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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 Students,

The Season of Lent

As you navigate this season of Lent, take a moment to reflect on your journey—not just as students, but as individuals striving for growth, purpose, and connection. This time invites you to embrace both sacrifice and renewal. Consider what you might let go of that no longer serves you—doubt, procrastination, or negative self-talk. In their place, nurture habits that uplift you—compassion, resilience, and mindfulness. Remember, true growth often comes from discomfort.

Each day is an opportunity to renew your commitment to your goals, your passions, and your community. Reach out to those who inspire you, lend a hand to those in need, and make space for introspection and gratitude.

You are part of a larger story, one that unfolds with every choice you make. Embrace this season as a time to deepen your understanding of not just who you are, but who you wish to become.

Let this be a time of transformation—may you find strength in your challenges, purpose in your pursuits, and joy in your journey. Trust in your ability to rise, innovate, and inspire. The future is bright, and it's yours to shape.

Let's make this season of Lent amazing!

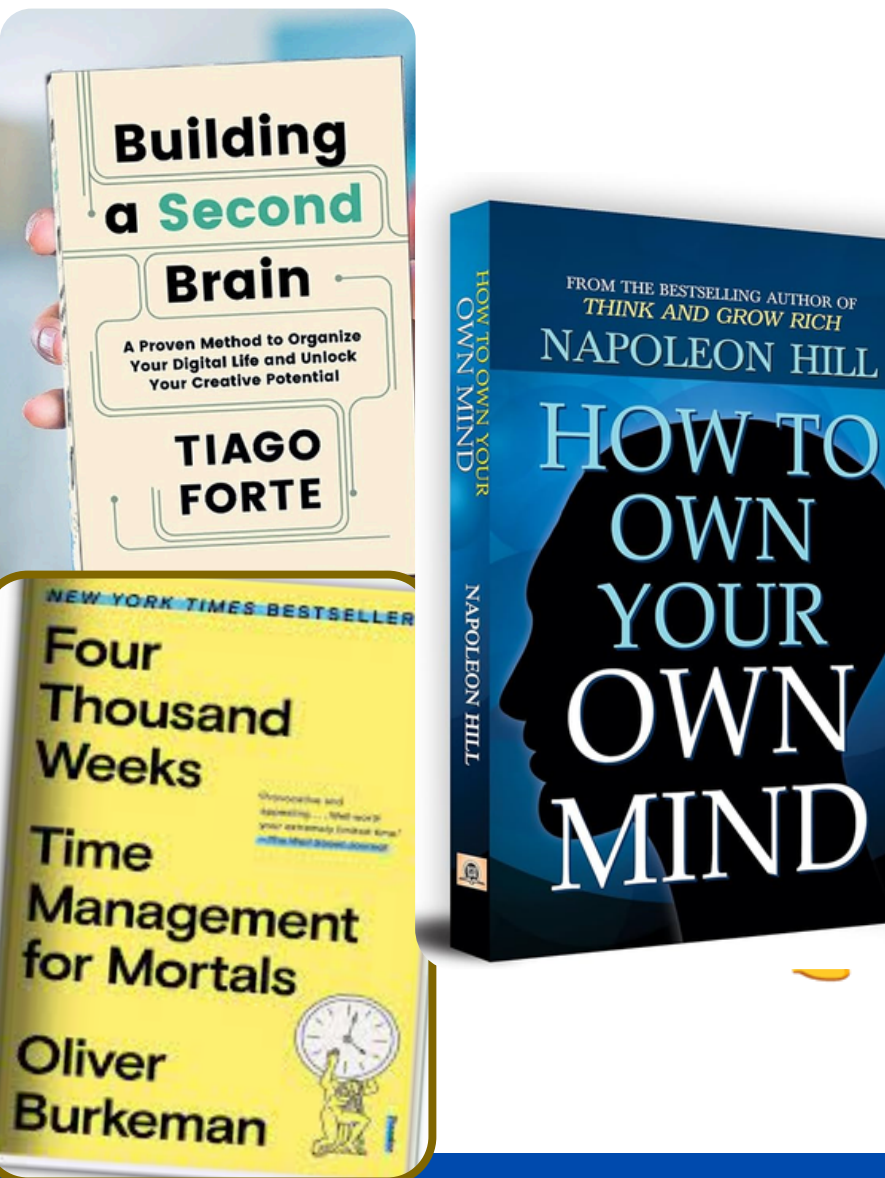


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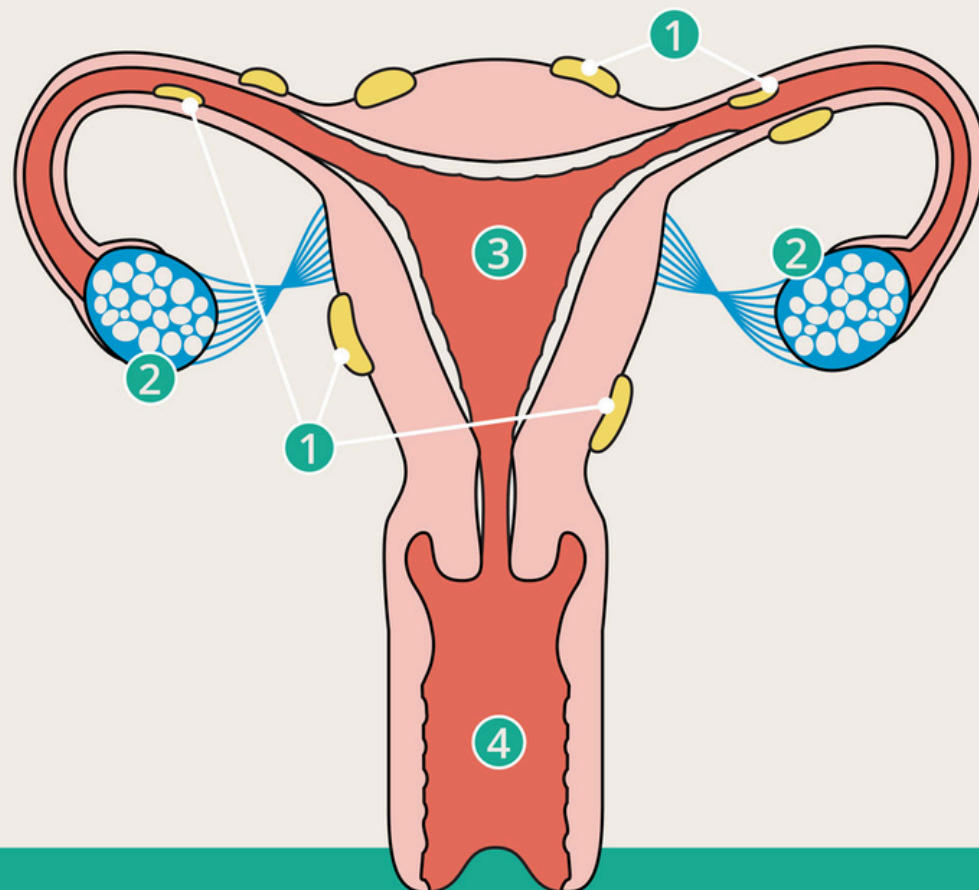
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Endometriosis

