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Special Feature

March is Endometriosis Awareness Month

By Nurse Monique Anglin, Department of Health & Wellness

What is Endometriosis?

Endometriosis is a condition where tissue similar to the lining of your uterus grows on other parts of your body. When this tissue grows in the wrong places, it can cause painful symptoms that can impact your menstrual cycle and your daily life. Some people with endometriosis have trouble getting pregnant due to scarring and fallopian tube blockage as well.

Some of the most common places you can develop endometriosis include the:

- Space behind your uterus.
- Myometrium (a layer of your uterine wall).
- Ovaries.
- Peritoneum.
- Fallopian tubes



Principal's Message



Greetings Colleagues

Embracing Leadership Together

I want to take a moment to reflect on some key insights from David Cottrell's inspiring book, 'Monday Morning Leadership'. Cottrell emphasizes that effective leadership is not just about managing tasks but about empowering each of you to bring your best selves to work every day.

I invite us to focus on these core principles that can strengthen our various teams and enhance our individual contributions at Knox Community College (KCC):

- **Ownership:** Embrace the idea that each of us plays a vital role in the success of KCC. Take ownership of our responsibilities and strive for excellence in everything you do.
- **Positive Attitude:** Approach challenges with a mindset that sees opportunity. A positive attitude is contagious, and together we can create an uplifting work environment that encourages creativity and collaboration.

- **Continuous Improvement:** Let's commit to growing - not just as teams, but as individuals. Whether it's learning a new skill or seeking feedback to enhance our work, every step you take towards improvement adds value to our collective goals. We've started the ISO 9001:2015 journey, let's get certified.
- **Open Communication:** Remember that leadership is about listening as much as it is about directing. Share your ideas, challenges, and successes. Together, we can foster an atmosphere of trust and innovation. I encourage us to be honest about issues and direct them to the relevant parties who can aid in solutions.

As we move through this week, let's embody the principles of leadership that Cottrell highlights. Each of us has the potential to inspire others and make a real difference. I believe in your abilities and am excited to see how we can grow together.

Let's make this week amazing!

