



## **ENDOMETRIOSIS AWARENESS MONTH**

March brings women, families, and medical communities together for Endometriosis Awareness Month. During this time, millions of people worldwide honor this month to recognize the 176 million women who suffer from this disease.

Endometriosis is a disorder in which tissue much like endometrial tissue (the inner lining of the uterus) migrates to areas outside the uterus. Areas it impacts include ovaries and the Fallopian tubes but can spread even farther. In addition, endometrial-like cells may also transport to other parts of the body. This causes extreme pain in the pelvic region. It can also cause:

- cysts
- adhesions
- heavy periods
- bleeding between periods
- infertility

This month, we stand together in support of women who suffer from endometriosis, and we push for funding so that a cure can be found.

### **HOW TO OBSERVE #EndometriosisAwarenessMonth**

Learn more about the causes of and treatments for endometriosis. Use #EndometriosisAwarenessMonth and EndoMarch to share on social media. Here are some other ways you can participate this month.

1. Speak up. It's easy, and it's effective. If you raise your voice about important issues like this, people will listen. Get talking.
2. Post on social media. Whether it's fact-sharing, raising awareness, a personal story, or simply sharing this blog, the more we make it known, the better.
3. Be a part of something. Attend endometriosis events hosted in communities all over the country, all year long. Find one near you and attend.
4. Educate, and be educated. The more we know and spread the truth, the more others will start to care, and the closer we will be to a cure or better treatments for endometriosis.

### **ENDOMETRIOSIS AWARENESS MONTH HISTORY**

The movement of Endometriosis Awareness began in 1993 when Mary Lou Ballweg was

one of eight women who founded it. It first started as a week-long time to recognize those suffering from endometriosis. Eventually, the observance blossomed and grew into Endometriosis Awareness Month that's now observed every year in the United States.

Sincerely,

Del Norte Healthcare District Board of Directors  
Tonya Pearcey, R.N.  
Michael Young  
Kevin Caldwell, M.D.  
David Mason  
Shellie Babich, B.S., PA-C

Sources:

<https://www.nationaldaycalendar.com/health-awareness/endometriosis-awareness-mont-march>

<https://www.fda.gov/consumers/knowledge-and-news-women-owh-blog/endometriosis-awareness-month>

<https://endometriosisassn.org/>



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We love our community partners! In collaboration with the Del Norte Healthcare District, the [City of Crescent City](#) is now offering FREE Saturday Recreational swims for everyone and monthly swim passes are available to eligible seniors. Call the Aquatic Supervisor at 707-458-8452 for more information.



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Del Norte County Healthcare District | 550 E. Washington Blvd., Ste 400, Crescent City, CA 95531

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