



supporting sufferers,
their families and friends....



QENDO

Newsletter of the Endometriosis Association (Qld) Inc
Summer 2008/ 2009

Endometriosis Association (Qld) Inc ABN 27 667 152 581
Telephone: (07) 3321 4408 (Message bank Service)
PO Box 39 Red Hill QLD 4059

Email: info@qendo.org.au
www.qendo.org.au

Hi all,

Welcome to our summer newsletter and to a new year. We apologise that this newsletter did not find you before Christmas but we hope that you and your loved ones had an enjoyable and relaxing Christmas break. In this newsletter you will find the presentation by Judith Thompson from the 20th anniversary seminar and updates on coffee club meetings and proposed regional tour and for all those chocolate lovers out there- a yummy new recipe. Don't forget to note important upcoming dates. January to March is quite a hectic time for the Association with the AGM in February and Endometriosis week in March and it is important to have as much member involvement as possible. Remember to keep an eye on the website for updates and or changes to events. We hope you enjoy this edition of QENDO and look forward to seeing you at the upcoming events.



Best wishes, Lisa Sandaver and Mia Bowen- Newsletter editors

| Important Dates for 2009 (see website for further details) | | Newsletter Contents | |
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| Monday 9 February | Management Committee Meeting- Paddington Coffee Club | Presidents Report | p.2 |
| Monday 16 February | AGM- Mt Gravatt Central Coffee Club 5.30pm dinner 6.30 pm meeting starts | Quilt Raffle | P3 |
| Monday 2 March to Sunday 8 March | International Endometriosis Awareness Week and regional tour | QCWA Update | p.3 |
| Tuesday 3 March | Townsville Awareness Meeting 10.30am | Regional Visits | p.4 |
| Wednesday 4 March | Bundaberg Awareness Meeting 10.30am | Coffee Club meeting update | p.4 |
| Friday 6 March | Mackay North Awareness Meeting 11.30am | Presentation by Judith Thompson | p.5-6 |
| Saturday 21 March | Informal meeting at Jude Perryn's Residence, more details to follow | Kim Goodwin Memorial Library | p.7 |
| Saturday 16 May | Trivia Night- Mt Gravatt Scout Den | Recipe of the Summer | p.8 |

| 2008 Management Committee | | Association Support | |
|---------------------------|-------------------|----------------------------|-----------------------------|
| President | Judi Cogliati | Support worker coordinator | Anda Davies |
| Vice President | Jude Perryn | Library | Elsbeth Jeffrey |
| Secretary | Elizabeth Needham | Newsletter Editors | Mia Bowen and Lisa Sandaver |
| Treasurer | Katrina Dunks | Webmaster | Judi Cogliati |

| Email Contacts | | | |
|----------------------|--------------------------------------------------------------------|---------------------|--------------------------------------------------------------------|
| Membership Enquiries | info@qendo.org.au | Secretary | secretary@qendo.org.au |
| Librarian | librarian@qendo.org.au | Support coordinator | support@qendo.org.au |
| Website | www.qendo.org.au | | |

President's Report Dec 2008

Hi everyone.

I hope this newsletter finds you all well and getting ready for the festive season. This time of year is sometimes fraught with an overload of emotions, shopping bags and endless frustrations, but in the end, it all seems to work out as Christmas Day comes around. All those past articles about stress relief come in very handy if you are hitting the shops and are being carried away with the hustle and bustle of the times.

Christmas is also a time of reflection on the year that has passed. Time to reflect on all the things that matter to us and the generosity of spirit that we have shown or that has been shown to us during the past year.

Reflecting on 2008 we have had quite a full year.

- The World Congress of Endometriosis in Melbourne in March, where we were represented amongst 1000 international delegates. We met with our entire international sister support groups attending in an effort to promote friendship and understanding. We discovered that we all have common issues and these meetings and friendships help us foster the idea that we can work together to promote endometriosis awareness internationally.
- Support worker training session in July 2008.
- Our 20th Anniversary celebrations in August which were a great success and allowed us some quite valuable press coverage to promote endometriosis awareness.
- Public Seminar conducted as part of our 20th Anniversary celebrations which was well attended.
- Awareness project with the Quilt raffle being taken to various sites for full day awareness information days and ticket selling. Coverage of this project has been extended to be featured in a nationally distributed quilting magazine "Quilters Companion" Issue currently on sale nationally.
- Fundraising by Queensland Country Women's Association as part of their external appeal program for 2007/2008 raised over \$14000.00 for the Association to assist with future awareness programs around Queensland.
- Update of website in early 2008 to provide a better provision on information via the web

Celebrations for the New Year allow us the privilege of being able to "start-over" once again.

We still have so much work to do.

- There are far too many women, young and old, who are suffering the symptoms of endometriosis without knowing it – no education in schools about endometriosis as a common condition.
- Too many young women having to miss many precious hours of their education because of the pain and symptoms of endometriosis – most undiagnosed.
- Too many women having to reduce their incomes by working fewer hours or having to stop working completely because of the pain and symptoms of endometriosis – many undiagnosed.
- Too many women being told that having a hysterectomy will be the end of the symptoms of endometriosis - a myth.
- Too many women being misled in believing that menopause means no more problems with endometriosis – another myth.

These are only a few of the areas where we need to provide information to the community, and as a group of people who are living their own experiences of endometriosis, we can help provide a voice for those who are searching for answers.

I am hopeful that many of you will consider giving the Association a much needed helping hand with a few hours of your time in 2009 – especially in the lead up to Awareness Week in early March 2009- to help us get the message out to the community to try and help us knock over a few of these areas that need attention. All those who are willing to help out – please contact us via the Messagebank and we will be in touch with you early in the New Year.

Wishing you all a safe and happy Christmas. May the New Year bring you all health and happiness.
Regards,

Judi Cogliati - President

Quilt Raffle

As a major fundraiser for the year a Queen Size quilt was pieced together by Judi and her quilting buddies, Traci, Mel and friends, to be raffled as an Art Union for QENDO.

The raffle was drawn on 12 November and the winner was Rosemary Van Haften from Ashgrove who was absolutely thrilled to win the lovely prize.

The quilt raffle raised \$1420.00 which will be spent on regional Awareness visits in 2009.



We must acknowledge and thank some very important contributors for this quilt.

Therese Hylton – Patchwork Pumpkin Vic – for allowing us to use her design for the quilt and supplying some fabric.

SEWCO Sewing Centre Mt Gravatt – for selecting the fabrics and colour co-ordinating the entire quilt, their total support of our project and their assistance during the construction of the quilt.

Queensland Country Women's Association (written by Judi Cogliati)

QCWA nominated Endometriosis as their external appeal for 2007/2008. This means that each branch can conduct special fundraising projects for the external appeal and all funds raised are pooled together and given to the chosen charity at the end of the time period. Dr Dan O'Conner addressed a large delegation of QCWA members about endometriosis earlier in 2008 after Melbourne World Congress.

We were very pleased to receive a call from the QCWA State Executive advising us that the members of the QCWA had raised the extraordinary amount of \$14,122.35, being all funds raised from the external appeal 2007/2008. We were asked what we would do if we were given a cheque for this amount of money, and we responded by saying that the regional areas of Queensland are in desperate need of awareness, information and support. These funds will be earmarked for this purpose so that we can bring our message of information, support and understanding to as many women in these areas as possible and hopefully, have a lasting impact for all women in regional Queensland touched by endometriosis.

As a result of this we are very pleased to announce that we have been exceptionally blessed to receive \$14,122.35 to further this cause and as a result of the hard work the members of the QCWA have put in, we are now able to achieve our long overdue goal of making regional visits a reality in 2009/10 and beyond.



We thank the executive and the members of the QCWA for this extraordinary assistance to our Association and we look forward to bringing our message of support and information to regional Queensland in the years ahead.

I am calling for volunteers to come on board and help us achieve this goal over the next few years, members both old and new can be involved with this project regardless of where you live or how much time you have to spare. We need your help to get a working group of members to bring as many ideas to the table as soon as possible. The quilt raffle has allowed us to start these visits off immediately with the schedule as planned from that fundraiser, but we need to make sure that we plan for the future with the resources that we have available and ensure that we can utilise these for as many years as

possible to ensure that our message gets out.

QCWA cheque presentation.

From Left: Mrs Marian Mudra, State President QCWA; Judi Cogliati & Jude Perryn

International Endometriosis Awareness Week 2009 Regional Visits

Regional visits are planned for areas of Townsville, Mackay and Bundaberg during Endometriosis Awareness Week 2009 2-8 March 2009.

Morning tea will be provided at each of these meetings so RSVP would be appreciated to the Messagebank for catering purposes. Please check the website for any changes to these dates.

Townsville: Tuesday 3rd March 2009 10.30am
QCWA Rooms
Cnr Denham & Walker Sts Townsville

Bundaberg: Wednesday 4th March 2009 10.30am
QCWA Rooms
Quays Street Bundaberg

Mackay: Friday 6th March 2009 11.30am
QCWA Hall – Mackay North
4 Palmer Street North Mackay

Any members from these areas who would like to be involved in these meetings please contact Judi via the messagebank 07 3321 4408 . We encourage all regional members to help us out with some local information regarding future meeting venues, towns, topics etc, so that we can bring the information we need to the areas that need it the most.

We appreciate the co-operation with the QCWA divisions for their assistance in planning these meetings.

Coffee Club Meeting November 2008

(written by Elspeth Jeffrey)

We had an enjoyable meeting at coffee club in November with 5 ladies attending. The main issues discussed revolved around:-

- the drug Zoladex
- the use of the Mirena implant and the need for antidepressants, as well as the continuing pain some still have whilst on this
- hysterectomy and ways to stall the inevitable operation
- iron levels and the need for blood tests if you have the symptoms of low iron. Some symptoms include – tiredness, shortness of breath, aching legs especially after light activity such as climbing a set of stairs, anaemia, headaches, irritability & anxiety, restlessness, dry hair.
- Natural therapies & lifestyle changes to assist with the above. These included:-
 - a) diet -reduce the intake of alcohol, caffeine, refined flour, sugars and include wholemeal flour & high fibre foods, fresh fruit & vegetables. Increase food with high iron content (eg spinach, parsley, broccoli, shellfish, meat, offal (kidneys, liver etc), wholegrain cereals, nuts, soya beans, sunflower seeds, wheatgerm , cocoa, seaweed, figs, & dates),
 - b) exercise – walking, cycling, swimming, pilates, yoga, belly dancing
 - c) give up smoking
 - d) stress - give your body a chance to heal itself by first reducing your stress. Ask yourself

“what stressor/s can I give up?”.

Have you had any of these experiences and found a way to improve your health?. Please let us hear your successes so we can pass them onto others. You can do this either by messagebank, mail, or email



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ACU-POINT ACCUPUNCTURE

(as presented by Judith Thompson at 20th Anniversary seminar 2008)

Thank you for asking me to talk about Japanese acupuncture and endometriosis.

I'll try and encapsulate the thrust of my talk in a little version of the presentation.

Endo in Chinese medical terms is associated with cold and dampness in the uterus and surrounding peritoneal cavity.

The coldness comes from exposure to cold and damp countries, susceptibility to cold in puberty due to lack of clothing, cold penetration during menstruation either from swimming in cold water or eating ice cream, drinking cold drinks etc. continual ingestion of cold foods and drinks. The coldness is called yang deficiency.

Yang is hot, active, positive, and dynamic, energy is yang, and fever is yang. Therefore, yang deficiency is the opposite-cold, stagnation, chills, numbness.

During menstruation, sometimes the contracting action of the uterus forces blood into the peritoneal cavity, through the tubes. Also, during ovulation fluid leaks into the peritoneal cavity outside the uterus. Normally the blood and fluid are reabsorbed into the circulation, but if there is a coldness yang deficiency in the abdomen, they won't be reabsorbed and will stagnate, and accumulate with each period. With yang deficiency, there is not enough energy to reabsorb the blood and fluid.

In the treatment of endo, coldness must be avoided, with involves wearing appropriate clothes and avoiding cold foods and drinks.

The yang must be increased, which can be done with meridian therapy, with is an acupuncture based on the classical books written 2000 years ago.

The classics state that the universe finds its origins in the infinite, which becomes separated into heaven (yang) and earth (yin).

The yin and yang give rise to the 5 elements – wood (liver, gallbladder), fire (heart, small intestine, triple warmer), earth (spleen, stomach), metal (lung, large intestine) and water (kidney, bladder).

All the phenomena of the world fit into the 5 elements of yin and yang.

If you wanted to warm up the yang in the abdomen, in meridian therapy you could use a fire acupuncture point on the yang channel. There are 12 channels that traverse the body – 6 yang and 6 yin.

To diagnose which channel or meridian to use in meridian therapy, there is a 4 way examination system. This system is used because everybody had a different imbalance in their channels.

The 4 examinations are looking, listening/smelling, questioning, palpating.

All the elements have the correspondences, such as skin colour, behaviour, fluids, sound of voice, smells, and food cravings. Emotions, in fact everything in the physical world. The 4 examinations are used in conjunction with these correspondences.

If the constitution were liver, the liver and kidney channel would be weaker than other channels in their body. This person would tend to rush everywhere, they would be greenish in colour, tend to favour sour foods, be rigid in their thinking, clench their fists, cry a lot, be angry, experience eye problems, have tight shoulders, rancid smell, rib pain, be prone to headaches and period pain, hate the wind, dislike spring.

On palpation the abdomen or hara would be softer in the lower abdomen for a liver pattern. Lots of information can be collected from the hara : colour, texture, luster, warmth, coolness, coldness, depressions, protrusions, scars, diagnostic points of the channels – mu points shape the umbi.

Another form of palpation, the pulse can be felt on the radial artery (thumb side) on the hand from the crease of the wrist. There are 12 positions, 6 on the right hand and 6 on the left. 3 yang are superimposed on the 3 yin positions on each hand.

Through these 4 examinations, once the constitution has been diagnosed, then an acupuncture point has to be selected/

This is chosen according to the 5 element yin yang nourishing and controlling cycle.

In the nourishing cycle, the kidney meridian nourishes or is the mother of the liver meridian. In 5 element terms, water (kidney) feeds wood (liver). So maybe a water point on a wood channel may be selected.

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Even though the needle is held on the point for a few seconds, without penetrating, it creates changes in the body very quickly. The patient may start breathing very deeply, feel sudden relaxation all over the body or feel warm and tingly all over.

This first nourishing part of the treatment is called the root treatment, in reference to the root of a tree or the root of a problem or the underlying cause of pain associated with endo.

Usually 1 to 5 points are used in the root treatment. Only one needle is used as the needle is not retained or inserted.

If there is still pain or symptoms after the root treatment, a branch treatment is done sometimes with moxabustion (a herb mugwort, which has blood moving properties when heated over the body) or retained needles. Moxa is very good for building yang or warming the body, bearing in mind that endo is a yang deficient or cold condition. For the needle shy person, there are many beautiful non penetrating ways of relieving pain ; brushing, shigo, kikaie, are powerful pain relievers. The branch treatment is more moving the blood and qi in the meridians, whereas the root treatment is balancing the flow of qi and blood in the meridians.

After consistent rebalancing of the meridians (weekly treatments), finally the body reaches a start of equilibrium and only maintenance treatment is required.

This is the goal of meridian therapy: regulating the qi (yang) and blood (yin) in the channels; as good health, including a healthy spirit and freedom from pain is the balance of meridians.

