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# Endo Together

The Newsletter for our  
Endometriosis Community

*Together we can end endo.*

## March 2024





### **Message from Monica Forlano, *Chair – Endometriosis Australia***

Dear valued supporter,

Welcome to the first edition of Endo Together 2024! The year has started off strong and there is plenty to celebrate and update you on. And even more to look forward to in the year ahead.

Inside this newsletter, you'll be inspired by the strength and resilience of Pru, Kayla and Christie who share their stories. These are just a few of the empowering people you are helping through your support of Endometriosis Australia. Because it's your empathy and compassion that creates a lasting impact on their health and wellbeing and for so many others.

Thanks to you, researchers can work towards more choice and better treatment options to improve the quality of life for so many. It's your generosity that's supporting employers to step up and make improvements for those affected by endo at work.

I hope you enjoy reading about all the ways you are making a difference this March, or as we know it, Endometriosis Awareness month. As I sit here and write this, it makes me so proud to see the work that is underway thanks to your generosity and commitment to putting an end to endo. Your involvement is the driving force that I feel everyday as we progress toward a world without endo.

**Monica Forlano, *Chair***

Endometriosis Australia



## The Gen X endo experience: *What it's like to live for 24 years undiagnosed*



*The passionate, resilient and endearing Pru Gibson from Kiama NSW, shares her experience of navigating life with a chronic illness that nobody believed was real.*

"For Pru, living with endometriosis as a Gen X meant being one of the 'unlucky girls'. She was the subject of eyerolls and snide comments, hearing 'don't be silly' or 'it's just period pain, deal with it', and being patted on the back and shoved out the door. As she explains, you learn to live with

ridiculous amounts of pain and you learn to function, but that comes with a cost. "Your self worth just disappears. You know there's something wrong, but you're being told by the medical system that you're a hypochondriac. My favourite line was: *'You just want male attention, so you've just come to me today for that.'*" That's what I was once told by a male doctor," she recalls."

[Read Pru's story here](#)

## Ending Endo Together: *How Your Donations are Funding Research and Education*

### **Your impact in numbers:**

Thanks to you, \$270,000 has been awarded to leading researchers to explore better treatment options for those affected by endometriosis.

**[Patient Centred Educational or Support Tools](#)**



**\$59,701**

**Professor Kerry Sherman, Macquarie University**

*Empowering people living with endometriosis through EndoChoice, a co-designed decision aid.*



**\$62,166**

**Dr Siew Lim, Monash University**

*Endometriosis in priority populations: Co-design of resources and dissemination pathways.*

**Medical, surgical and allied health aspects of endometriosis care**



**\$33,448**

**Dr Leesa Van Niekerk, University of Tasmania**

*CoDesign, Feasibility, and Acceptability of an Interdisciplinary Body Compassion Protocol for People Living with Endometriosis*

**Basic sciences associated with endometriosis**



**\$70,000**

**Kate Gunther, PhD Candidate, University of**



**\$37,200**

**Dr Shanti Gurung, Monash University**

Kate Gunther, PhD Candidate, University of

New South Wales

*Genomics and Spatial transcriptomics of diverse  
endometriosis types to understand biology*

Dr Shanti Gurung, Monash University

*Harnessing the uterine fluid-derived  
antimicrobial peptides in the fight against  
endometriosis*

## **Standing up and speaking out: Kendall Gilding lends her voice to our 2024 Symposium on Endometriosis and Fertility**



A/Prof Anusch Yazdani & Kendall Gilding

2024 Virtual Symposium

## **Endometriosis and Fertility**

Online 23 March

**REGISTER TODAY**

**Free**



Endometriosis Australia is grateful to Ambassador Kendall Gilding who, as all the panelists, volunteered

her time and expertise to host our Symposium on Endometriosis and Fertility which was made possible from your donations. Thank you.

Register today and get your free ticket to the world premiere screening on 23rd of March for our Endo community.

[Register now](#)

*"One day my mum handed me a pamphlet explaining the disease. The opening line read 'You're most lucky to suffer from endometriosis if your mum or sister has it.' I chose to deny it. I took the pill from the age of 14, but still struggled with heavy periods. When I was finally ready to have children the wheels started to fall off." - Kendall Gilding.*

[Read Kendall's endometriosis journey here](#)

## ***Gentle Strength: An Endometriosis-Friendly Workout From Kayla Itsines***



This Endometriosis Awareness Month, Kayla has generously tailored for [Endometriosis Australia](#) community a free endo-friendly on demand workout. If you do feel up to exercising when your symptoms are flaring, Kayla knows just how hard it can be to find a low-impact workout that feels good

*"Having heavy, painful periods was one of my biggest symptoms and I remember being so jealous of all of my friends who could carry on as normal during their period because that just wasn't the case for me. I used to walk around school with heat pads on my stomach because I was in so much pain. Your period shouldn't be debilitating!" - Kayla Itsines.*

[Try Kayla's Gentle Strength workout now!](#)

## How can you help?

Over 1 million are affected by endometriosis in Australia. This March, here are some ways you can get involved:

[Make a donation](#)

[Get involved](#)

### Share your story

Share your story with us and empower others to talk about endometriosis.

You have shown that when we come together, we can make significant change to put an end to endo. Thank you for your support of live changing research, advocacy and practical support that is improving lives across Australia.

Because of you, there is hope.

[Read more stories here](#)

## Big thanks to Ryval Media



Endometriosis Australia is grateful to have received generous media support for our first-ever brand campaign, both digitally and nationally from Ryval Media. Combined with the Southern Cross Austereo radio community service announcements, with the message *"It's not just period pain, it could be endometriosis"* has reached a national audience, thanks to our generous partners.

*"Ryvalmedia is proud to support Endometriosis Australia during this crucial period dedicated to raising awareness and fostering advocacy and education for those affected by this debilitating disease. We wholeheartedly endorse the vital work of this organisation, particularly its efforts in lobbying the government to secure funding for essential research and medical assistance for those who suffer." - Ryval Media.*

[Read more](#)

## Our Partners





## Kosi

Kosi is a 360 degree, hands-free heat pack that wraps around your torso for complete heating and relief. The only heat pack you will need each month so you can get on with your day! We've got your back (and belly!).

For every heat pack sold, \$1 will be donated to Endometriosis Australia.

[Purchase now](#)

## Francesca

Surprise your friend or spoil yourself with this beautiful piece of jewellery, and know each time you wear it you're continuing to improve the lives of those living with endo across Australia.

The 2024 design features a yellow opal charm, which is the stone of hope. It's available in sterling silver, 14k rose gold, or gold.

For every bracelet sold, \$20 will be donated directly to Endometriosis Australia.

[Buy now](#)



## Layercake

Are you ready to unlock the transformational power of digital technology for your business? Or just looking for more information?





## Layercake

Are you ready to unlock the transformational power of digital technology for your business? Or just looking for more information?

Layercake applies the power of digital strategy, cloud agnostic technologies, data and digital engineering to deliver meaningful outcomes for our clients. Their team is standing by and would love to hear from you.

[Find out more](#)



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