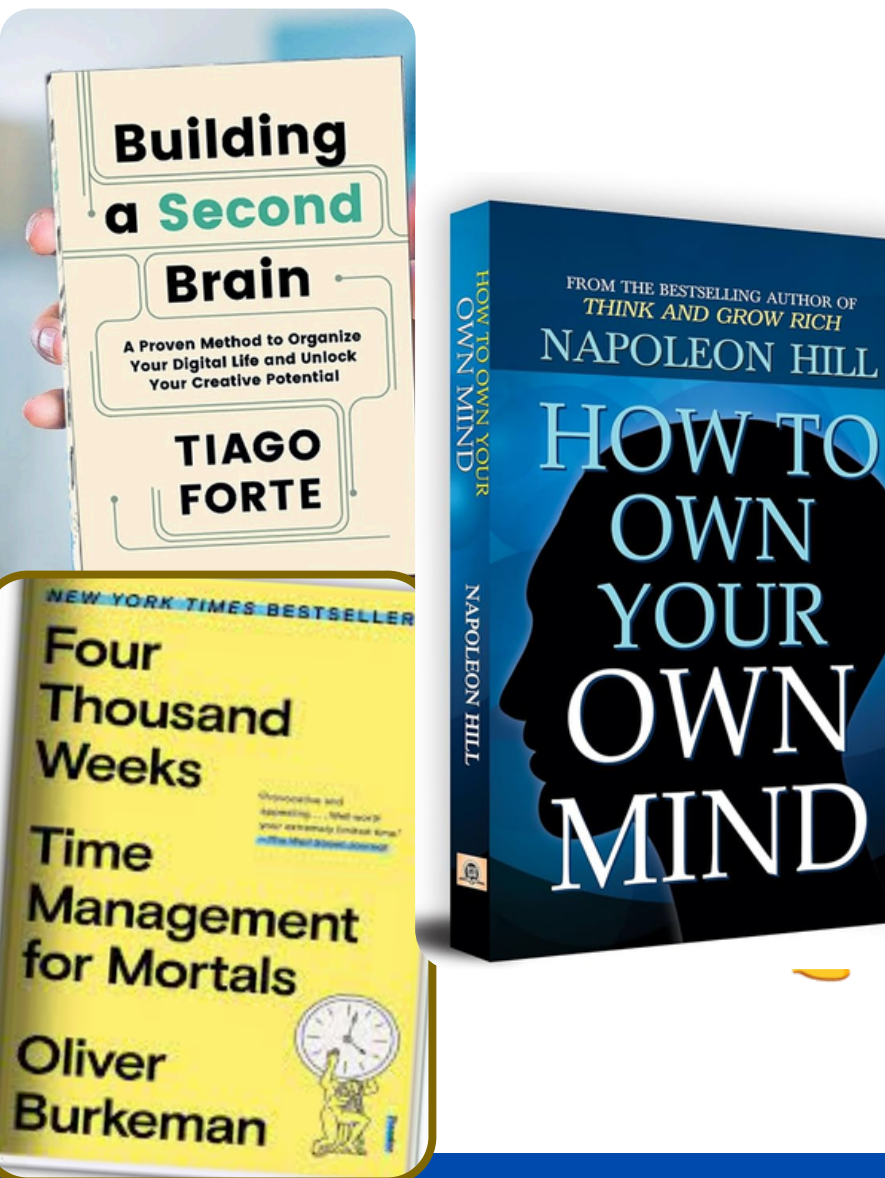


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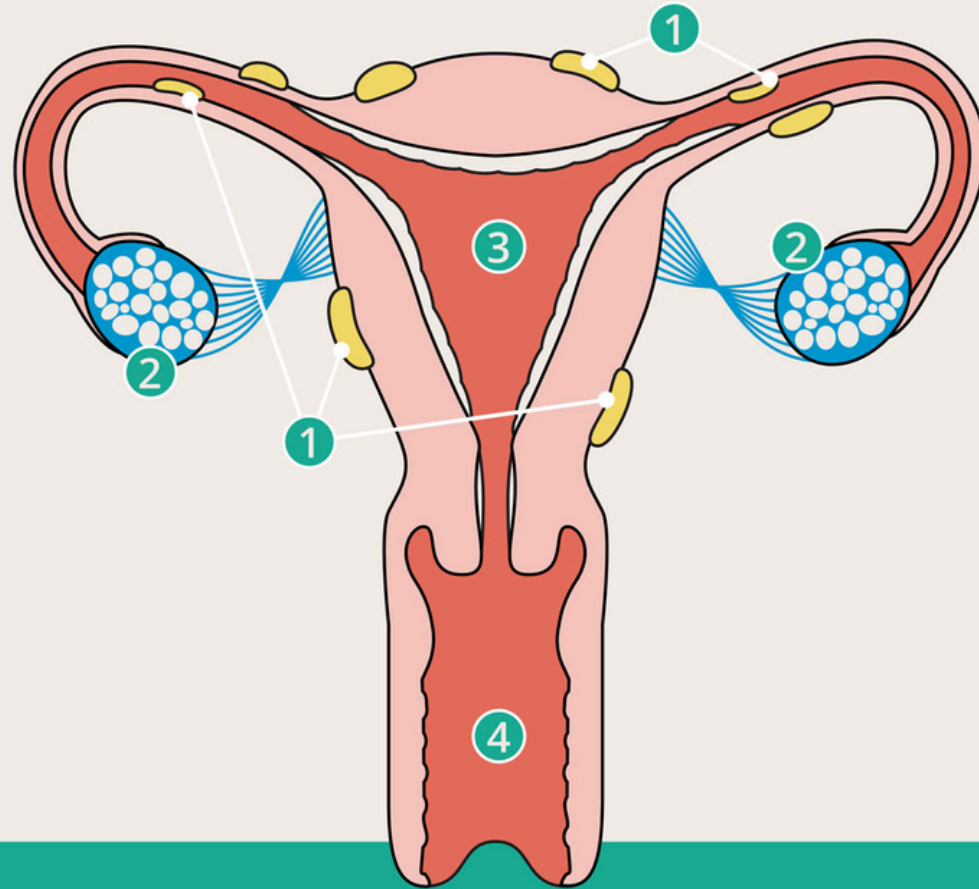
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*See books available on pages 10-11. **Please Note: ID Required for Access/Loan***