Judith Thompson
83 Fletcher Parade
BARDON QLD 4065
3366 1420

Judith is a practitioner of KIERAKU, CHIRYO, MERIDIAN THERAPY and TRADITIONAL CHINESE MEDICINE

What problems can be treated by acupuncture:

The World Health Organisation has publicly announced that acupuncture is suitable for the following:

- ear, nose and throat disorders
- respiratory disorders
- gastrointestinal disorders – including weight control
- gynecological disorders
- eye disorders
- neurological disorders
- musculo skeletal
- skin
- psychological
- urinary system
- pregnancy
- childhood disorders



Does it hurt?

Acupuncture is painless. However, if the correct stimulus of the needle has been obtained then the patient may experience tingling, warmth around the needle or travelling to the tip and if there is discomfort is it usually mild and temporary.

How many treatments will I need?

Anywhere from 5 to 15 and all depends on the nature of the disorder

What can I expect after a treatment?

Experiences are wide and varied among patients, they may be immediate, total or partial relief of pain or the symptoms and this relief may last or the pain may return. In few cases the pain may be worse but up to 48 hours this rebound effect should disappear. Treatments have an accumulative effect, further improvements can be seen after subsequent visits and the most dramatic results can be seen after the first treatment.

Do acupuncturists only insert needles?

No, there a number of adjunctive therapies that doesn't involve the insertion of needles such as burning moxa over the affected area, electronic stimulation, laser magneto therapy, various types of massage.

Is the treatment rebateable?

Depends on your individual health fund, check with your provider.

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Kim Goodwin Memorial Library List

A-Z of Natural Therapies
(Judy Jacka)

A Baby Maybe
(Carmel & Jerome Nugent-Smith)

Acupressure for Common Ailments
(Chris Jarmey & John Tindall)

And What Have You Done Lately?
(Cornelia Frances)

A New Start - Health Care in Midlife (Yvonne Liechti)

Cathy – Her Own Story
(Cathy Freeman with Scott Gullan)

Complimentary Medicine - New approaches to good practice Coping with Endometriosis
(Dr Lyle Breitkopf & Marion Gordon Bakoulis)

Diet for Common Ailments
(Penny Stanway)

Endometriosis - An Enigma
(Lorraine Smith)

Endometriosis and fibroids
(Dr Sarah Brewer)

Endometriosis – Natural and Medical Solutions
(Kaz Cooke & Ruth Trickey)

Endometriosis and other Pelvic Pain (Dr Susan Evans)

Evening Primrose Oil
(Judy Graham)

Everywoman
(Derek Llewellyn-Jones)

Explaining Endometriosis
(Lorraine Henderson, Robyn Riley & Ros Wood)

Fertility - Why can't I have a baby?
(Kerrie Lee)

Getting Pregnant - A guide for the infertile couple
(Derek Llewellyn-Jones)

Healing the bodies
(Ruth Sharkey)

Herbs for common ailments
(Anne McIntyre)

H.R.T. - Is it for me?
(Raelene Allen)

H.R.T. - Your questions answered
(Malcolm Whitehead & Val Godfree)

Hysterectomy and the alternatives
(Jan Clark)

Hysterectomy: Before and after
(Sauwan Cheah)

Hysterectomy: New options and advances
(Lorraine Dennerstein, Carl Wood and Ann Westmore)

Living with loss and grief
(Geoffrey Glascock & Megan Gressor)

Loss of a baby
(Margaret Nicol)

Medical drugs and their side effects
(Ruth Sharkey)

Menopause
(Derek Llewellyn Jones & Suzanne Abraham)

Menopause - Make it easy
(Kendra Sundquist)

Menopause without medicine
(Linda Ojeda PhD)

Miscarriage - Overcoming the physical and emotional trauma
(Wendy Jones)

More commonsense about babies and children
(Hugh Jolly)

Natural alternatives to HRT
(Marilyn Glenville)

The New Natural alternatives to HRT (updated version – Marilyn Glenville)

Natural Conception
(Ruth Sharkey)

