

HOPE IN ENDOMETRIOSIS CARE

Hello Community!

Our last newsletter was a 4-1-1 on all this endometriosis. Catch up here

This newsletter is all about shining a light on progress in the world of endometriosis and to highlight some resources - making hope more tangible and care more accessible. We believe in celebrating every step forward, no matter how small it may seem.

Research Updates:

Let's explore some hopeful news and resources that stand out as beacons of progress.



Endometriosis is Genetic?



Scientists have found special markers in our DNA that can tell us who might get endometriosis. This is cool because it helps us understand why some people have it and others don't. Knowing this can lead to better ways to help those who are dealing with endometriosis.

[Read here](#)



A company called [herabiotech](#) is working on a test that can diagnose endometriosis right in your doctor's office. It collects samples from the uterus similar to how a sample is collected from your cervix during a PAP smear

Do you want to contribute to endometriosis research:

PhenoApp is a free app that you can use to track, manage, and understand symptoms. They are over 15000 users and the power behind their data is contributing to endometriosis research at Columbia University.



NEW MEDICATIONS ON THE HORIZON

1.

DICHLOROACETATE



A non-hormonal drug called dichloroacetate is being tested in Scotland, which may reduce the size of endometriosis spots both in human and mouse cells when tested in the lab. It is not ready for prime time because it has only been tested in a handful of women. It is a promising option for women who cannot or don't want to use hormones.



Bonus:

it also doesn't involve surgery.

[*Read here*](#)

CANNABIS AKA THC FOR ENDOMETRIOSIS:

Researchers are looking into whether cannabis can help with endometriosis pain. A company called **Gynica** is already testing a cannabis-pill that goes straight into the vagina.

[*Read here*](#)

2.



Endometriosis can feel very isolating but remember, you are not alone.

Here are some resources to help you on this journey:

1.

Speakendo is a great resource to learn about endometriosis. It even has a quiz that symptoms that may be associated with endometriosis and helps create a guide to help discuss your concerns with your doctor



2.

Endofound.org is A-Z for all things endometriosis. These heroes are all about making sure everyone knows about endometriosis, from top docs to people just like us. They're fighting the good fight, raising awareness, and funding research to find better treatment.

ENDOMETRIOSIS SYMPTOM QUIZ RESULTS

If you answered "Yes" to 1 or more of these questions, you could have endometriosis. Even if you answered "No" to all these questions, it is still important to talk to your doctor or healthcare provider about all your symptoms and your medical concerns.

1. Do you **often** experience pelvic or lower back pain **before** or during your period? Only answer "Yes" if this pain limits your day-to-day activities or requires medication.
Yes
2. Do you **often** experience pelvic or lower back pain **in between** your periods? Only answer "Yes" if this pain limits your day-to-day activities or requires medication.
Yes
3. Do you **often** experience pain with sex?
Yes
4. Do you **sometimes** avoid sex to avoid pain?
Yes
5. Do you **often** have painful bowel movements before or during your period?
Yes

3.

Endblack is "black-women-led organization advocating for African American women and women of color living with endometriosis"

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The GynAsk Team*