



FTWW

Fair Treatment for
the Women of
Wales

Adenomyosis is a key campaign for FTWW

Why is it important?

- Adenomyosis affects at least 1 in 10 women and people with a uterus
- Very few people have heard of adenomyosis – even those living with it
- There is inadequate information to help people manage symptoms and needs
- There is a lack of research about treatment options
- More training is needed on adenomyosis and its impact on patients.

What are we doing about it?

- We raise awareness of adenomyosis amongst patients, professionals, and the public
- We ensure that information about adenomyosis features on the NHS Wales A-Z and endometriosis.cymru
- We support those living with symptoms of adenomyosis to seek help
- We enable patients to have their voices heard
- We ensured that adenomyosis is prioritised in the 10-year Women's Health Plan for Wales.

FTWW is the only patient-led charity in Wales dedicated solely to women's health equality. We support women and people assigned female at birth, including non-binary, trans, and intersex people.

Find out more about FTWW
Website: www.ftww.org.uk

Search for FTWW
Wales on social:





FTWW

Triniaeth Deg
i Fenywod
Cymru

Mae iechyd meddwl mamau yn ymgyrch allweddol i FTWW

Pam ei fod yn bwysig?

- Mae adenomyosis yn effeithio ar o leiaf 1 fenyw o bob 10 a phobl sydd â chroth
- Ychydig iawn o bobl sydd wedi clywed am adenomyosis – hyd yn oed y rheini sy'n byw gydag'r cyflwr
- Nid oes digon o wybodaeth i helpu pobl i reoli symptomau ac anghenion
- Mae diffyg ymchwil am opsiynau triniaeth
- Mae angen mwy o hyfforddiant ar adenomyosis a'i effaith ar gleifion.

Beth ydyn ni'n ei wneud?

- Rydyn ni'n codi ymwybyddiaeth o adenomyosis ymysg cleifion, gweithwyr proffesiynol a'r cyhoedd
- Rydyn ni'n sicrhau bod gwybodaeth am adenomyosis yn ymddangos ar restr A-Y GIG Cymru ac endometriosis.cymru
- Rydyn ni'n cefnogi'r rheini sy'n byw gyda symptomau adenomyosis i ofyn am help
- Rydyn ni'n galluogi cleifion i sicrhau bod eu lleisiau'n cael eu clywed
- Fe wnaethon ni sicrhau bod adenomyosis yn cael ei flaenoriaethu yn y Cynllun 10 Mlynedd Iechyd Menywod Cymru.

FTWW yw'r unig elusen sy'n cael ei harwain gan gleifion yng Nghymru sy'n canolbwyntio'n llwyr ar iechyd a chydraddoldeb menywod. Rydym yn cefnogi menywod a phobl a ddynodwyd yn fenywod adeg eu geni, gan gynnwys pobl anneuaidd, traws a rhyngrywiol.

Rhagor o wybodaeth:
Gwefan: www.ftww.org.uk

Chwiliwch am
FTWW Wales:

