

Be Prepared Period's #PeriodTalk Twitter Transcript

#PeriodTalk is held the 2nd Friday of the month at 2pm ET - New Topics Each Month!
Upcoming Topics & Transcripts posted at BePreparedPeriod.com

March 14, 2014

Endometriosis: The Invisible Disease & the Women Who Suffer

[bpreparedperiod](#) Welcome to today's [#EndoAwareness](#) Tweet Chat - [#Endometriosis](#): The Invisible Disease & The Women Who Suffer [#PeriodTalk](#) 1:01pm via HootSuite

[bpreparedperiod](#) [#PeriodTalk](#) is a monthly chat designed to demonstrate our commitment to open menstrual conversation & education 1:01pm via HootSuite

[bpreparedperiod](#) Today's lineup features helpful info, a time for sharing, Q&A, and FUN giveaway [#PeriodTalk](#) 1:01pm via HootSuite

[bpreparedperiod](#) We are honored to be joined today by two very special guests [#PeriodTalk](#) 1:02pm via HootSuite

[Nikki_McComas](#) @[bpreparedperiod](#) Hello everyone. [#PeriodTalk](#) 1:02pm via Web

[InsteadSoftcup](#) Hi everyone! Glad to be here and chat about [#endometriosis](#) and hopefully inform more people about options and solutions [#periodtalk](#) 1:02pm via HootSuite

[bpreparedperiod](#) Joining us today we have [#EndoSister](#) Arielle Dance aka @[A_healthyDANCER](#) & Jessica Clarkson, at @[TheEndoNetwork](#) [#PeriodTalk](#) 1:02pm via HootSuite

[bpreparedperiod](#) To be eligible to win a giveaway you must register and make at least one [#PeriodTalk](#) tweet between 1:40 & 2:40pm ET 1:03pm via HootSuite

[bpreparedperiod](#) Today we'll be giving away an awesome [#Reusable](#) Cramp Care Heat Pack - You can enter to win at shar.es/Rddbmn [#PeriodTalk](#) 1:03pm via HootSuite

[bpreparedperiod](#) If you are new to the tweet chat world we have some tips at http://bpreparedperiod.com/index.php?route=information/information&information_id=8 to help you w/your 1st chat [#PeriodTalk](#) 1:03pm via HootSuite

[bpreparedperiod](#) And for those of you that like reminders & copies of our tweet chat transcripts... [#PeriodTalk](#) 1:03pm via HootSuite

[A_healthyDANCER](#) Hey Everyone!! So excited to be joining [#PeriodTalk](#)!! Let's break the silence about [#endometriosis](#) 1:03pm via Web

[bpreparedperiod](#) Today we'll be giving away an awesome [#Reusable](#) Cramp Care Heat Pack - You can enter to win at shar.es/Rddbm [#PeriodTalk](#) 1:03pm via HootSuite

[bpreparedperiod](#) You can now opt-in to receive 2 monthly emails w/info on our tweet chats & transcripts at <http://bepreparedperiod.us4.list-manage2.com/subscribe?u=51254bdb0e7c19d197aa23604&id=d22539658a> [#PeriodTalk](#) 1:04pm via HootSuite

[bpreparedperiod](#) Let's begin by introducing ourselves [#PeriodTalk](#) 1:04pm via HootSuite

[bpreparedperiod](#) Q1: Please share your first name & answer, Does [#endometriosis](#) affect you or anyone you know? [#PeriodTalk](#) 1:04pm via HootSuite

[bpreparedperiod](#) I'm Tara, founder of BePreparedPeriod.com - An online resource for all things menstrual [#PeriodTalk](#) 1:04pm via HootSuite

[Lunettecup](#) Hi! I'm Suzan with Lunette! lunette.com [#periodtalk](#) 1:04pm via TweetChat powered by oneQube

[bpreparedperiod](#) We're thrilled to announce we recently launched our New & Improved website –we'd love 4 you to come by & check it out! [#PeriodTalk](#) 1:04pm via HootSuite

[TheEndoNetwork](#) I'm Jessica, Program Director @ The Endometriosis Network Canada, I have [#endometriosis](#) [#PeriodTalk](#) 1:05pm via TweetDeck

[bpreparedperiod](#) Offering healthy products, reviews, helpful articles, webinars, a Q&A forum & more, it's our goal to be a one stop shop! [#PeriodTalk](#) 1:05pm via HootSuite