Endometriosis

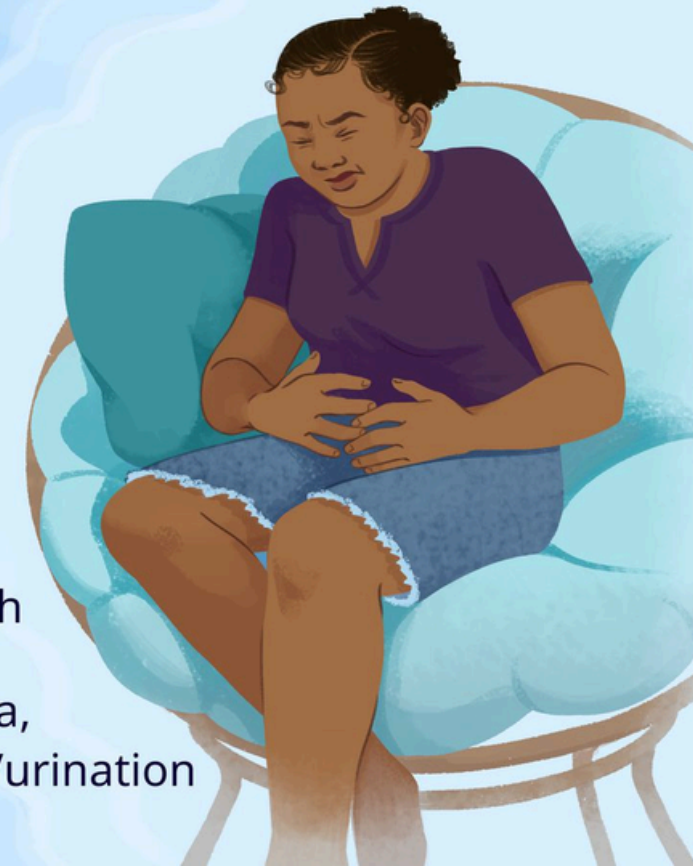
Endometriosis is when tissue, similar to tissue found inside the womb, is found elsewhere in the body.

1. Endometriosis
2. Ovaries
3. Uterus (womb)
4. Vagina



Endometriosis Symptoms May Include:

- Abdominal, pelvic, leg, chest, and back pain
- Pain during sex
- Abnormal, heavy, or irregular bleeding
- Infertility
- Fatigue and shortness of breath
- Constipation, bloating, diarrhea, and painful bowel movements/urination



What are the symptoms of Endometriosis?

There are many symptoms of endometriosis, but the most common is **pelvic pain**. This pain can be intense or mild. Symptoms often feel worse just before and during your period due to inflammation brought on by the hormonal changes that occur at that time.

You can also have no symptoms of endometriosis. Sometimes, you can have it and not know until you are unable to get pregnant. There is no connection between your symptoms and the severity of the condition. Some people may have very few patches of endometriosis and still experience severe pain. Other people might have many patches of endometriosis, but not experience any pain.

