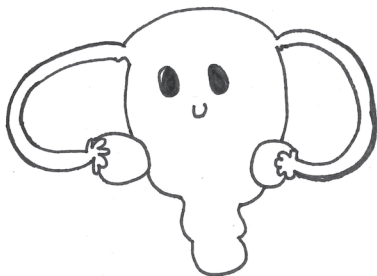
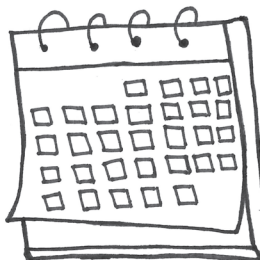


I WAS **12** WHEN I GOT MY FIRST PERIOD.



IT LASTED A LOONG TIME.



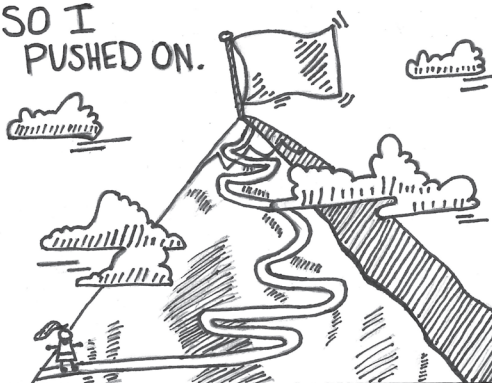
I THOUGHT THIS WAS SUPPOSED TO BE A WEEK?

ONE MONTH TO BE EXACT.

THE DOCTOR SAID IT COULD TAKE SOME TIME TO "NORMALIZE" AND GET USED TO THE HORMONES.



SO I PUSHED ON.



BUT EVERY MONTH, THERE WAS THIS IMPENDING

DOOM

JUST WAITING FOR ME.



MY PERIODS SEEMED LONGER AND MORE INTENSE THAN MY FRIENDS

MY TYPICAL MONTH

| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------|--|---------------------------|---------------|----------------------------------|---|-----------------------|
| | | | | HA HA | life is | Good |
| OH NO | NO | I think it's COMING!!! | | SPOTTING | OK NOT SO BAD | Spotting |
| ... | STILL SPOTTING | <u>IT'S</u> <u>HERE</u> | | Miss School (cause cramps) | Maybe WEAR PADS?? | if I TWO PADS?? |
| NOPE ☹️ | Miss Soccer Practice (cause cramps) | This sucks !: | When will | it end | ??? | Spotting |
| Ahhhh Finally | I guess this isn't | So BAD | after all! | (spotting). | YOU HAVE GOT TO BE KIDDING ME! | |

I FELT LIKE A WIMP. ALL THE OTHER GIRLS COULD HANDLE THEIR PERIODS SO MUCH BETTER THAN ME.



WE DON'T LEARN ABOUT
THIS MUCH IN SCHOOL

**HEALTH
CLASS**



AND NOBODY SEEMS TO TALK ABOUT IT.

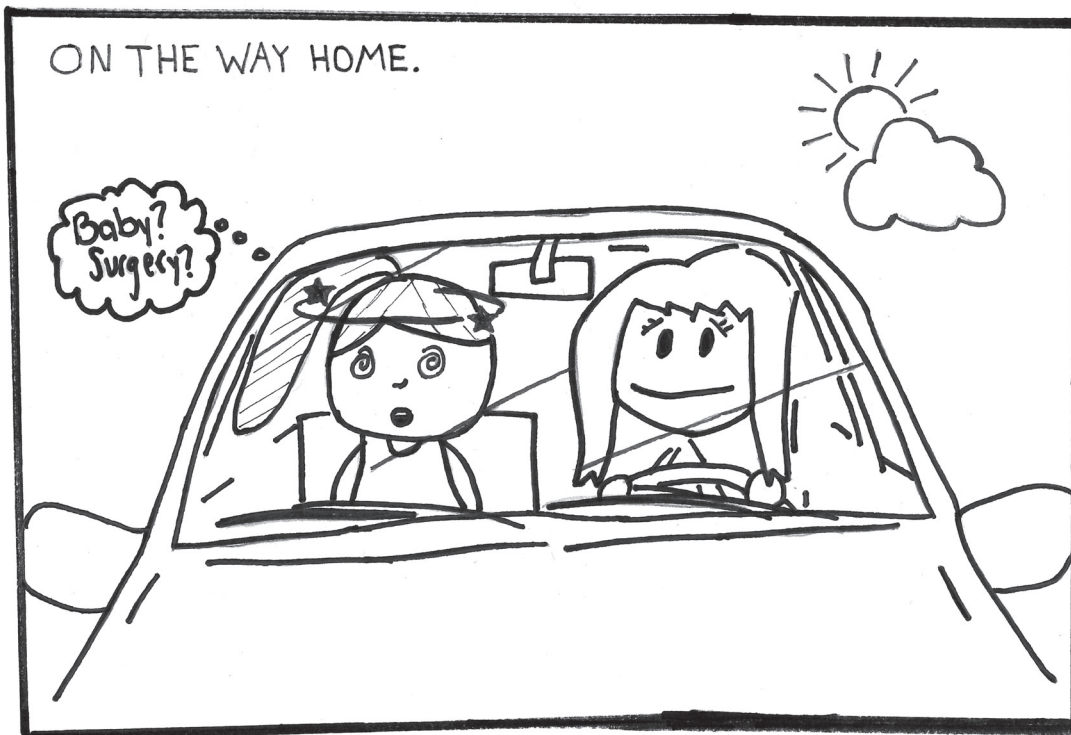


SO I LEARNED TO LIVE WITH
THE PAIN



UNTIL I COULDN'T...