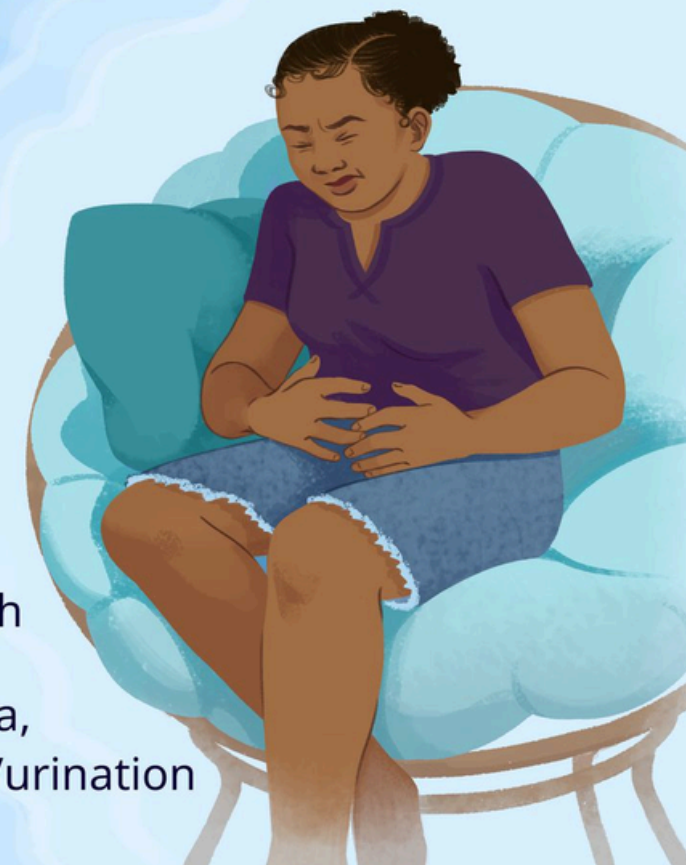
Endometriosis is when tissue, similar to tissue found inside the womb, is found elsewhere in the body.

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”

”

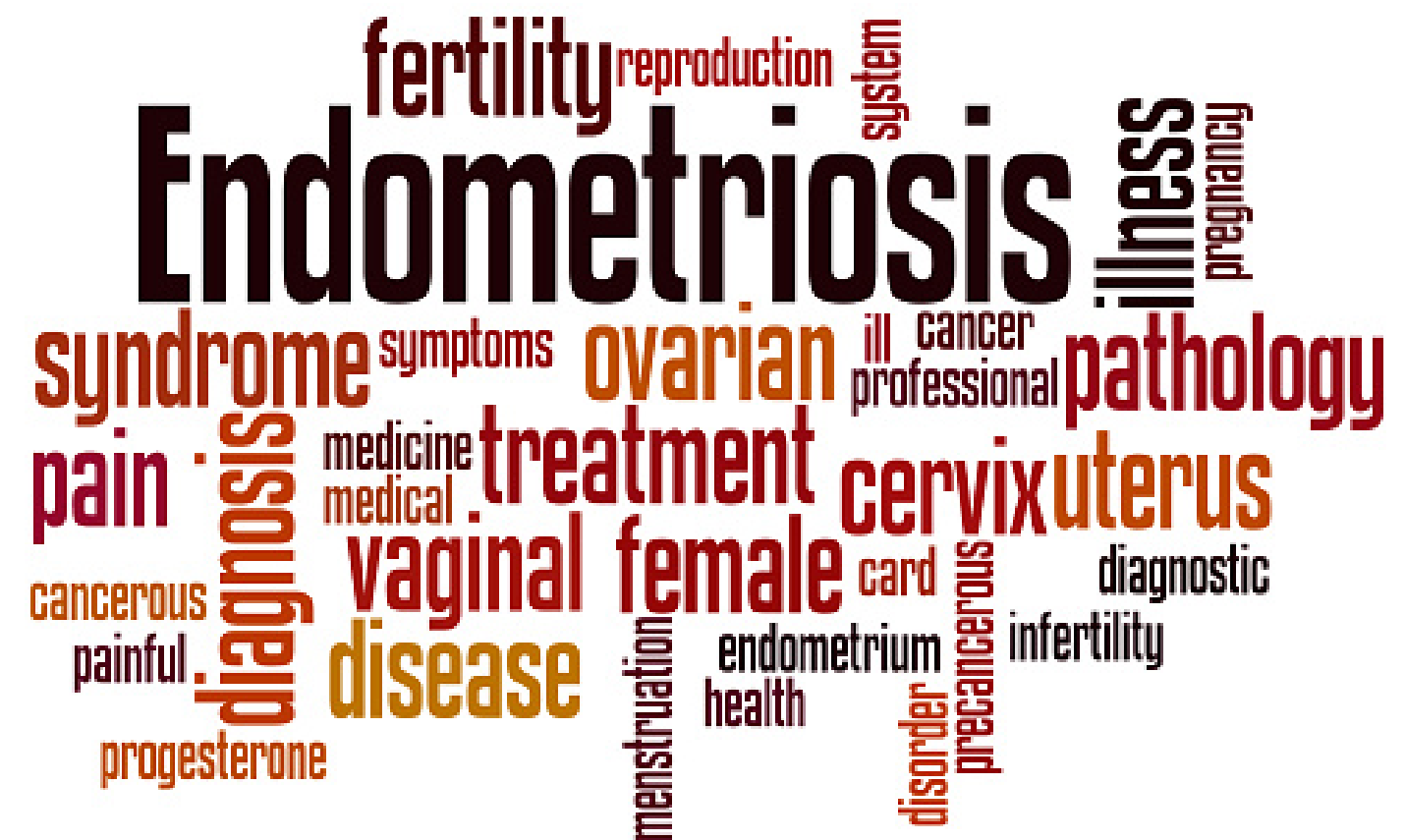
-Staff Member #1 with Endometriosis



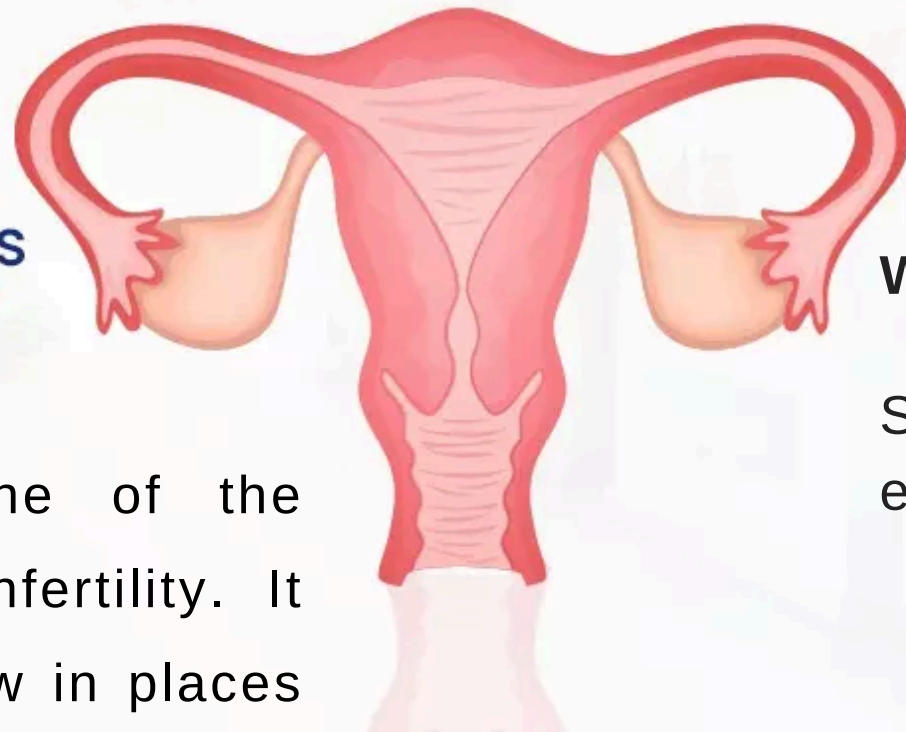
What causes Endometriosis?

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:

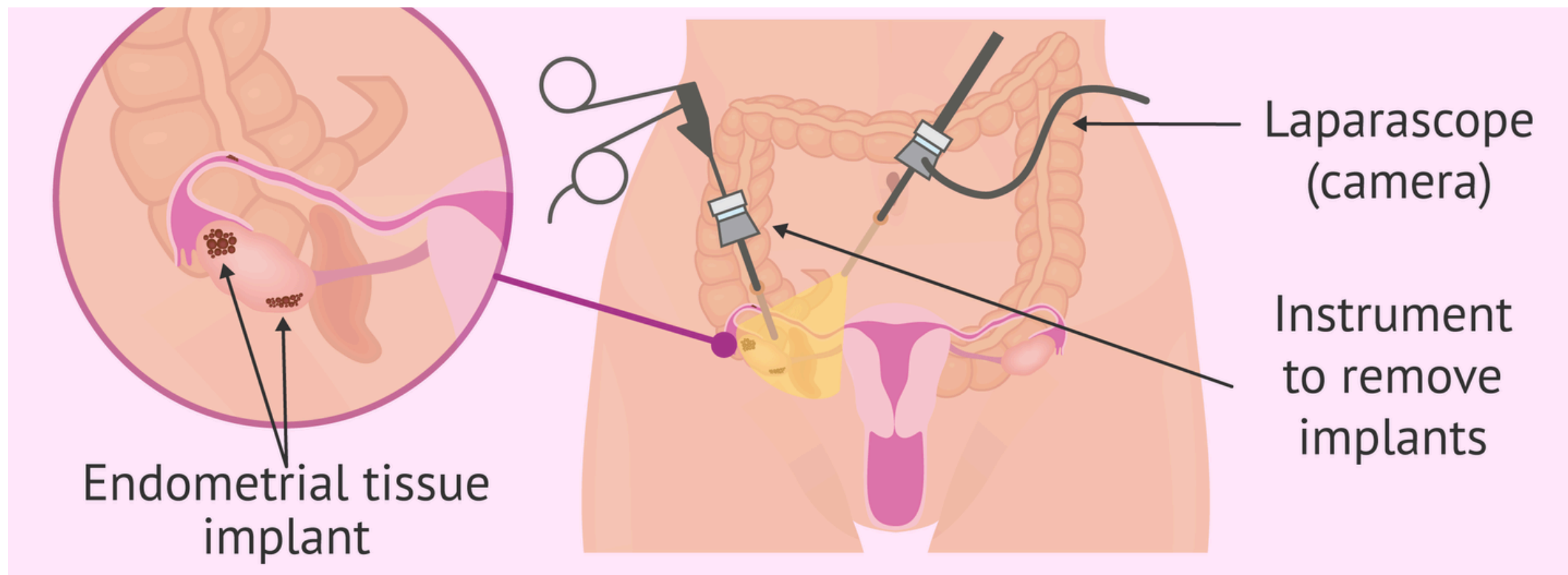
- Biological family history of endometriosis.
- Having short menstrual cycles (fewer than 27 days between periods).
- Having long and heavy periods (periods last longer than eight days).
- Never having children.



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 infographic features a central image of a doctor in a white coat and stethoscope, holding a model of a human uterus. The uterus is shown in cross-section, revealing internal structures and areas of inflammation or growth, representing endometriosis. A red circular highlight is drawn around the uterus. Surrounding this central image are various food items: leafy greens (broccoli, spinach), ginger, turmeric, fatty fish (salmon), avocados, fresh garlic, nuts and seeds (almonds, walnuts, pecans, cashews), extra virgin olive oil, and berries (blueberries, strawberries, raspberries). The background is a warm, yellowish-orange gradient with a subtle pattern of food items.
- Leafy greens
 - Ginger
 - Turmeric
 - Fatty fish
 - Avocados
 - Fresh garlic
 - Nuts and seeds
 - Extra virgin olive oil
 - Blueberries, strawberries, and raspberries

