



Samantha Bowick

*Chronic Illness Support*

# Endometriosis Awareness Calendar

Pictures and Calendar Created by Samantha Bowick, MPH

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Endometriosis is a disease that occurs when tissue *similar* to the lining of the uterus is found in other places of the body like ovaries, Fallopian tubes, bowel, bladder, as well as others. There have been documented cases of endometriosis being found everywhere in the body.

# January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Laparoscopic excision surgery performed by an endometriosis specialist has the highest success rate/lowest reoccurrence rate.

# February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



You are not alone.

# March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Endometriosis does not have a cure. Birth control, laparoscopic surgery, Lupron, Orilissa, hormones, diet changes, pelvic floor physical therapy, pregnancy, hysterectomy or any other intervention is NOT a cure.



# April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Laparoscopic surgery is the only way to truly diagnose endometriosis.

# May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Endometriosis can cause debilitating pelvic pain, heavy periods, irregular periods, painful intercourse, nausea, vomiting, constipation, diarrhea, infertility, as well as other symptoms at any time of the month.

# June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			



There is no known cause for endometriosis,  
it's not all in your head, and it's not  
your fault you have the disease.

# July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Teenagers can have endometriosis  
as well as people in menopause.



# August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Do your own research outside  
of what your doctor tells you.

# September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Other illnesses like irritable bowel syndrome, interstitial cystitis, polycystic ovary syndrome, pelvic floor dysfunction, adenomyosis, fibromyalgia, as well as others can accompany endometriosis.

# October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



It's okay to talk about what you're going through. Counselors, therapists, and psychiatrists can be beneficial as part of your treatment team.

# November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



More than 200 million people worldwide suffer with endometriosis every day. That means 1 out of every 10 people, which means if you don't have endometriosis, you most likely know someone that does.



# December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



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