

March is National Endometriosis Awareness Month!

Celebrate the month by:
hosting a walk, capturing an image of
yourself/friends wearing yellow, or
sponsoring an awareness event!

Check out our website for more ways
on how to get involved!

#HerYellowRibbon conducts several
events throughout the year to promote
awareness of Endometriosis.

Our events include:
Informational Workshops
Awareness Walks
Zumba-thons

Interested in having
#HerYellowRibbon
host an event for you?

Contact us at:
HerYellowRibbon@gmail.com

Join Us In Spreading Awareness About ENDometriosis

Share Her Story

The most powerful story, is a
testimony of an #HYRfighter.

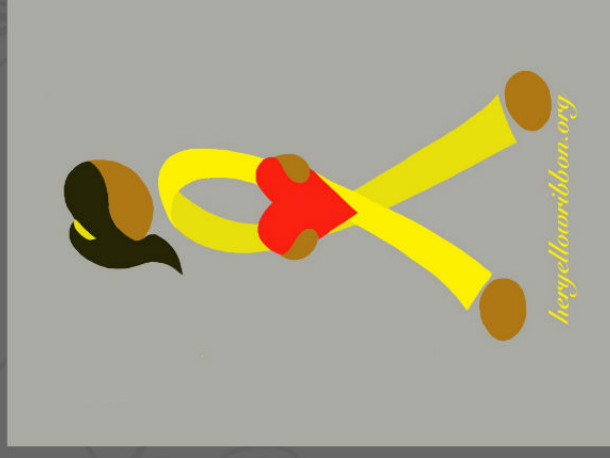
Social Media Takeover

Use the hashtags
#HerYellowRibbon , #HYR , or
#ENDometriosis to promote facts
that you find about Endometriosis.

Take Her To The Doctor

Young women between the ages
of 15-30 are not visiting the GYN
as often as they should. Encourage
a young woman you know to get
her annual Pap-Smear.

Her Yellow Ribbon



Bringing Awareness
To ENDometriosis

Visit our website
for more information:

www.HerYellowRibbon.org

What is

Endometriosis?

Endometriosis pronounced: (en-doe-me-tree-O-sis) is a disorder found in the female body that causes tissue (normally found inside the uterus) to grow outside. This is called an endometrial implant.

Endometriosis itself occurs when the displaced tissue thickens and attempts to break down and bleed; yet it has no way to exit the body, so it becomes trapped, and often causes pain.

Endometriosis can take place in the ovaries, which can cause (chocolate) cysts or benign (non-cancerous) tumors. These tumors are known as endometriomas. Tissue around these areas can become irritated and form scar tissue and adhesions (tissue that can bind internal organs together.)

Risk Factors

- * One or more relatives (mother, aunt or sister) with endometriosis
- * History of pelvic infection
- * Uterine abnormalities

About

#HerYellowRibbon

The concept of this organization began when the Founder of **#HerYellowRibbon**, Cherrelle Lawrence, was officially diagnosed with severe Endometriosis in 2012; after years of searching for a doctor to properly diagnose her pain.

Our Goals

To promote awareness about the chronic illness through literature, public events and social media.

To promote GYN visits and exams.

To promote a healthy lifestyle.

To provide support for Cherrelle and other #HYRfighters.

Did You Know?

Endometriosis affects **176 Million** women and girls worldwide.
www.womenshealth.gov

It can affect not only you, but your family, employment, and social life!

Common Symptoms of Endometriosis

- * Painful menstrual cramps - Often paired with heavy menstrual bleeding.
- * Chronic pain in the pelvic area and lower back.
- * Pain during/after intercourse.
- * Intestinal pain and blockage.
- * Painful bowel movements or painful urination during menstrual periods.
- * Spotting or bleeding between menstrual periods.
- * Infertility - not being able to get pregnant.
- * Constant fatigue.
- * Diarrhea, constipation, bloating, or nausea, especially during menstrual periods.

Visit A Gynecologist

Inform your doctor of your symptoms. Be sure to inform them of when and where the symptoms are occurring.

Tests to check for endometriosis:

- * Pelvic exam
- * Ultrasound
- * Laparoscopy