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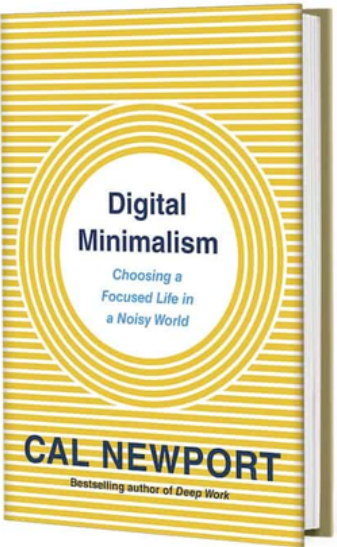
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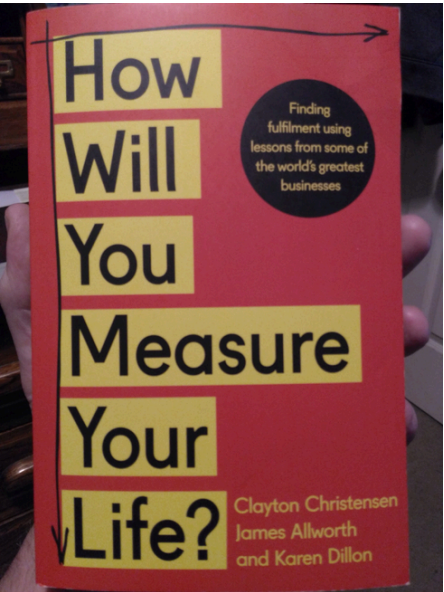
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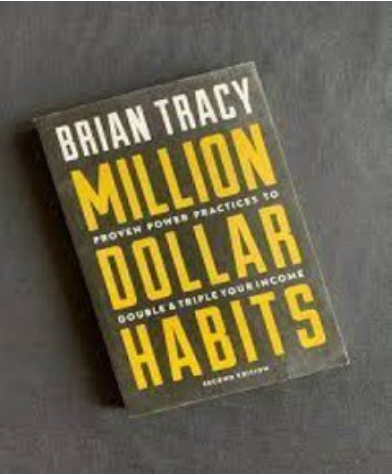
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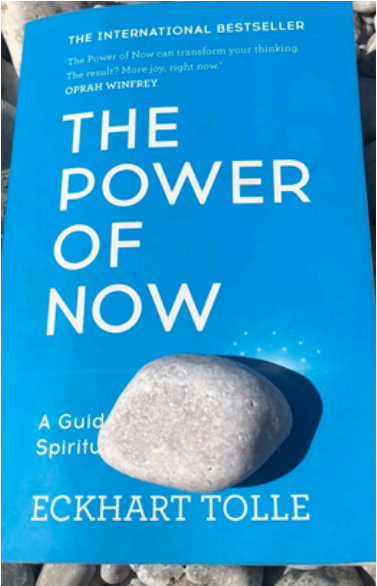
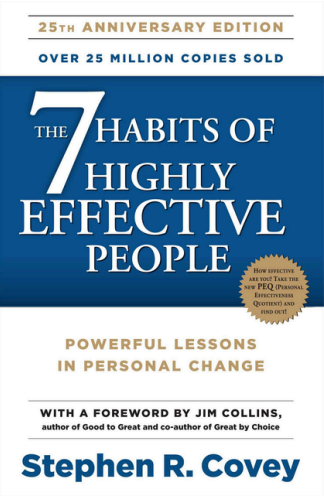
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Brianna Wiest
- The Over-Thinking Cure

