

#HerYellowRibbon

Bringing Awareness to ENDometriosis!

Dear Supporter,

Thank you for subscribing to the #HerYellowRibbon newsletter. #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.

#HerYellowRibbon | 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 women who battle with ENDometriosis.

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Join Us!



Did You Know?

#HerYellowRibbon was recently nominated as the Endo Hero of the Year at the 1st Annual EndoMarch in Washington, DC!

#HerYellowRibbon In Action

Take a look at our highlights from the past few weeks!



Endo "Happy" Video

The Ladies of #HerYellowRibbon had the joy of designing a ["Happy" video](#) in honor of National Endometriosis Awareness Month!



EndoMarch 2014

We were in attendance at the 1st Annual EndoMarch! Joined by hundreds of EndoSisters and their families! [Learn more.](#)



EndoSkate Nite

We skated the night away at our 1st EndoSkate Nite, held at United Skates of America! [See photos.](#)



EndoWalk

Cherrelle & fellow #HYRFighter, Kathy, shared their emotional stories about their fight with ENDometriosis. Followed by a 2 mile walk around Spring Forest Park in Raleigh, NC. [See photos.](#)



Zumba Party

We lost ourselves in the music at the 1st Zumba Party, hosted by our very own Monique "Nikki Zumba." [Learn more.](#)



Health Expo

We spread awareness and educated the public at the 8th Annual Health Expo in Silver Spring, MD! [See photos.](#)

In The Know

Upcoming Events

We are currently scheduling events for the Summer! Further information to come soon! In the meantime, visit our website and follow us on Twitter, Facebook & InstaGram!

Want to host an event with #HerYellowRibbon?

Email us: heryellowribbon@gmail.com

News

#HerYellowRibbon Founder, Cherrelle Lawrence, was interviewed and highlighted by the Warren Record for her advocacy work. [Read the article here.](#)

Cherrelle's Update

"Hey #HYR Family! Thank you to everyone who has continuously prayed, supported and wished me well! I have had the pleasure of meeting several fighters, supporters and medical professionals through this journey with #HerYellowRibbon.



I am glad to say that I have finally found a team of professionals who may be able to help me and help with my fertility! This upcoming journey will be long, emotional and will require a lot of resources, but I believe that it will ALL be worth it!

So far, we have raised \$1,000 from family and friends who are donating to help with the medical expenses of this upcoming procedure. Please continue to keep us in your thoughts!" -CL & Family

Stories of a Fighter!

Share Her Story | Highlighting Stories of ENDOfighters

Aida McGowen (Diagnosed: 2009)

"I always knew I had an angry uterus since my menstrual cycle started when I was in my early teens. I spoke a full hysterectomy in my life when I was about 14 years old because my cycle was so painful and unbearable. People would tell me 'Aida you can't just get a hysterectomy. You don't have any children and you are too young!' During the years to come I learned to live with the pain. Long menstrual cycles, mood swings, unbearable and indescribable pain became my monthly way of life. Just like clock work...tick tock, tick tock...one could set their watch by my menstrual cycle. Every month I tried to 'count' how many eggs I could possibly have left trying to guess how much longer my body would be ravaged monthly with pain.



By 2013, I was over it all!!! I just wanted my life back. I had a few doctor's appointments during the late summer/early fall of 2013. My ending was decided on September 25th. I was to have a full hysterectomy on December 11, 2013. Would it cure me of the endometriosis, no. Would it make me pain free, promising. Would it afford me the opportunity to have a better quality of life, definitely! It was decided and my count down began. I was okay with my decision. It was very well with my soul. I was okay that I never had any children because I had Godchildren. I prepared myself to transition into menopause. I was ready for whatever the next phases of my life were.

Don't think the days leading up to my surgery were pleasant. I cried a lot of happy tears as I prepared for my big day. I reflected on my life and it's new direction. I was born at Mercy Hospital and my ability to give life would end at Mercy Hospital. How ironic but I was okay with my decisions. On December 11, 2013, I bravely walked into my destiny and haven't looked back since!!!"

Brandie Hall (Diagnosed: 2011)

My name is Brandie Hall, I am 31 years old, and I live in Jacksonville, FL. Born at 27 weeks (pre-mature), I weighed 1 pound 13 ounces and spent two months in the NICU. I have Retinitis of pre-maturity, Scoliosis, and I also have Von Willebrand disease (a condition where my blood does not clot good.) Everyday, my doctors tell me how lucky I am to be alive!



