

Figure 2.1: Depiction of the “wandering uterus” from The Fasciculus di medicina, Venice, Italy 1493.

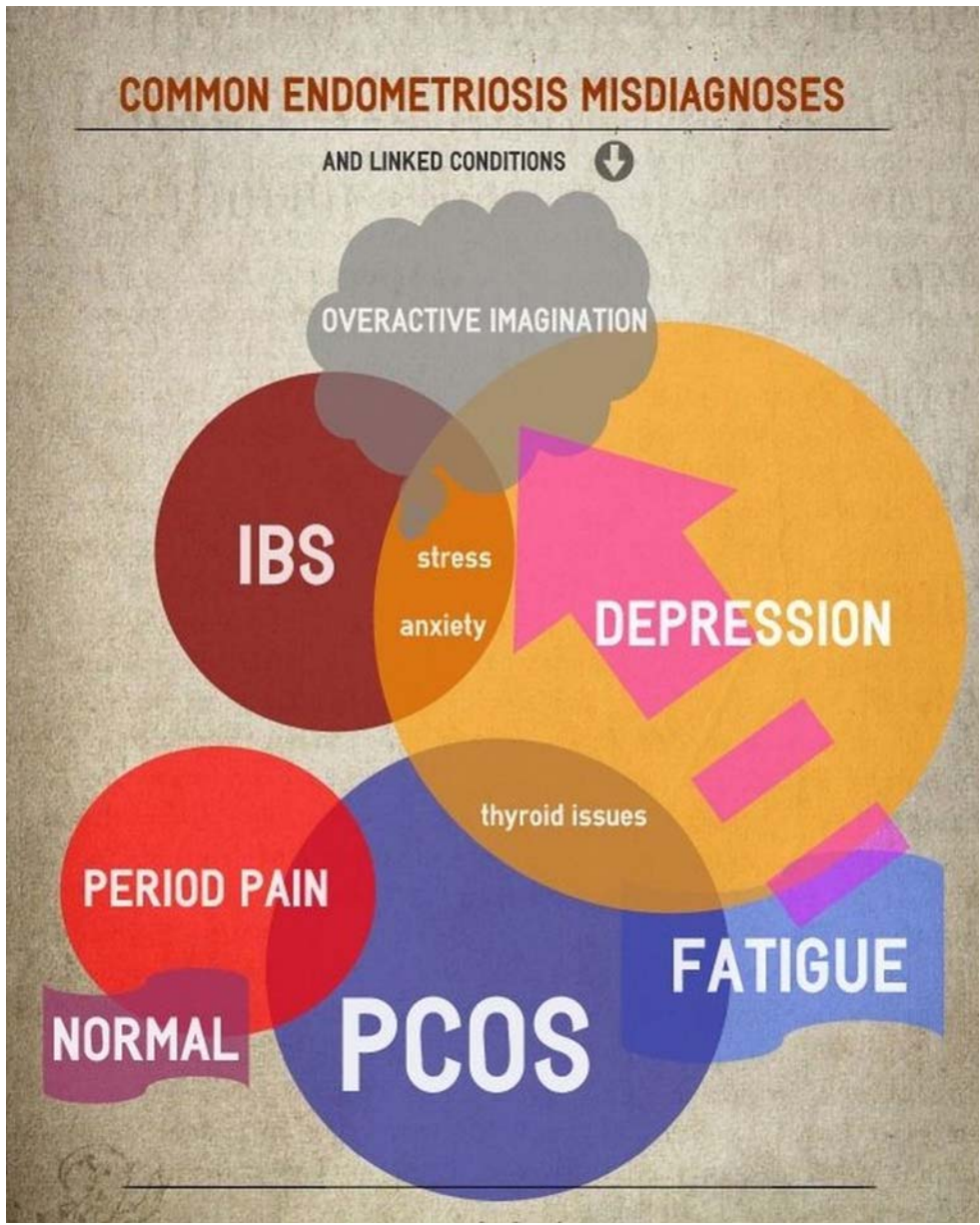


Figure 3.1: “Common endometriosis misdiagnoses” by Carolyn Levett of Endo Resolved.

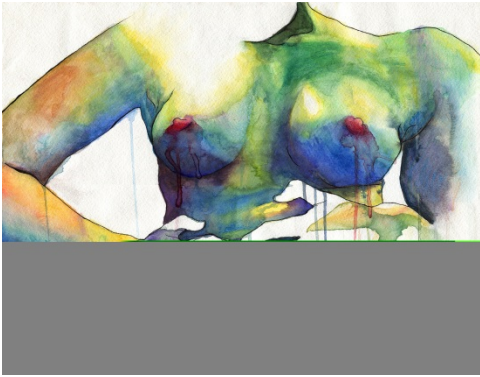


Figure 7.1: Watercolor entitled “Comfort” by Hannah Ward.