“

“Sometimes the pain is so unbearable, I cannot stand or sit”

”

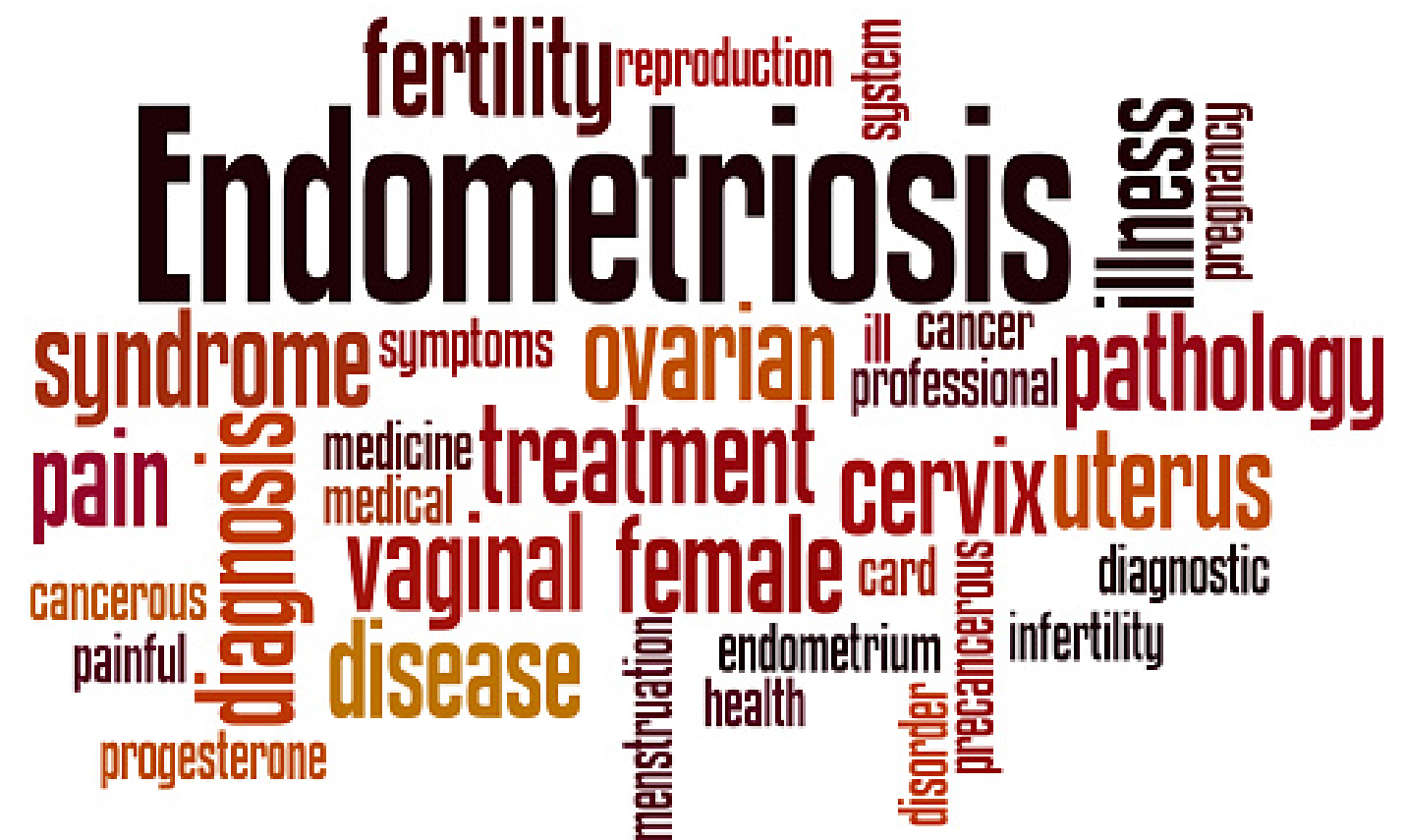
-Staff Member #1 with Endometriosis



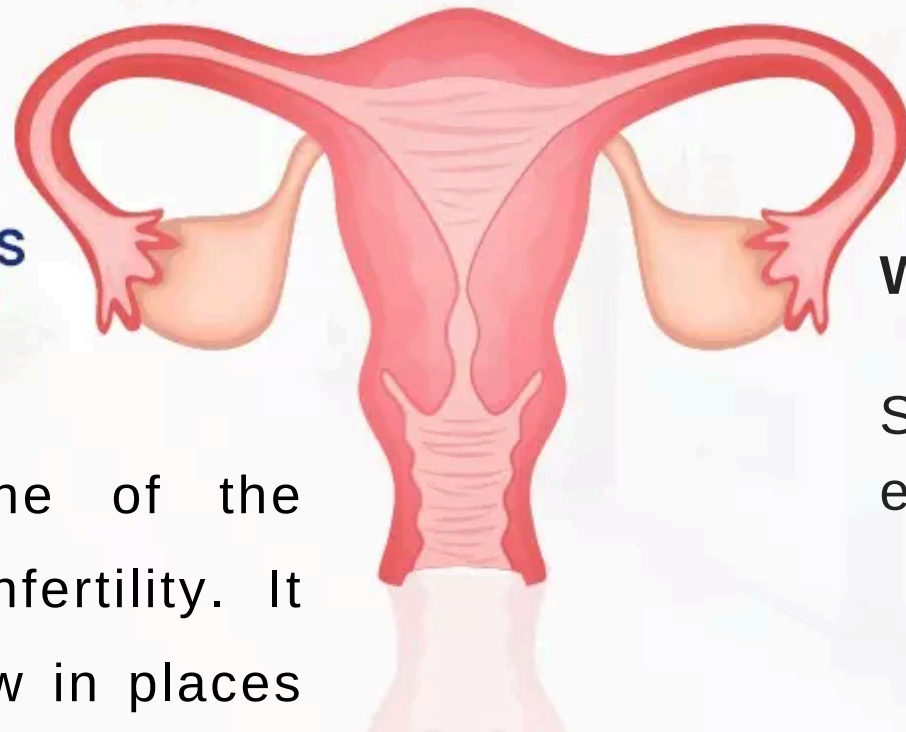
What causes Endometriosis?

Healthcare providers do not know for sure what causes endometriosis.

When you have endometriosis, tissue that is similar to the lining of your uterus grows in the wrong places. Researchers are looking for a connection between endometriosis and conditions like retrograde menstruation, immune system conditions and hormone disorders as possible factors that may lead to the condition.



