULVODYNIA & PCOS

"The best moment was when I was diagnosed: I could understand my symptoms better. Finding the right pain management has also been important."

HANNA, 24, VULVODYNIA

INFORMATION & SUPPORT

The symptoms you experience can have a very comprehensive effect on your life and its different aspects. It's natural for your experience of yourself and your self-image to change with your symptoms. It's OK if you feel bad now. But remember that you don't have to carry the burden of illness alone.

MOONA

The Moona.info website provides important information on typical and atypical menstrual and gynaecological symptoms. On the site, you will find personal stories, peer support, information about how the body works, and the Moona Symptom Diary app.

WWW.MOONA.INFO

KORENTO RY

Korento is a Finnish patient organisation representing people living with endometriosis, adenomyosis, PCOS, and vulvodynia.

The organisation also provides information and peer support.

WWW.KORENTO.FI

PEER-TO-PEER ENCOUNTERS

Through Korento, you can find peer support from others living with endometriosis, adenomyosis, PCOS, or vulvodynia. People who have been through similar experiences or phases in life can meet each other, share experiences, and support each other. It's often a relief to discover that you're not the only one with these particular symptoms. Peer support is provided both face-to-face and online. Examples of peer support:

- peer support groups
- online peer support groups
- Facebook groups
- peer support chats
- support person

NUORET KORENNOT

Peer support, information, and honest talk from young people to young people are provided by the Korento Youth Group. You can follow the activities of the youth group on Instagram [@nuoret_korennot](https://www.instagram.com/nuoret_korennot).



WWW.MOONA.INFO

WWW.KORENTO.FI

#ENDOMETRIOOSI

#ADENOMYOOSI

#PCOS

#VULVODYNIA

#KIPEÄNÄKINKELPAAT

#MENKATEISAAESTÄÄELÄMÄSTÄ

#KORENTORY

#NUORETKORENNOT

@KORENTORY

@NUORETKORENNOT

