

Check One Amount:

Cultivate a Cure is part of the Millennium Campaign for the Cure, a 5-year, \$5 million campaign. 77% of these funds support research, including the Endometriosis Association Research Program at Vanderbilt and other researchers around the world. The remainder supports the Endometriosis Association's Education and Support programs.

The Endometriosis Association is a 501(c)(3) nonprofit organization in the U. S. and a registered charity in Canada. Gifts result in tax advantages to the fullest extent allowed by law.

### To donate online:

www.KillerCramps.org

# To donate by phone:

(414)355-2200 Monday – Friday 8:30 – 5:00 CST

Feel free to print and pass this form along.

Share with family, friends, co-workers, and neighbors. You are planting seeds of hope.

My First Name	Middle Initial	Last Name
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I want to plant the seeds of hope!

# THANK YOU for helping families with endometriosis.

\$100 ( )\$50 ( )\$25 ( )other\_

## Please send this completed form and your gift to:

Cultivate A Cure, Endometriosis Association, International Headquarters 8585 N. 76th Place Milwaukee, WI 53223 U.S.A.



#### **About Your Donation**

Women with endometriosis, their loved ones, and volunteers will assemble on the campus of Vanderbilt University to plant a garden to help raise awareness of this underdiagnosed and under-treated disease that has no ready cure. This garden will commemorate the millions of women and girls around the globe who suffer from endometriosis. Your contribution will plant seeds of hope!

Seventy-seven percent (77%) of the money raised will be used to fund medical research at the Endometriosis Association Research Program at Vanderbilt—the Association's flagship research program—as well as independent researchers, under the direction of the Association's scientific Advisors. The remaining 23% will be used to enhance the Association's important Education and Support programs, which assist millions of families.

#### Goals

It is our ultimate goal to cure and prevent endometriosis, so that families no longer need to endure the physical pain and emotional suffering—including the heartbreak of infertility—that endometriosis can cause.

#### **Progress**

The Endometriosis Association maintains the largest research registry on women with endometriosis in the world.

Because of breakthrough research by the Endometriosis Association and dedicated doctors and researchers all over the world, we are beginning to understand the causes of this disease. We believe we are on the brink of a huge breakthrough, but in order to keep up this lifechanging work, a major fundraising effort is needed now.

Endometriosis is a hormone and immune system disease that can cause disabling pain and infertility in women. It strikes women and girls of all social and racial backgrounds.

The Endometriosis Association is a self-help organization founded by women for women. Now international, the 22-year-old Association includes families, supporters, doctors, and scientists working and learning alongside women with endometriosis. The Association offers a full range of benefits to members.

For more information, visit www.KillerCramps.org or call the Endometriosis Association at 1-800-992-3636.

# Killer Cramps?

More than "cramps," ongoing pelvic pain is the leading sign of endometriosis, a common, serious, medical illness. **Are you at risk?** The name comes from the word "endometrium," which is the tissue that lines the inside of the uterus and builds up and sheds each month in the menstrual cycle. In endometriosis, tissue like the endometrium is found outside the uterus, in other areas of the body, and can cause pain and other health problems.

For at least six months have you had	Yes	No
1. Pelvic pain? The pain may have a monthly pattern, for example being worst during your period and/or mid-cycle. Some have constant pain.	$\bigcirc$	
2. Fatigue, exhaustion, low energy?		
<b>3.</b> Diarrhea, painful bowel movements, or other stomach upset at the time of your period?	Ŏ	Ŏ
<b>4.</b> Stomach bloating and swelling?		$\bigcirc$
<b>5.</b> Heavy or irregular periods?		
10 points if you said "yes" to question #1. 5 points for each "yes" to questions #2 – #5.		

10 points or more: You clearly have risk factors for endometriosis. For a free screening at a physician's office, contact the Endometriosis Association at 1-800-992-3636 or www.KillerCramps.org. The Association will give you the names of physician volunteers participating in the Endometriosis Screening Program in your area.

If you said yes to any question, regardless of your score, you should tell your doctor about your symptoms.

You're not alone. We've been there. And we've been helping others with endometriosis for more than 20 years. Chances are, we can help you too.

Contact us today.
The Endometriosis Association
1-800-992-3636
www.KillerCramps.org