Can Endometriosis Cause Infertility?



Endometriosis is one of the leading causes of infertility. It causes tissue to grow in places where it doesn't belong. This can interfere with how a sperm and egg move to meet each other at conception.

What are some of the risk factors for Endometriosis?

Some factors can place you at a higher risk of developing endometriosis, including:

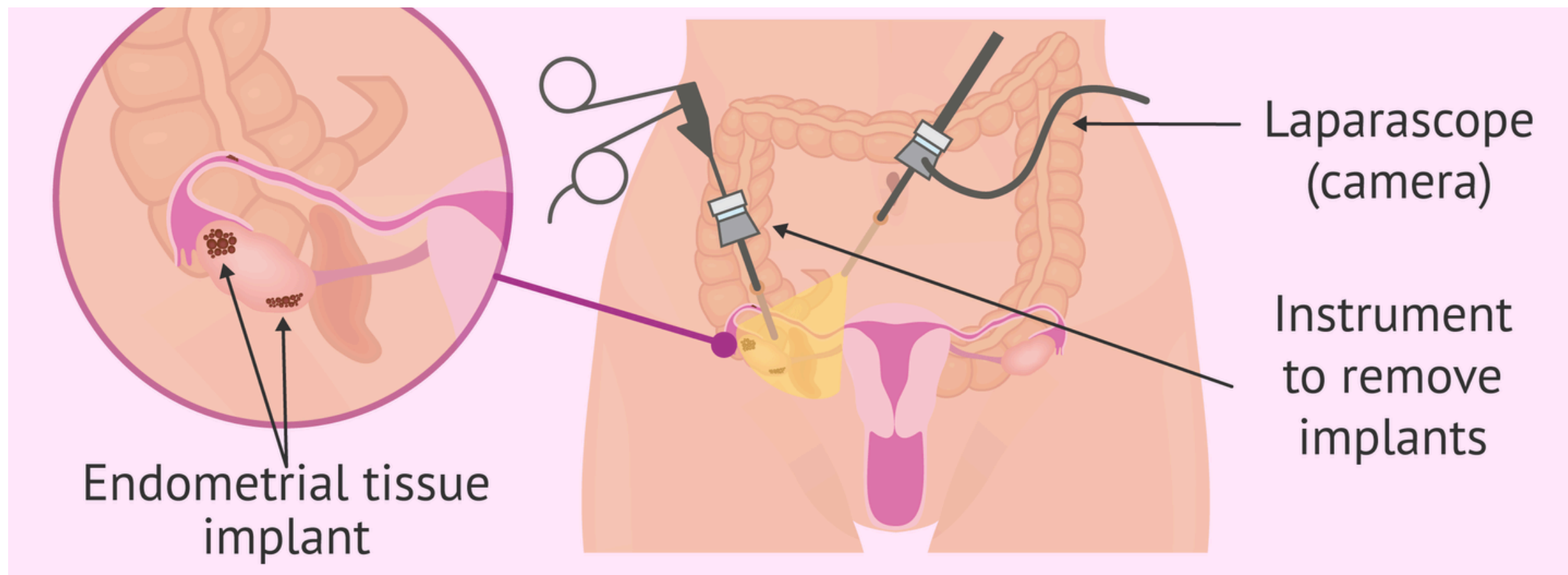
- Biological family history of endometriosis.
- Having short menstrual cycles (fewer than 27 days between periods).
- Having long and heavy periods (periods last longer than eight days).
- Never having children.



