

# #HerYellowRibbon

*“Bringing Awareness to ENDometriosis”*

*A Heart of Tabitha Foundation Program*

January 2015 | Volume II, Issue I

## Who Are We?

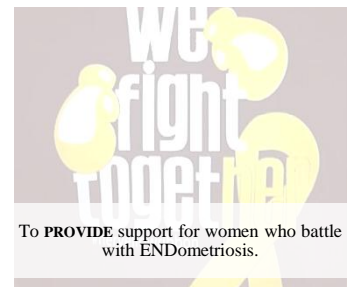
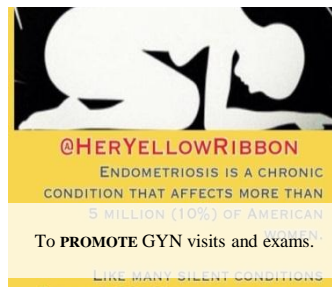
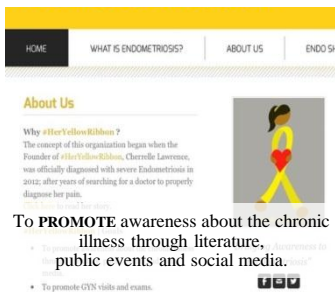
#HerYellowRibbon is an Awareness Campaign designed to educate the public about the chronic illness, ENDometriosis. The concept of this organization began when the Founder of #HerYellowRibbon, Cherrelle Lawrence, was officially diagnosed with Stage IV Endometriosis.

[Click here](#) to read her story.

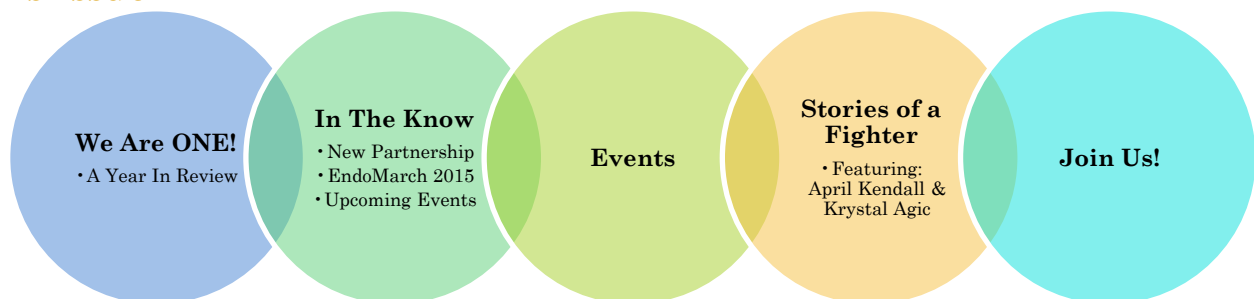
## Did You Know?

- ✓ Many women are not properly diagnosed with ENDometriosis, until they have had the condition for several years.
- ✓ ENDometriosis is one of the most misdiagnosed female reproductive conditions.

## #HerYellowRibbon Goals



## In This Issue



## We Are ONE!

In September 2014, #HerYellowRibbon turned ONE!  
This year has been phenomenal!

We have accomplished far greater than we planned to for our first year of advocacy.

We began the year by *filming our own music video* to spread awareness about Endometriosis. In March, we attended the *1<sup>st</sup> Annual EndoMarch* in Washington, D.C., where #HerYellowRibbon was recognized for its advocacy in the Endometriosis and Women's Health communities. With the help of our supporters, we hosted and attended various events that helped to further spread awareness of this chronic illness.

**Year One** has been full of surprises!  
We know that year two will be just as successful!



## In The Know

### New Partnership!

As of January 1, 2015, #HerYellowRibbon has joined forces with The Heart of Tabitha (HOT) Foundation. The HOT Foundation is a Maryland 501(c)(3) tax exempt non-profit organization dedicated to serving and providing resources to young ladies and women in the Maryland and Washington, D.C. areas.

Visit: [www.HeartOfTabithaFoundation.org](http://www.HeartOfTabithaFoundation.org) for more information.

### ENDO Recipe Book



To start off the New Year, we are hosting a Healthy Recipe Exchange on our website. We are asking our supporters to submit their favorite healthy recipes to share and exchange.