LIVING WITH ENDOMETRIOSIS

Hints and tips from a fellow suffer and health professionals

Endometriosis Awareness 2016 - #ENDEndo

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Figure 8.1: Image of women with endometriosis from different racial backgrounds by Kaye Sedgwick-Jones www.ohhhKaye.co.uk.

Eat Organic / Protein / Fibre
DIET

Reduce Caffeine / Alcohol
DIET

Bath Soaks & Salts / Relaxation
CARE

Stretches / Posture
EXERCISE

Walking / Yoga / Swimming
EXERCISE

Massage / Heat Packs / Meditation
CARE

Reframe Pain / Deep Breathing
CBT

No More Fried / Tinned Food
DIET

No Gluten, Dairy, Refined Sugar
DIET

Eat lots of Nuts/ Seeds / Leafly greens
DIET

ENDOMETRIOSIS - Advice for Pain Management

ohhh KAYE
if period pain is preventing you from carrying out your normal activities or you have other problems such as leg or back pain, very heavy periods and/or pain when going to the toilet, please seek medical advice.

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Figure 8.2: Representation of a Muslim woman with a yellow Hijab by Kaye Sedgwick-Jones www.ohhhKaye.co.uk.

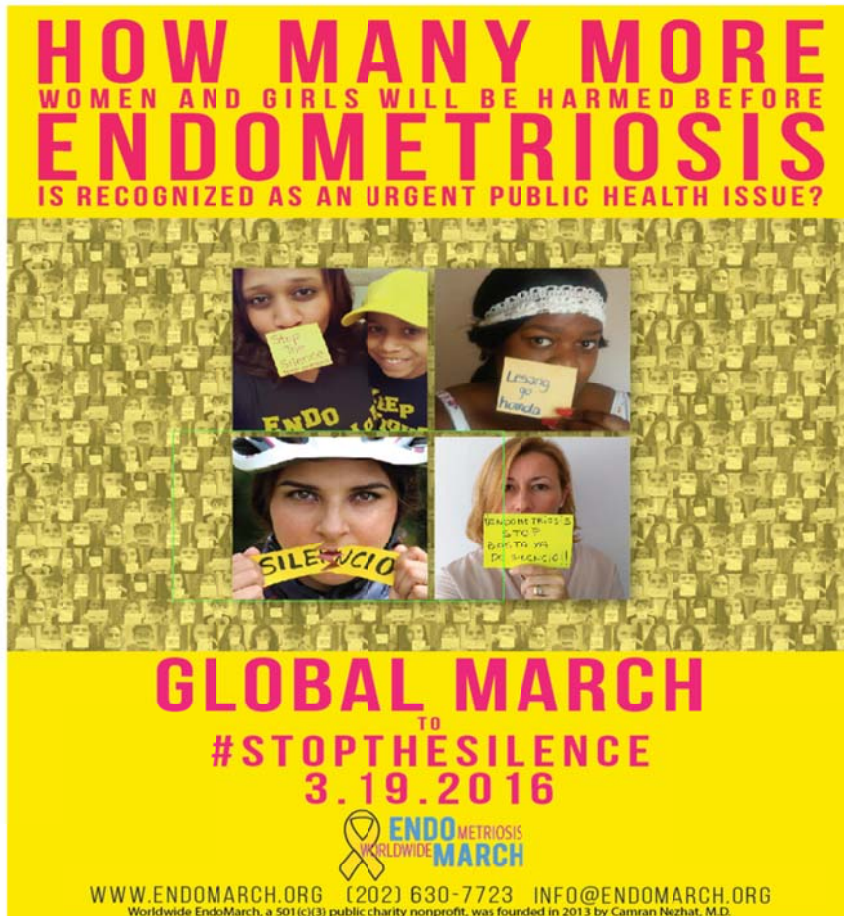


Figure 8.3 Poster advertising the 2016 Endometriosis Worldwide March. Image is from the 2016 World Endometriosis Day & Worldwide EndoMarch global endometriosis awareness march (Palo Alto, California, USA, www.endomarch.org), founded by Drs. Camran, Farr, Ceana, and Azadeh Nezhat, and Barbara Page.