Brandie Hall (right)

I started by menstrual cycle when I was 12 years old. From the beginning, my cycles have been heavy; so heavy that I spoke to Hema oncologist about it because I thought maybe it was my clotting disorder that was causing cycles to be so heavy but that was not the case. Every month I had horrible cramps that felt like someone was stabbing me over and over again. Often, I would miss school because of my cramps and my cycles being so bad. I took birth control pills and even did the Depo shot, which couldn't help either.

At 19 years old, I had my first daughter, by C-Section because she weighed 9 pounds and 11 ounces at birth. Then, 2 years later, I had my second daughter. After both children, I still seemed to have heavy period cramps. I decided to get an IUD for 5 years, after my second child, it did help me with cramps and I had no period. 4 years into the IUD, I decided to get it removed. I got pregnant for the last time with my son. I had Placenta Previa with him, causing me to be in and out of the hospital for months. I had to have him through an emergency c-section, 7 weeks early. 3 months later, the doctor took a look at my uterus, ovaries and tubes and said it looked pretty bad. He sent this information to my GYN to review. She reviewed it and said that I had to do a vaginal ultrasound to confirm the findings. Turns out, I had scarring on my uterus muscle, black (dark chocolate) cysts on both ovaries, and both tubes were clogged. I had to have a full hysterectomy in 2011. When the pathology results came back, she confirmed that I had endometriosis. She said that the hysterectomy should cure me, but 6 months later, that was not the case. My pain had returned, worse than before. She decided to put me back on birth control pills for over a year; that didn't do anything either.

In July, I got a CT done which the results landed me in another surgery in August 2013. After 4 hours in the operating room, the doctor told my husband that it was endometriosis again and my bladder had fallen. She put me back on birth control pills, and even suggested that it may be time for Lupron. She decided to do another exam and said "you look fine, I don't see or feel any endo. Have a good day!" WHAT? She was my doctor since 2001 and she was giving up on me!

Today, I am still in pain. So much pain that it affects me being an army wife. It affects everything in my life. Endometriosis is a horrible, nasty disease. I am sharing my story with hopes that people will listen and be willing to help me. I am going to the Center for Endometriosis in Atlanta. The cost of my procedure will be thousands of dollars. I am [accepting donations](#) from anyone who would like to help.

Mandy Wood (Diagnosed: 2002)

"I remember it like it was yesterday....Today I'm 31 years old, have 6 surgeries behind me & enjoy being an advocate for Endometriosis & helping other women whom I love to call sisters.

Back in 2000 I had just graduated high school, was working two jobs & just settled in my first & very own apartment when I started having serious debilitating pain putting everything I worked for in risk. Since the age of 13 I always remember having horrible pain with my menses but the doctors didn't seem to connect the dots. For 2 years I went to every kind of doctor there was and nobody could find anything wrong. Pretty soon my family & my friends started thinking this was all in my head and that I was attention seeking.



Mandy Wood (left)

Finally in 2002 I heard the word Endometriosis for the very first time & the symptoms sounded a lot like my pain so then I was off to a gynecologist. My doctor decided to do a laparoscopy to see if this was the problem & sure enough I got my diagnosis of Endometriosis in May 2002. It's been a bumpy ride and I have learned so much. After years of research and learning about Endometriosis a friend referred me to the CEC in Atlanta where I had excision surgery and by far the most successful treatments by far. I did extremely well until the fall of 2012 when my local doctor decided that I needed to have a hysterectomy & in desperate hopes of pain relief I reluctantly agreed knowing that wasn't a cure but I was so desperate for relief.

Thankfully that did help me but even today I'm not pain free. I will say though that Endometriosis has made me so much stronger & it will not break me! Through my journey my faith has grown stronger, my family & friends mean more to me than ever & I wake up everyday happy & hoping to help another sister in need. One at a time little by little we will win this battle."

Know an Endo Fighter who's story should be told?

Send it to us: heryellowribbon@gmail.com

Join Our Cause

We're just like you. We're teachers, business executives, parents, retirees, students...you name it. But the one thing we all have in common is our dedication to change. And the more volunteers we have, the bigger impact we can all make. Together.

[Learn More](#) about what it means to be a volunteer.

[BECOME A VOLUNTEER](#)

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www.HerYellowRibbon.org

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