With your participation, we will be able to create an Endo-Friendly recipe book to share with everyone at the 2015 EndoMarch.

### Our EndoTeam

#### Team D.C. & Maryland

- Martin & Cherrelle Lawrence (Founders)
- Patricia Williams
- Heart of Tabitha Foundation

#### Team North Carolina

- Monique & Christopher Pressley (Greensboro)
- Kimberly Monroe (Charlotte)
- Mandy Wood (Eastern NC)

### Find a Doctor



While we are not medically certified to recommend a doctor to you, we do encourage everyone to share resources of good doctors and medical centers. Visit the "[Find a Doctor](#)" section of our website to find a list of doctors that have proven to be helpful for other ENDOsisters.

## Events

Are you interested in hosting an Endometriosis Awareness Event? | Contact us at: [HerYellowRibbon@gmail.com](mailto:HerYellowRibbon@gmail.com)

### Maryland, Washington, D.C. & Northern VA

#### Endo Meet-Up

Saturday, January 31, 2015



**Location:** TBA

**Time:** 12:00 – 3:00pm

“Calling all ENDoSisters in the DMV area!”

We are hosting our first meet-up of the year! Join us as we make arrangements for the 2015 EndoMarch and our

Yellow Flash Mob in March!

### #HerYellowRibbon Community Day

Saturday, March 21, 2015

**Location:** Griffin Community Center | Greensboro, NC

In honor of National Endometriosis Awareness Month, #HYR will host a community day, in partnership with GetchaMoves Fitness & the new Griffin



Community Center. The Awareness Event will feature a Zumba Party with our instructor Nikki Zumba, health and wellness vendors and workshops! Ticket and date information will be announced in the coming weeks. Donations will be accepted for the Heart of Tabitha Prom Dress & Business Attire Clothing Drive.

### EndoMarch Social / Meet & Greet

Friday, March 27, 2015

**Location:** TBA

**Time:** 6:00 – 9:00pm

Meet new EndoSisters before the EndoMarch at our Meet & Greet in Downtown D.C.!

### 2<sup>nd</sup> Annual EndoMarch (2015)



Saturday, March 28, 2015

Washington, D.C. | Palo Alto, CA

*Empower ♦ Educate ♦ Effect Change*

Attendance is FREE and registration is free & easy!

[Click here](#) to Register &

Join #TeamHYR for the 2015 Walk!

## Cherrelle's Update



“The #HYR Family has grown significantly within our first year!

2014 was a very challenging year for me. I was diagnosed with Polycystic Ovarian Syndrome (PCOS) and in June 2014, I faced my fifth medical procedure for Endometriosis. The procedure took a major toll on my family and I. The hardest parts to deal with were my physical and financial struggles. This surgery would take me the longest to heal (1 month) compared to my previous procedures. This procedure would also be the most expensive, as it required a lot from the medical team. Thanks to our #HYR Family, we managed to raise over \$1,200. The funds were enough to cover the entire procedure! Thank you to everyone who donated and prayed for me. My body has been healing and the doctors are hopeful that this surgery has helped save my fertility and end my pain.

Since my procedure, we have moved to Maryland and ventured into new areas of work. As an organization, we have become a part of the HOT Foundation and have connected with so many people who are eager to help us grow! We are excited about what 2015 has in store for us!”

### Special thank you to:

- Ms. Lucy Weldon (Warren Record)
- Pastor Lawrence & the Greenwood Baptist Church Family (Warrenton, NC)
- Bishop and First Lady Alston & the Perfecting Praise Ministry (Warrenton, NC)
- Dr. Zackrisson & Dr. Cimo-Hemphill (Commonwealth Women's Health – Richmond, VA)

## Stories of a Fighter

Highlighting phenomenal women who are constantly battling Endometriosis.



### Featured EndoSister | April Kendall

April Kendall is a 4 year survivor of Stage 4 Endometriosis. She is from Queens, New York, where she runs her own advocacy organization for Endometriosis called: [endoNme](#).

In December of 2010 she was officially diagnosed with stage 4 endometriosis. During the first two years of her battle, April struggled with depression, seclusion and denial – due to a lack of public awareness about Endometriosis. The latter two years to present, she has decided to turn her pain into purpose by creating [endoNme](#).

