

# Peace WITH ENDO PODCAST

## **PWE60: Endometriosis Awareness Month 2020**

**Aubree:** Hi, love. This is episode 60 of the *Peace with Endo Podcast*. I'm your host, Aubree Deimler. I am an author, wellness coach and energy healer who helps women with endometriosis naturally manage pain, increase energy and find Peace with Endo.

We are on the cusp of Endometriosis Awareness Month, which takes place across the globe in the month of March. The mission of Endo Awareness Month is to raise awareness and money for research. From fundraisers to marches there are plenty of events to participate in during Endo Awareness Month.

In today's show I'll share some of these resources with you, and some other ways that you can help raise awareness about endometriosis with the general public, or on a lower key level with your friends, family or co-workers.

The Endometriosis Association began Endometriosis Awareness Month back in 1993, and it's now observed worldwide through activities such as education, fundraising and marches. I talked with the founder of the Endometriosis Association, Mary Lou Ballweg, here on the podcast episode #56, if you want to check that one out too.

The color of endo awareness is yellow, and to honor Endometriosis Awareness Month, the Endometriosis Association provides free, worldwide distribution of yellow ribbons and educational brochures. Find out more about that over at [endometriosisassn.org](http://endometriosisassn.org)

The Endometriosis Foundation of America is hosting its annual patient day event on March 14<sup>th</sup> at the Alexandria Center for Life Science in New York City. This year's event will be centered on providing patients with expert knowledge necessary to navigating life with endometriosis from the time of your first period until menopause. Throughout the day, leading medical professionals will discuss the effect of the disease on everything from fertility to nutrition to exercise.

Patient day was created for and inspired by women with endo, reflecting your unique journey and lifestyle with endometriosis. The audience will be engaged in conversation and leading medical professionals will provide expert knowledge in important fields as they relate to the disease.

Following the patient day event, the Endometriosis Foundation of America is hosting a Medical Conference from March 15<sup>th</sup> to the 16<sup>th</sup>. The audience for this is primarily physicians, residents, fellows, and medical students, but the public and patients are welcome to attend as well.

This year's theme is *Reoperative Endometriosis*. At least one in three patients who undergo surgical treatment for endometriosis will need re-operation, which exposes us to health risks, personal distress and undue financial burden. The goal of this year's medical conference is to equip doctors and patients with the knowledge necessary for preventing and reducing the likelihood of re-operation.

On the evening of March 16<sup>th</sup> the Endometriosis Foundation of America will host its annual black-tie gala at their Blossom Ball. The night celebrates the courageous women with endometriosis who have stepped out of the secrecy, stigma and mystery that so often shape's your experience of this disease. The night was created to help raise money for the foundation for further research and understanding of endometriosis. During the night guests will hear from speakers and get a seated dinner, cocktails and after-party with a red carpet for honorees and notable guests.

To learn more about these events hosted by the Endometriosis Foundation of America head on over to [endofound.org](http://endofound.org).

The worldwide Endo March 2020 is happening in cities around the world on Saturday, March 28<sup>th</sup>. The events include an endometriosis awareness walk and rally. There are also online virtual events happening. The goal of the march is to raise awareness for endometriosis in hopes of stopping the stigma surrounding the disease and collaboration for meaningful policy changes. Find out more about the 2020 Endo March and how you can participate or get involved over at [endomarch.org](http://endomarch.org).

If you're not able to attend an event, then no worries, you can still help and add your voice to the conversation. Increasing awareness about endometriosis starts with you. The best way for others to learn about the disease, in general, is for you to talk about it. Share your story on social media, or share other educational resources. Search and use the hashtag [#endometriosisawarenessmonth](https://twitter.com/EndometriosisAwarenessMonth).

One subtle way to spread endometriosis awareness on social media is to make your profile picture yellow. There are apps like Color Pop that adds yellow to your photos that really pops. There's also a site called Twibbon where you can add a yellow awareness ribbon to your profile picture on social media, or other options there. All

you have to do is search for “endometriosis” over at twibbon.com. That’s t-w-i-b-b-o-n.com. And let’s make March yellow!

As part of my role in endometriosis awareness month, I’ll be sharing stories from other endo sisters here on the podcast. I have all endo sisters lined up for the month ahead, so you can tune in, listen to how brave they are in sharing their stories, and get inspired to do the same.

As we come together and open up about the truth that period pain is not normal, then the sooner we shed the stigmas and open the way for proper treatment and support. The more awareness we spread, the more we validate the truth about living with endometriosis and how it impacts your life in hopes that maybe we’ll save the young girl being pushed aside and labeled as “overdramatic”.

We come together as endo sisters and provide support when it’s lacking in other areas. We come together to lean on and pass ideas off on what’s worked and what hasn’t worked. We come together to heal.

So, be brave. Speak up, and share your story. Have you shared with your family and friends what endometriosis is and what it entails? Have you come out on social media? When you speak up, you help other ladies speak up too. Those silenced by disbelief. By speaking up you could help pull a silenced one out the shadow. That’s a big thing.

If you enjoyed this episode I invite you to subscribe to continue on the journey. Please leave a positive review and share with your friends so more endo sisters can find the show and get on track to finding Peace with Endo.

If you want to connect with me further and see how we can work together, head on over to [peacewithendo.com](http://peacewithendo.com) or you can find me on Facebook, Twitter and Instagram @peacewithendo. Pop on over and share your thoughts on the show, or simply say hello.

Check out the resources from this episode in the show notes. Please reach out to me if you have any questions.

Thanks so much for tuning in. I hope you find some peace in your day today. I’m sending you so much love. Bye for now.

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*When trying any suggestions posed, please do so at your own risk. You are responsible for consulting your own health professional on matters raised within.*