

Wear Yellow to March out Endometriosis

Friday, March 9, 2018

*March is Endometriosis
Awareness Month*

**HELP RAISE
ENDOMETRIOSIS
AWARENESS**



Endometriosis (en-doe-me-tree-O-sis)

An often painful disorder in which tissue that normally lines the inside of your uterus — the endometrium — grows outside your uterus. With endometriosis, displaced endometrial tissue continues to act as it normally would — it thickens, breaks down and bleeds with each menstrual cycle. Because this displaced tissue has no way to exit your body, it becomes trapped. Endometriosis can cause pain — sometimes severe — especially during your period.

For more information, please visit:

Mayo Clinic

www.marchintoyellow.org.au

#MarchintoYellow



Nimkee
Memorial Wellness Center

Signs/Symptoms:

- Pelvic pain, often associated with your menstrual period.
- Painful periods (dysmenorrhea).
- Pain with intercourse.
- Pain with bowel movements or urination.
- Excessive bleeding with menstrual periods.
- Infertility (unable to become pregnant).
- Other symptoms: fatigue, diarrhea, constipation, bloating or nausea, especially during menstrual periods.

Risk Factors:

Several factors place you at greater risk of developing endometriosis, such as:

- Never giving birth.
- Starting your period at an early age.
- Going through menopause at an older age.
- Short menstrual cycles — for instance, less than 27 days.
- Your menstrual flow is longer than seven days.
- Low body mass index.
- Alcohol consumption.
- One or more relatives (mother, aunt or sister) with endometriosis.
- Any medical condition that prevents the normal passage of menstrual flow out of the body.
- Uterine abnormalities.

Source: Mayo Clinic



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