“I now *love* myself even more *living* with endometriosis, and pray that my experiences will captivate and *inspire* others to understand that there is more to life than having a disease such as mine.” – **A.K.**

### Krystal Agic | North Carolina Precinct Manager for the #EndoMarch



I have suffered from Endometriosis for quite some time now. I began suffering from it as a young girl at the age of fifteen, and was diagnosed at seventeen.

I have been surviving this disease for 20 years. Being diagnosed with an invisible illness is horrible, but being diagnosed with one that has no cure is simply devastating. I have lived with a sense of hopelessness since that diagnosis.

Being diagnosed at a young age was devastating, not only to myself, but to my family as well. I had been seeing a doctor from the very beginning of my menstrual cycle. I went in every month with complaints of agonizing pain. The doctors told me that periods are sometimes really painful and that I had a low tolerance for pain. I was made to feel that I was exaggerating, when in fact I felt as if my insides were attacking my body. By the age of sixteen, I knew that something was really wrong. I saw a gynecologist in Charlotte, NC who, after the first visit, said she thought that I might have endometriosis. She explained what it was to my mother and me, which didn't explain much at the time. She scheduled me for an emergency laparoscopic surgery and I went in the following week and the diagnosis was confirmed. I was diagnosed with Stage IV endometriosis; during this procedure they found that my fallopian tubes were completely sealed shut with Endo and scar tissue.

I was told that I would never, even with medical assistance be able to conceive a child because there was significant damage to all my reproductive organs.

This news was devastating.

I did later conceive a child which was a huge surprise as you can imagine, she is my miracle baby (She's 12 now, so I guess she isn't a baby, but she is and will always be my baby). I am one of the lucky ones who were able to conceive despite the odds against my body. Throughout my journey with Endo, I have had many surgeries, hormonal treatments (side effects made things worse in most cases), and thousands upon thousands of dollars in doctor bills and unsuccessful treatments.

For years, I felt that this was a disease that I would suffer from as long as I live. I felt there was no hope because most people don't even know what it is or that it even exists, and unfortunately most doctors don't understand the disease or know how to treat it effectively. Then, I heard about the National EndoMarch! Learning of this march sent joy throughout my entire body! I'm not sure that there are words to describe the flood of hope that rushed through me! I am forever grateful to the team who put this magnificent movement in motion. I know now that we are going to find a cure, and that when people hear of endometriosis, they will know what it is. We will not suffer alone in the darkness anymore! We will end the silence and finally be understood.

Through this experience I have become a Precinct Manager for the state of North Carolina, and I'm honored that I can help make a difference, not only for myself, but for all the others who suffer.

To learn more about Krystal's journey, visit the “[Share Her Story](#)” section of our website.

**Do you know an EndoFighter whose story should be told? | Share it with us: [heryellowribbon@gmail.com](mailto:heryellowribbon@gmail.com)**

## Join Our Cause!

**#HerYellowRibbon**

We're just like you. Teachers, business owners, parents, retirees, students... you name it!

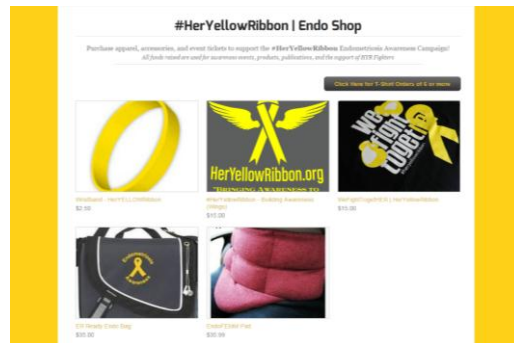
But one thing we all have in common is our dedication to CHANGE!

The more volunteers we have, the bigger impact we can make, TOGETHER!

[Click here](#) to learn more about becoming a volunteer with #HerYellowRibbon.

## ENDoShop

Visit the ENDoShop for your Endometriosis Awareness Apparel!



## Stay Connected



[www.HerYellowRibbon.org](http://www.HerYellowRibbon.org)

## Thank You!

Thank you for your continuous support. We look forward to a prosperous 2015!

### **Cherelle & Martin Lawrence, Founders**

Monique Pressley, *Co-Chair*

Patricia Williams, *Co-Chair*

Christopher Pressley, *Graphic Design*

Kimberly Monroe, *Education Chair*

Paula Hernandez, *Board Member*

DeShanta Alexander, *Board Member*

& the Heart of Tabitha Foundation