

## **Abstract**

This scientific essay is based on disease connected to the menstrual cycle called endometriosis. Endometriosis can be explained by John A. Sampson's theory which states that the disease occurs when a retrograde menstruation takes place in the body but the exact reason is still unknown. This essay discusses the consequences that occur for patients who suffer from a delayed diagnosis and explains how hormonal treatment and physical activity behaves against endometriosis. An online survey was used to gather data about these specific issues and there were a total number of 264 respondents. The data showed that 36% (a majority) of the total respondents had a delay of diagnosis and treatment of 10 years or more. Those specific patients evolved a severe endometriosis during that time. According to the data hormonal treatment helped the majority of the patients to reduce menstrual bleeding and pain. On the other hand, respondents also expressed an improvement in mental health by keeping up with regular physical activities.