How to diagnose Endometriosis?

The only way to definitively diagnose endometriosis is with a **laparoscopy**. This procedure involves your healthcare provider using a small camera (laparoscope) to look inside your pelvis. Once they see where the tissue is, they can remove a sample of tissue (biopsy) and send it to a lab for testing.

The surgeon will also try to remove or destroy all tissue that is suspicious of endometriosis that they find during this procedure. In this way, a laparoscopy helps with diagnosis and treatment.





Treatment using
painkillers



Hormonal
treatment



Surgical
treatment

What is the treatment for Endometriosis?

Your healthcare provider will help create a treatment plan for endometriosis based on a few factors, including:

- The severity of the endometriosis.
- Your plans for future pregnancies.
- Your age.
- The severity of your symptoms (often, pain).

In many cases, your treatment plan will focus primarily on managing your pain and improving fertility issues (if you are planning on a future pregnancy). Medication and surgery (or both) are possible treatment options.

Can endometriosis be prevented?

Endometriosis is not a condition you can prevent, but certain factors can reduce your risk of developing the condition

“

“When I found out I had endometriosis, I was in my mid-20s. My treatment options were painkillers and hormonal treatment. Now in my mid-40s, I am considering the surgical option, as I have given up on having children.

”

-Staff member #2 with Endometriosis

Foods that can help manage Endometriosis

Chronic disease associated with severe pain during periods

- 
- The image features a central illustration of a female reproductive system, including the uterus and ovaries, overlaid on a background of various foods. The foods are arranged in a circular pattern around the central illustration, with labels for each food item. The foods include leafy greens, ginger, turmeric, fatty fish, avocados, fresh garlic, nuts and seeds, extra virgin olive oil, and berries (blueberries, strawberries, and raspberries).
- Leafy greens
 - Ginger
 - Turmeric
 - Fatty fish
 - Avocados
 - Fresh garlic
 - Nuts and seeds
 - Extra virgin olive oil
 - Blueberries, strawberries, and raspberries

