

Understanding Adenomyosis

A gentle guide to what it is, why it hurts, and one option that may help



If you live with painful, heavy periods, you are not imagining it — and you are certainly not alone. **Adenomyosis** is a very real condition of the uterus (the womb) that can make everyday life genuinely hard, and understanding it is the first step toward feeling more in control.

Here is what happens in simple terms. The inside of the uterus is lined with a special tissue called the **endometrium**. Normally, this lining stays where it belongs and sheds each month as your period. With adenomyosis, some of that lining tissue starts growing down **into the muscular wall of the uterus**, where it does not belong. The trapped tissue still tries to behave like a normal lining each month, which leads to swelling, tenderness and pain.

In plain terms: *the lining that should sit on the inside of the womb grows into the muscle around it, and that is what causes the swelling and the ache.*

Because of this, adenomyosis can bring on **heavy or long-lasting periods, strong cramping, and a dragging discomfort low in the tummy and pelvis** (the area between your hips). Some women also feel bloated or notice pain during everyday activities.

Doctors are still learning exactly why it happens, but it seems to be linked to **hormones** (the body's natural chemical messengers), ongoing **inflammation** (the body's swelling-and-repair response), and family history. It can affect women at any age, though it is most often picked up in women who have had children or who are in their 40s or 50s.

The reassuring news is that adenomyosis is **not dangerous or life-threatening**. It can, however, take a real toll on how you feel day to day — so finding gentle, effective ways to ease the pain really matters.

One option that may help: the Oska Pulse



"AFTER USING OSKA PULSE FOR ABOUT A MONTH MY **PAIN LEVELS HAVE BEEN REDUCED BY HALF!**"

— VALERIE

The **Oska Pulse** is a small, wearable device designed to help ease pain associated with adenomyosis. It uses a gentle, drug-free technology called **PEMF** — short for *Pulsed Electromagnetic Field* therapy.

What is PEMF? *It simply means sending soft, low-level magnetic pulses into the body — far too gentle to feel — that encourage your cells to settle inflammation and repair themselves naturally.*

The Oska Pulse sends these carefully designed pulses deep into the tissues, where they help calm inflammation and support your body's own healing. It is officially recognised as a 'Class IIa' medical device, meaning it has been assessed and approved for this kind of use. By supporting your cells to work and repair as they should, it offers a promising, natural way to manage adenomyosis-related pain — without medication or surgery.

You can learn more about the Oska Pulse at www.oskapulse.au

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