

# How to Talk About Your Pain:



**A Guide for Women to Be Heard  
and Taken Seriously**



**E2 HEALTH INSTITUTE**



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Have you ever gone to a doctor's appointment to discuss your pain but felt that you weren't taken seriously? **You're not alone.**

Doctors frequently fail to listen to or believe women due to the **Gender Pain Gap**. The Gender Pain Gap is a combination of historical and gender biases that, according to research, results in women's pain being more likely dismissed as **emotional, psychological, or "hysterical"**.

- Women are often viewed as being more dramatic or sensitive, leading to doctors downplaying their pain
- When doctors can't find an immediate cause for a woman's pain, they're more likely to attribute it to stress or anxiety

**Women of color** experience this bias at an even greater level, with research revealing that **some healthcare providers falsely believe Black patients have a higher pain tolerance or thicker skin.**

This treatment is **unfair** and leads to a **poorer quality of life for women**. That's why **E2 Health Institute** is here to support you in receiving the care that you need and deserve. This guide includes advice and tips for explaining your pain to physicians and advocating for **the care, attention, and answers you deserve.**



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*Use the tips below to help you clearly explain your pain to your doctor*

## 1) Describe the Location of your Pain

- ✓ Be Specific (lower back, right below your ribs)
- ✓ Use your hand or fingers to show the exact spot, if possible.



## 2) Describe the type of pain

- ✓ Is it cramping, stabbing, pulsating, throbbing, burning

## 3) Describe when the pain occurs

- ✓ Were you walking, lying down, eating, exercising



## 4) Describe your pain level and intensity

- ✓ Is the pain constant or does it come and go
- ✓ State your pain level from 0 to 10, with 10 being the worst





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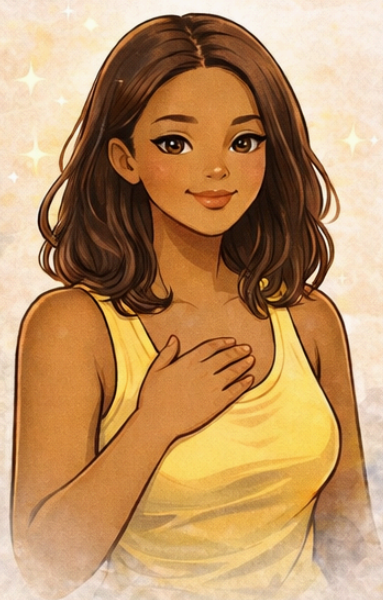
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## 5) State if anything makes the pain better



Lying down, taking over-the-counter pain medication, applying heat/ice

### Know Your Worth ✨



If you've shared your symptoms and are not being taken seriously, **advocate for yourself. Ask questions, request further testing, and seek a second opinion until you feel heard and supported.**



*For additional support and resources, please visit our website at [www.e2healthinstitute.com](http://www.e2healthinstitute.com)*

