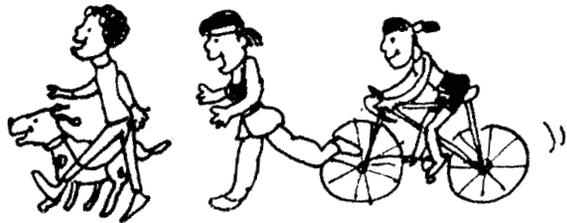


## Can Endometriosis Be Treated?

We haven't found a cure for endo yet. There are many treatments though, things you and your family can do to help you back to good health. Also, the Endometriosis Association and others are carrying out research to help find the answers we all want for endo. You and your family can be part of this - see the section on membership.

You don't necessarily need a prescription. The doctor may start by recommending a medicine to help the pain. These might be medicines like Advil, Nuprin, Midol 200, Aleve or others.



The doctor may also advise you to exercise, as exercising a lot may help ease menstrual pain. You may not be able to exercise much during your period if you have the problems described in this pamphlet, but don't let that stop you at other times of the month!

Changes in the food you eat may help. Fast foods contain a great deal of fat that can contribute to the imbalances that cause pain. **Try eating more fresh fruits, vegetables, and healthy oils (such as safflower and flaxseed oil).** These oils are especially nutritious when used cold - like in salad dressings. Their nutrients help your body make substances that relax your uterus and may even help lessen a heavy flow.



## Your Doctor May Also Suggest Hormones or Surgery

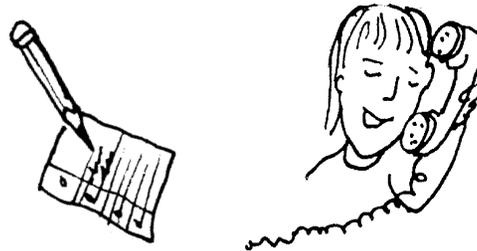
Drugs to stop your periods are used in treating endo. In surgery - which can often be a "belly button" surgery due to new technologies - the doctor will try to remove the cells causing the problem.

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Whatever you do, **DO NOT** ignore the signs of possible endo! It is NOT a sexually transmitted disease. If ignored, it can cause increased pain and possible problems getting pregnant in the future when you are older. It can also make it hard to have fun, learn, and be with your friends.

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If you have not been diagnosed with endo but think you may have it, the "How Can I Tell if I Have Endometriosis" kit could be useful. It is available from the Endometriosis Association (see address below) for \$4.75. The book *Endometriosis: The Complete Reference for Taking Charge of Your Health* by Mary Lou Ballweg and the Endometriosis Association contains a special section for girls with endo; another special section gives facts and ideas for the parents and adults who are trying to help a girl with endo.



FOR MORE INFORMATION CONTACT:  
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INTERNATIONAL HEADQUARTERS  
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MILWAUKEE, WI 53223 USA  
1-800-992-3636  
(414) 355-2200  
Fax: (414) 355-6065  
Email: [endo@EndometriosisAssn.org](mailto:endo@EndometriosisAssn.org)  
[www.EndometriosisAssn.org](http://www.EndometriosisAssn.org)

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## When Your Period Hurts What Girls Need To Know

*"I've been in pain since I was 12!"*

*"I was nine years old when my period started. I had problems since the day it started. I'd miss 3 or 4 days of school..."*

*"My troubles started at age 10 when I had painful cramps and a heavy menstrual flow."*

### Myth

Pain with your period is normal. Every woman and girl has pain.

### Truth

Some girls and women never have cramps. Others have mild pain - and don't have it very often. If your cramps are severe or you have them often, there's a problem. Pain is usually nature's way of telling us that something is wrong.



### Myth

Menstrual pain can't really be that bad. You must be imagining it!

### Truth

The uterus is a muscle that sometimes contracts so hard that it compresses and cuts off part of its own blood supply. The heart is also a muscle and when there is a decrease in blood supply to the heart, the pain can be terrible. Menstrual pain can also be very intense.

### Myth

Girls grow out of menstrual cramps. You will too.

### Truth

If you have an underlying problem causing menstrual pain, it will not go away. It needs to be treated.

### Myth

Your period problems will disappear when you have a baby.

### Truth

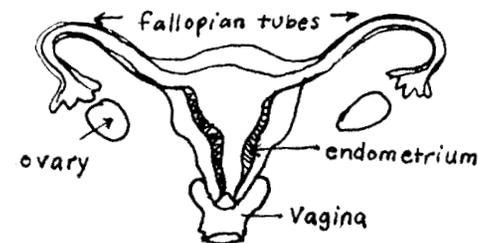
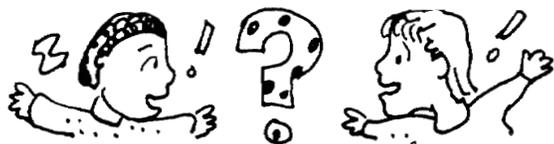
PREGNANCY IS NOT A CURE!

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Even if you don't have any pain or problems with your period, please keep reading! This information may be helpful to one of your friends or family members.

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If you have problems with your monthly cycle including pain, a heavy flow, nausea (feel like throwing up), or diarrhea, it may be a sign that something is wrong. Stomach problems, yeast infections, and allergies are also indications of possible problems. If you are experiencing these troubles, several steps should be taken.



1. Talk to your mother, father, school nurse, guidance counselor, or other trusted adult about the problems with your period, if you haven't already done so.
2. Ask to have an appointment made with a doctor, pediatric gynecologist, or other healthcare person who helps girls with endo.
3. During your appointment, be sure to tell the doctor **exactly** how you feel during your menstrual cycle. Don't be afraid to ask questions. Also tell the doctor if the pain and other problems keep you from school or other activities. The more information the doctor has, the better he or she will be able to help you.
4. *Before your parent or guardian makes the doctor's appointment for you, ask them to contact us – we may be able to help you find an expert doctor. The doctor will probably not examine you, but may need to ask you some questions or give you some medical tests. This will help him or her try to find out what is wrong and help you.*



### What is Endometriosis?

Endometriosis (called "endo" for short) is a puzzling disease that affects some young girls, teens, and women. When a girl or woman has endo, a certain kind of cell grows in the abdomen where it shouldn't grow. This can cause pain and other problems.

Many women and girls around the world have endo. Some researchers believe endo is so common because of certain poisons from our environment (chemicals) that have been shown to cause disease. These chemicals make it hard for our bodies to work right.

*Your parent or guardian can enroll in a special membership program designed especially for girls with endo and their families. The membership includes:*

- Big Sister Program - partner-up with an older girl or young woman who has endo and can help guide you through different endo experiences.
- The Endometriosis Association's newsletter, full of helpful information.
- Crisis call helpers.
- Local support groups, correspondence networks, email alerts, and other ways to contact girls with endo.
- A medical magazine on girls and endo to share with doctors
- Savings on high-quality vitamins.
- A reduced member price for Pro-Sirona natural roll-on pain reliever.
- Accurate, useful books, articles and DVDs.
- Prescription drug discount program.

To get more information, you may visit our website at:

**[www.EndometriosisAssn.org](http://www.EndometriosisAssn.org)**

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### Helpful Terms:

**Cell:** The basic building block that all people and living things are made of.

**Abdomen:** The part of the body that holds the stomach, intestines, and other organs.

**"Belly Button" Surgery:** An operation that is done through a tiny hole in the belly button area.