AS I DID MORE RESEARCH, I REALIZED HOW LUCKY I WAS TO BE DIAGNOSED AT 14.

ENDOMETRIOSIS FACT SHEET

Endometriosis occurs when tissue resembling the lining of the uterus grows outside the uterus, attaching to other pelvic and abdominal organs causing scarring, lesions, adhesions, and cysts.

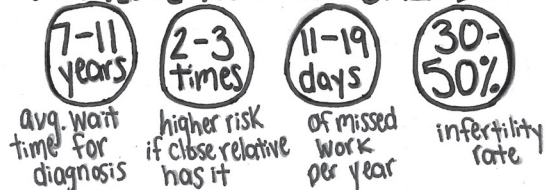
COMMON SYMPTOMS

- Painful periods
- Severe pelvic cramping
- Heavy bleeding
- Infertility
- Pain during intercourse
- Painful ovulation
- Urination and bowel pain
- Bleeding between periods
- Digestive Problems
- Ovarian Cysts
- Periods lasting 7+ days
- Fatigue



Affects about 1 in 10 women of reproductive age

WOMEN'S HEALTH CRISIS



MYTHS + FACTS

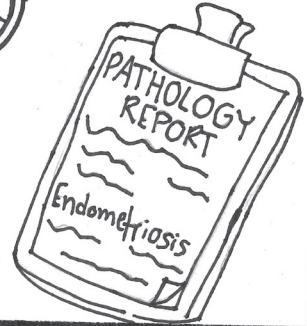
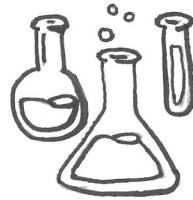
- ⊗ Hysterectomy or child birth is a cure
- ⊗ Missing school/work due to pain is normal
- ⊗ The level of pain relates to the stage of the disease
- ⊙ There is no cure
- ⊙ This is NOT NORMAL see a doctor immediately
- ⊙ Pain does not always correlate with severity of disease

SOCIETAL STIGMA

- Severe LACK OF FUNDING, RESEARCH, AWARENESS, + DIAGNOSTIC METHODS
- INEFFICIENT SEX EDUCATION does not provide women with the information they need
- Pain is MINIMIZED or DISMISSED because perceived pain during menstruation is "normal" for women to endure

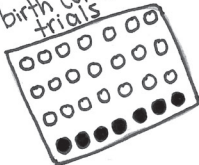
WOMEN
DESERVE
BETTER

EVENTUALLY I WAS SCHEDULED FOR SURGERY

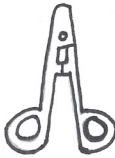


LITTLE DID I KNOW, THE JOURNEY WAS JUST BEGINNING.

7 different birth control trials



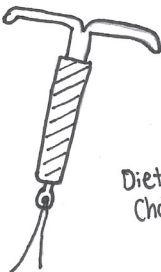
So many pain meds



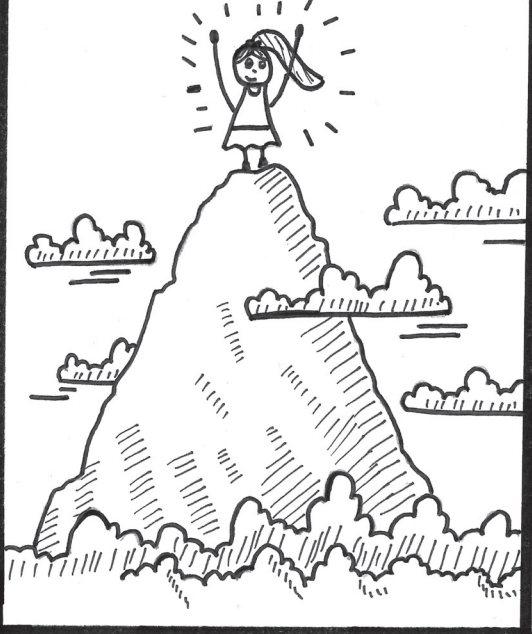
2 surgeries



Dietary Changes



BUT SLOWLY THINGS STARTED TO GET BETTER.



ALONG THE WAY SOME DOCTORS SCARED ME



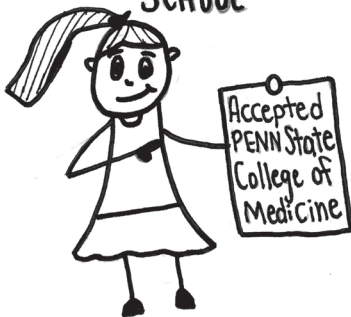
AND OTHERS WERE GREAT.



I SAW THE POWER A PHYSICIAN HAS IN SOMEONE'S LIFE.



MY PERSONAL JOURNEY INSPIRED MY PATH TO MEDICAL SCHOOL



WITH A GOAL TO POSITIVELY IMPACT PEOPLE'S LIVES LIKE THE DOCTORS WHO DID MINE.

