

My first symptoms of endometriosis happened at about 12 years old. Mum and I have spent the last 10 years being told by doctors that the pain was in my head.

Over the years I have had so many different painkillers thrown at me, until March this year when I was in so much pain I begged my doctor to sort it out, and she referred me to the Gynaecology Department at Waikato Hospital.

I saw a specialist in May and three weeks later I had diagnostic laparoscopic surgery. They found endometriosis in my Pouch of Douglas. My ovaries, uterus and one fallopian tube have been attached to my pelvic wall with scar tissue (adhesions).

I had a Mirena IUD inserted at the same time as the surgery. It has helped with excessive bleeding, but I am still trying to find the right pain relief. When the pain is really bad, I find a hot water bottle or heat pad helps to relax the muscles and makes the painkillers more effective.

I am still waiting for more surgery to remove the scarring.

I was relieved when I got the diagnosis because I now know why I am in pain. Sometimes it is hard to deal with the constant pain. When I'm feeling down, I turn to my scriptures. For those LDS members going through this, a priesthood blessing can really help.

For more information:

Visit us at: www.InsightEndometriosis.org.nz or [www.Facebook.com/InsightEndometriosis](https://www.facebook.com/InsightEndometriosis)
or contact our Educator, Annette: 07 8555 123 info@InsightEndometriosis.org.nz
