

Living with Endometriosis:

- Be sure to listen to my podcast episode on Endometriosis. Here is the link: <http://childlessnotbychoice.net/episode-59-endometriosis/>
- Be sure it is indeed Endometriosis. Get a second opinion as it has sometimes been diagnosed as IBS—irritable bowel syndrome, among other things.
- Even if you find that it is Endometriosis, maintain a positive attitude. Protect your mind from allowing negative thoughts to fester.
- Do not compare your life or your experiences to others. Very few people got what they wanted out of life.
- Many, if not all risk factors for Endometriosis are outside of your control. Do not blame yourself, do not beat up on yourself, and do not allow anyone else to either.
- Maintain a healthy diet. Not because it may help get rid of the Endometriosis, but because it is better to take care of yourself physically, mentally, and emotionally than not to. Not taking care of yourself will not help the situation. In fact, it may be a form of self-anger.
- You are your own best advocate. Do not be afraid to ask questions at doctor visits. In fact, write a list and take it with you to your visits. When your doctor realizes you have invested

time and research into your condition, he or she will be more likely to do the same.

- Do the research on any drugs your doctor prescribes. Many drugs have quite negative side effects. And the truth is, the side effects may or may not affect you. We are all different. But it is good to know beforehand, what the side effects are so that if they do happen, you are less afraid. Also, if there are side effects that you are just not comfortable with, ask your doctor for alternatives. This is where research on your own time comes in handy. I am not advising you to become the doctor. Your doctor went to school for many years, they should be more knowledgeable than the patient. The key is to be informed.
- If you just do not trust your doctor, then see someone else.
- Pay attention to how you feel. Depression is very real, and it can be a side effect of some drugs. It can also happen just because of your circumstances. If you need to see a psychiatrist or psychologist, do so. Do not allow your society, friends, or family, to dissuade you from decisions you have taken the time to consider, and then to make. Do what is best for you.
- I am posting the following links so that you can do additional research if you would like. These links can also be found in the show notes of Episode 59—Endometriosis:
 - <http://www.mayoclinic.org/diseases-conditions/endometriosis/home/ovc-20236421>
 - http://www.hopkinsmedicine.org/healthlibrary/conditions/gynecological_health/endometriosis_85,P00573/

- <http://www.acog.org/>
- <https://www.cdc.gov/>
- <https://www.cdc.gov/reproductivehealth/womensrh/healthconcerns.html>
- http://www.hopkinsmedicine.org/healthlibrary/conditions/gynecological_health/endometriosis_85,P00573/