

Sometimes  
when  
you hurt,  
it's not just  
hormones.

## Get the straight story on uterine health.

### Don't dismiss your discomfort.

As women, we're all different. And, regarding our intimate health issues, we experience symptoms and conditions in different ways.

That's why we'd like you to consider these questions:

**Do you suffer uterine pains and cramps?**

**Have you had discomfort during sex?**

**Are you often subject to a heavy menstrual flow?**

We're often inclined to put these things down to "female troubles" or "just hormones". Please don't dismiss them as such, especially when they might be something more serious that hasn't been diagnosed yet.

### Conditions you need to take care of.

All these feelings could be signs of a developing uterine health condition such as Polycystic Ovarian Syndrome (PCOS) or Endometriosis. It's estimated up to 60% of women are undiagnosed, since they don't speak up or don't know that those "normal" complaints are more significant.

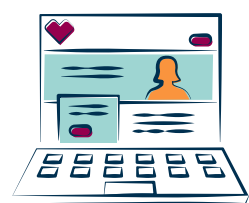


That's why we've launched an online initiative called **Little Red Lies** (based on the excuses we make for the pains we feel) that gives you the facts and resources to know more about these afflictions, and to have a conversation with your doctor or ob-gyn. Because the earlier you can get the answers you need, the earlier you can begin treating any conditions before they develop further.

### How to help yourself.

On the site you'll get the facts you're looking for plus helpful features, including:

- + A symptom checker to help identify if something's off with your period.
- + An interactive tool (with printable option) to translate all your different concerns into medical terms so you can talk to your doctor/ob-gyn.
- + Advice and insight from other women managing uterine and endocrine conditions like endometriosis and polycystic ovary syndrome (PCOS).
- + FAQs, links, information and more



We encourage you to visit [littleredlies.com](https://www.aetna.com/individuals-families/womens-health/little-red-lies.html) at the link below – and begin the conversation. The more you know, the healthier you'll be.

<https://www.aetna.com/individuals-families/womens-health/little-red-lies.html>

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