Nick Trenton
- The Power of Now

Eckhart Tolle
- The Power of Self-Discipline

Brian Tracy



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Morgan Housel
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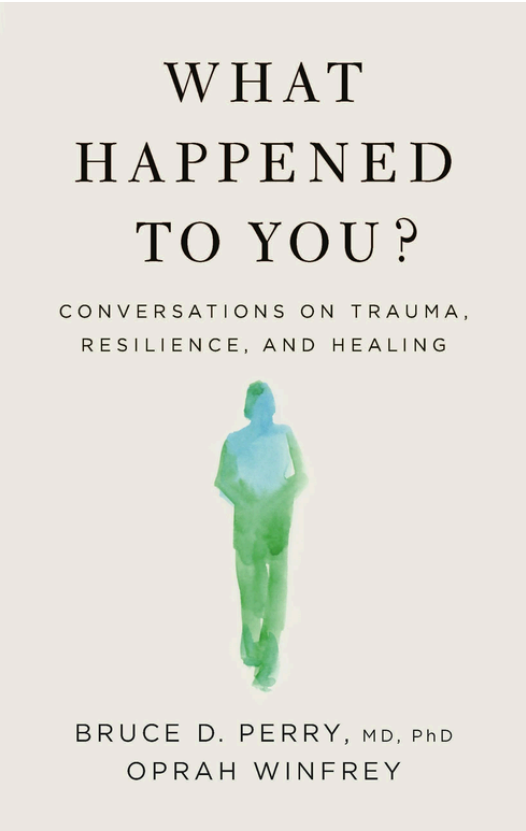
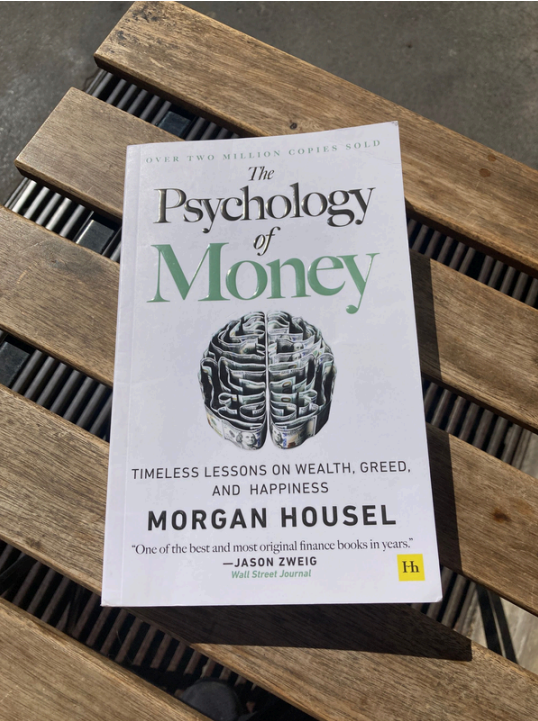
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March is

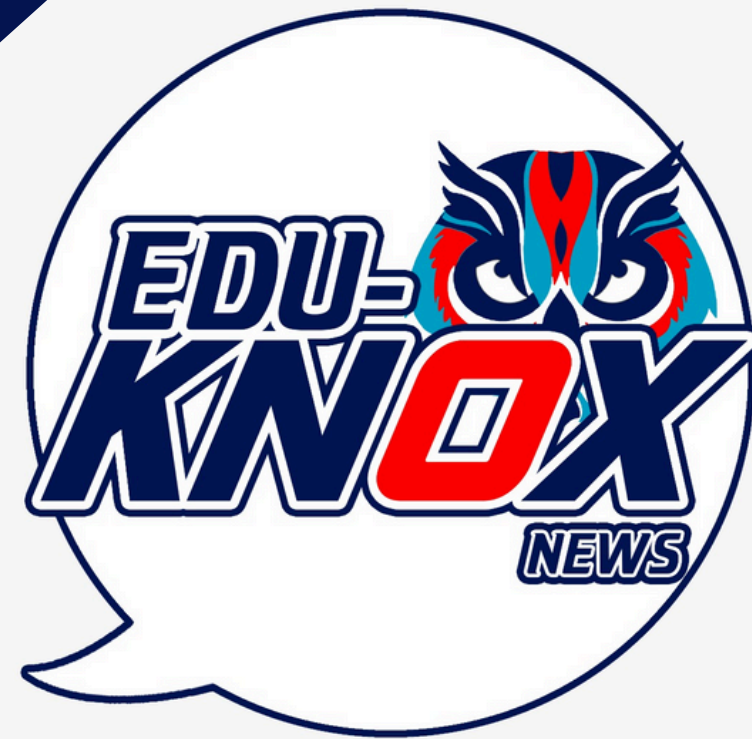
Endometriosis Awareness Month

**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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