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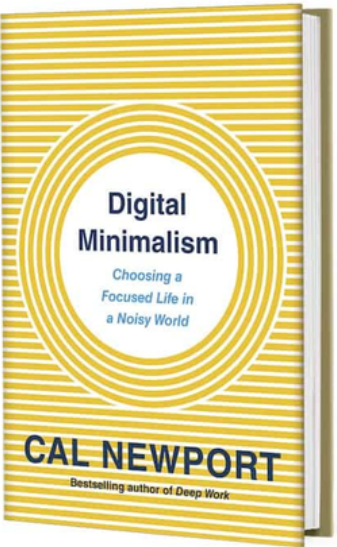
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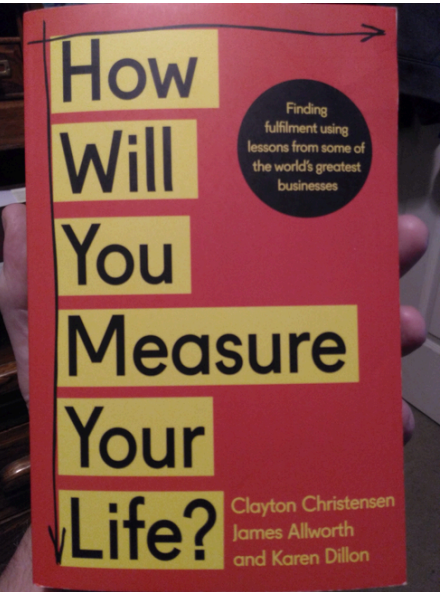
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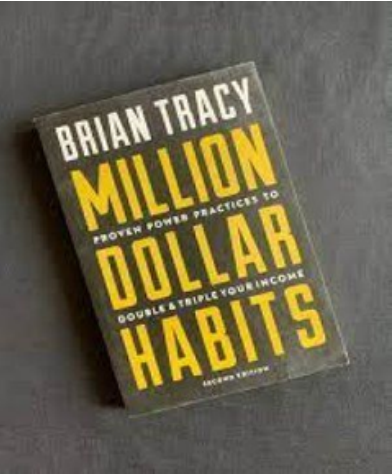
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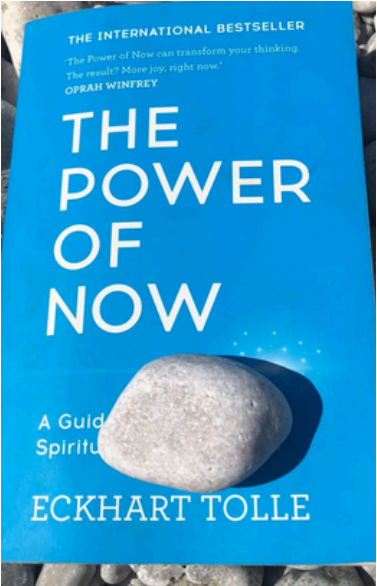
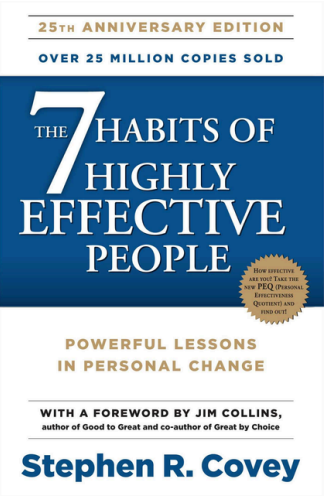
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- The Power of Now

