



March Yelm Family Medicine Patient Newsletter



COMMITTED TO YOUR HEALTH AND OUR COMMUNITY

ACTIVITIES FOR ST. PATRICK DAY

March is National Endometriosis Awareness Month

What is Endometriosis?

Endometriosis is a female medical condition which causes tissue, similar to that of the uterus lining, to grow outside of the uterus. Possible locations for this growth include the ovaries, fallopian tubes, vagina, bladder, and the pelvic sidewall. This tissue reacts to the menstrual cycle in a similar way to the uterus lining. This causes bleeding and scarring.

What Causes Endometriosis?

There is no certainty in what exactly causes endometriosis. There are a number of theories which include what is called

xenoestrogens (possible endometriosis hormones). Xenoestrogens are hormones that are extremely similar to estrogen in structure and effects. Too much estrogen and specifically, too much xenoestrogens are thought to stimulate the cell growth of the displaced tissue in endometriosis.

Symptoms of Endometriosis

The symptoms of endometriosis are similar to

O'Blarney's Irish Pub

O'Blarney's is considered The Place to be on St. Patrick's Day.

Olympia O'Blarney's

4411 Martin Way East, Olympia WA 98516

Phone: (360) 459-8084

Centralia O'Blarney's

221 N Tower Ave

Centralia, WA 98531

Phone: (360) 807-4581

Eat some corned beef and cabbage and drink some green beer!! Centralia location is kid friendly....

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Premenstrual symptoms include.

- Pelvic Pain
- Cramps
- Bloating
- Painful Sex
- Fatigue

Not all women with [hormonal imbalance](#) endometriosis experience these symptoms and there are women who experience these symptoms who do not have endometriosis.

The Solution

There are several of treatment options suggested to help

eliminate endometriosis. There has been some success in controlling natural estrogen levels using [bioidentical hormone therapy](#). Main treatments of **endometriosis** include a nutrition that is designed to avoid possible contributors to the disease. This includes eating foods that lack xenoestrogens. Body Logic MD natural hormone therapy provides a solid foundation for treatment of endometriosis and **endometriosis hormones** by leveling the hormonal playing field to normal levels. The

natural therapy also includes a customized nutrition; supplement and fitness program that help you avoid the foods that could exasperate your condition.

Contact the Body Logic MD [bioidentical hormone doctor](#) nearest you to schedule an appointment and learn more about how hormone therapy can used to treat endometriosis hormones and help eliminate endometriosis.