101 Fundraising ideas
(Jan Godwin & Avice Butcher)

Our Stolen Future
(Theo Colborn, Dianne Dumanoski & John Peterson Myers)

Overcoming Endometriosis
(Mary Lou Ballweg)

P.M.S.
(Dr Katharina Dalton)

Questions you should ask your Surgeon
(Guy Madden)

So you're having a hysterectomy
(Megan Gressor)

Success through a positive mental attitude
(Napoleon Hill & W Stone)

The A-Z of women's health
(Derek Llewellyn-Jones)

The Billings Method
(Evelyn Billings & Ann Westmore)

The Endometriosis Answer Book
(Niels H Lauersen MD PhD & Constance de Swaan)

The Endometriosis Source Book
(Mary Lou Ballweg)

The Family Planning Association guide to contraception
(Suzie Hayman)

The HRT Handbook - how to decide if Hormone Replacement Therapy is right for you
(Dr Elizabeth Farnell & Ann Westmore)

The Natural Way to Better Babies
(Francesca Naish & Janette Roberts)

The Patient's Essential Guide to Endometriosis
(Stephen Kennedy)

The Penguin guide to women's health
(Dr Frances MacKenzie)

The really useful A-Z of pregnancy and birth
(Harriet Griffey)

The secret of happy children
(Steve Biddulph)

The women's guide to surgery
(Tim Coltart & Felicity Smart)

Wellbeing for Women
(Helen Lawrence)

What we know about infertility
(Robert M L Winston)

When the dream is shattered
(Judith & Michael Murray)

When you can't have a child
(Susan Powell & Helen Stagoll)

Womanhood
(Anna Holmes)

Women's Trouble
(Ruth Trickey & Kaz Cooke)

Women's Waterworks – Curing Incontinence
(Pauline Chiarelli)

You & Stress
(Dr Bob Montgomery & Lynette Evans)

You can beat period pain
(Liz Kelly)

You can heal your life
(Louise L Hay)

Your choice: A guide to menopause & hormone replacement
(Barry Wren & Raelene Allen)

VIDEOS available :
Endo What

- **Teens Speak Out**
- **The Choice is Ours**
- **The Inside Story**

NEWSLETTERS :

- **U.S. Endometriosis Association Videostreaming:**

● Dr Susan Evans' presentation on endometriosis is now available on the **Women's Health Queensland Wide Inc.** website as a videostream. Look under the 'new' section on their homepage found at www.womhealth.org.au or you can go directly there at the following address http://www.womhealth.org.au/vs_index.htm

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Can you help?

The Association is looking for some keen volunteers to assist in running various events and positions within the Association. Currently we are looking for people to help with the following:

- Extra hands for trivia night
- Support Workers

If you have some spare time you could lend, the Association would be greatly appreciative. Please contact the Association via the message bank service or email.

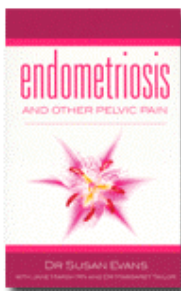
Recipe of the Summer

Cookies & Ice Cream (wheat and gluten free)

600 ml thickened cream
395 g can skim sweetened condensed milk
180 g gluten free chocolate biscuits roughly crushed
100g dark chocolate roughly chopped

- 1 Put the cream and condensed milk into a bowl and beat until thick and creamy.
- 2 Fold the chocolate biscuits and dark chocolate through the cream mixture.
- 3 Pour the mixture into an 8 cup (2 litre) ice cream container and freeze until firm.

Enjoy!!!!!!



Books for Sale

If you are interested in purchasing Dr Susan Evans' book:

Endometriosis and other Pelvic Pain,

the Association has copies of this book for sale for \$25 plus postage. Please contact the Association by the message bank or email.

Thanks!

A big thank you goes out to everyone who has helped with the newsletter. If you come across any interesting articles or would like to add something to the newsletter please email us with your suggestions.

Happy New Year!

Here is to a happy and healthy 2009.

Best wishes from
Endometriosis Association (Qld) Inc