Eckhart Tolle
- The Power of Self-Discipline

Brian Tracy



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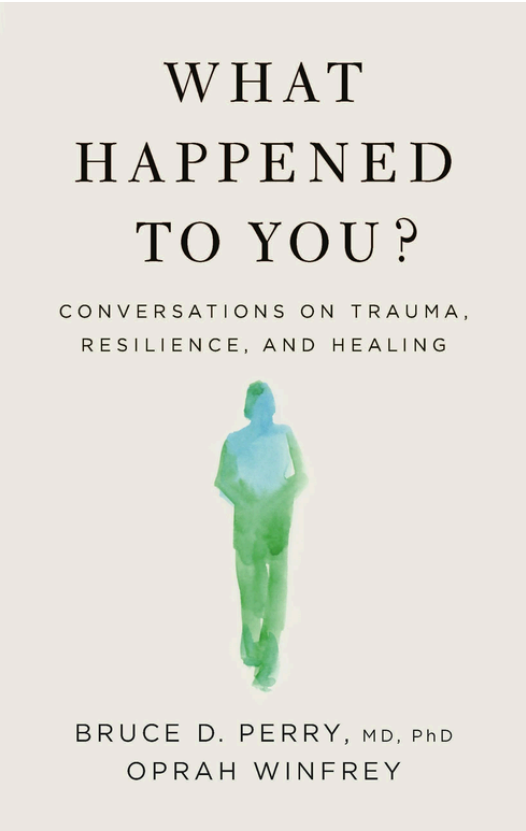
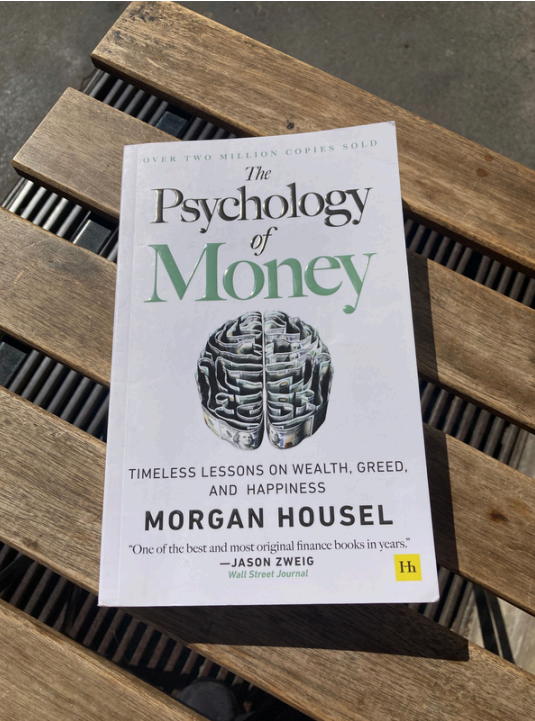
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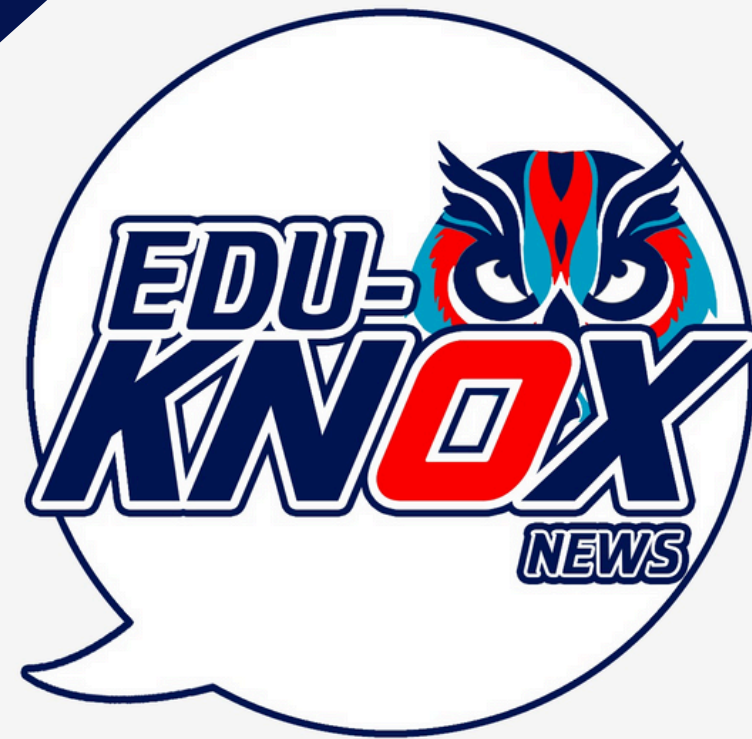
Endometriosis Awareness Month

**Wear Yellow on
March 20, 2025**

**Let's show our support to
all the women living with Endometriosis**

**“You don't always
need a plan.
Sometimes you just
need to breathe,
trust, let go, and see
what happens.”**

MANDY HALE



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