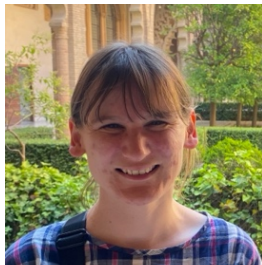


Non-invasive analysis of uterine structure and contractions in healthy function and endometriosis

Information sheet for potential participants and their whānau

Lead Researchers:



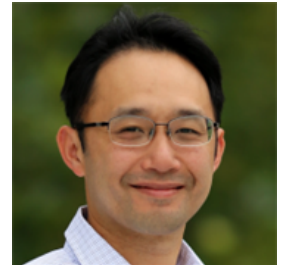
Claire Miller



Alys Clark



Amy Garrett



Leo Cheng

1 What are uterine contractions?

Cramps during your period come from the muscle in your uterus contracting. It does this all the time for different reasons but during your period is the main time people notice them. Some amount of period cramping is normal, but conditions such as endometriosis cause a lot of pain, which can seriously affect people's lives.

2 Why are we doing this study?

We are aiming to learn more about when and how the uterus contracts. If we can learn more about the 'normal' uterus we might be able to determine what is different for those with Endometriosis and help to decrease the time it takes to get a diagnosis.

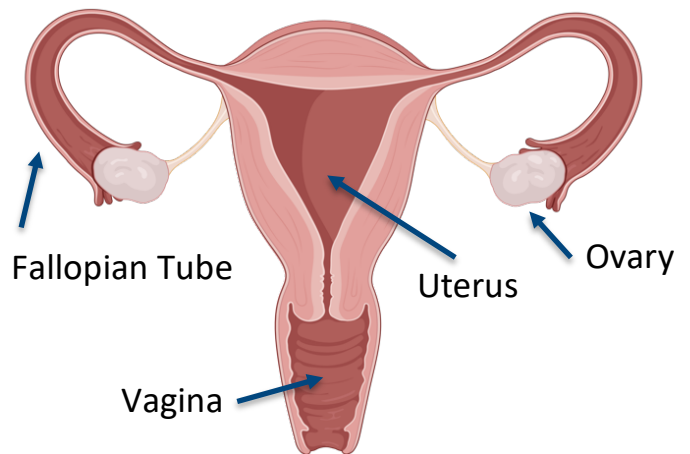


Image created using Biorender.com

3 What will happen if I choose to participate in the study?

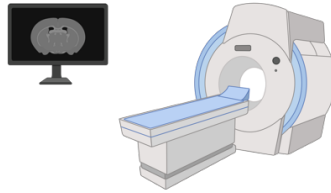
The study will use a combination of MRI and external electrode data collection to both help understand contractions and to explore ways to measure them in a way that minimises risk and discomfort to patients. We encourage you to bring whānau or any other support people to your session.

Your participation in this study will involve the following:

1. Filling out a questionnaire

2. MRI scan

3. External electrode recording

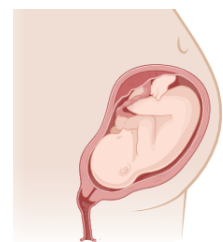
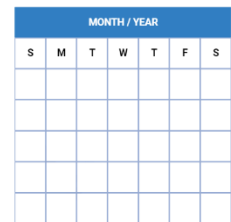


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4 Suggested discussion points for whānau

This study raises a lot of questions around menstrual health, which is important for all whānau. Some questions that you may want to consider and discuss with your whānau before you sign up to this study could include:

- How much pain do I experience during my menstrual cycle and my period? Is this similar to other members of my whānau?
Many people experience some level of pain (cramps) during their period. It is often very difficult for people to know whether this pain is 'normal' or not. People often accept high levels of pain as a normal part of the menstrual cycle and don't seek help.
- Have I ever tracked my period? Why and how would I do this?
Tracking your period can be very useful for tracking body and behaviour changes, predicting your period, or getting pregnant. There are several mobile applications available to track this, or you can just use a calendar, notebook, or spreadsheet.
- Have I had any issues getting pregnant? Have any others in my whānau had issues getting pregnant?
Issues with fertility can affect many aspects of a person's hauora/health. Endometriosis is just one of many causes of fertility issues.
- Is there anything related to my cycle that might cause me concern or issues? This can be physical, mental, or emotional.
Our changing hormones over the month can have several effects on our well-being, both physical and emotional. Changes in our menstrual cycle can also be an indicator of several health issues.



Images created using Biorender.com

5 Where can I get more information?

If you or your whānau have any questions we encourage you to get in touch with one of the lead researchers on the project. You can contact us on email or by phone using the details below.

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