[bpreparedperiod](#) Urging women 2try healthier options we're offering 10% off all [#reusable](#) & [#organic](#) products w/promo code PERIODTALK (exp. 3/21) [#PeriodTalk](#) 1:05pm via HootSuite

[Nikki_McComas](#) @[bpreparedperiod](#) Q1: Nikki. [#endometriosis](#) doesn't affect me, but it does affect a friend. [#PeriodTalk](#) 1:06pm via Web

[bpreparedperiod](#) It's so great to be here with all of you on this Funtastic Friday [#FF](#)! Thanks for joining us! [#PeriodTalk](#) 1:06pm via HootSuite

[InsteadSoftcup](#) Q1: I'm Kaitlyn with Softcup and we have heard many women with [#endometriosis](#) find Softcup helpful b/c of 12 hour wear time. [#PeriodTalk](#) 1:06pm via HootSuite

[bpreparedperiod](#) So let's get started! I'd like to introduce our 1st special guest, Jessica – Program Director @ [@TheEndoNetwork](#) [#PeriodTalk](#) 1:06pm via HootSuite

[bpreparedperiod](#) Jessica, would you share a little about your org as well as some facts about [#endometriosis](#)? [#PeriodTalk](#) 1:06pm via HootSuite

[TheEndoNetwork](#) @[bpreparedperiod](#) Thanks!! We are so excited to be here today and are thrilled that we can bring awareness to [#endometriosis](#) [#PeriodTalk](#) 1:07 pm via TweetDeck

[Lunettecup](#) Q1: Suzan - not me, yes, people I know [#periodtalk](#) 1:07pm via TweetChat powered by oneQube

[TheEndoNetwork](#) We are so happy to be joining [@bpreparedperiod](#) with their [#EndoAwarenessMonth](#) [#PeriodTalk](#)! 1:08pm via TweetDeck

[TheEndoNetwork](#) We are a not-for-profit organization that helps provide support, awareness, education, and hope for those with [#endometriosis](#) [#PeriodTalk](#) 1:09pm via TweetDeck

[TheEndoNetwork](#) We are the only organization that provides education and support for individuals with [#endometriosis](#) in Canada [#PeriodTalk](#) 1:09pm via TweetDeck

[TheEndoNetwork](#) We are a completely volunteer run organization and the vast majority of us suffer from [#endometriosis](#) [#PeriodTalk](#) 1:09pm via TweetDeck

[TheEndoNetwork](#) Let's start off with what [#endometriosis](#) is... [#PeriodTalk](#) 1:10pm via TweetDeck

[TheEndoNetwork](#) Endometriosis occurs when tissue that is similar to the uterine lining implants outside the uterus... [#PeriodTalk](#) 1:10pm via TweetDeck

[TheEndoNetwork](#) Q1: [#Endometriosis](#) can be cured by A: Pregnancy B: Hormones C: Hysterectomy [#TrickQuestion](#) [#PeriodTalk](#) 1:11pm via TweetDeck

[TheEndoNetwork](#) This can cause debilitating pain, GI issues,nausea,vomiting, pain w. urination/defecation, painful sex, infertility, fatigue... [#PeriodTalk](#) 1:11pm via TweetDeck

[TheEndoNetwork](#) [#Endometriosis](#) is a very misunderstood disease, there are too many myths still surrounding it [#PeriodTalk](#) 1:12pm via TweetDeck

[TheEndoNetwork](#) A1: None of the above! [#Endometriosis](#) has no cure – these are all outdated views on [#endo](#) that need to be squashed! [#PeriodTalk](#) 1:12pm via TweetDeck

[ShelsJessika](#) [@bpreparedperiod](#) I'm glad more people are talking about [#endometriosis](#) [#PeriodTalk](#) it's important more awareness gets raised!! 1:13pm via Twitter for iPhone

[TheEndoNetwork](#) [#Endometriosis](#) can cause pain before, during, and after your cycle! [#PeriodTalk](#) 1:13pm via TweetDeck

[TheEndoNetwork](#) [#Endometriosis](#) is not "just cramps" - [#endo](#) is so much more than this [#PeriodTalk](#) 1:13pm via TweetDeck

[A_healthyDANCER](#) [@TheEndoNetwork](#) So True! So many people believe that [#endometriosis](#) is curable through pregnancy or hysterectomy--- untrue [#periodtalk](#) 1:14pm via Web

[TheEndoNetwork](#) Q2: Do [#Endometriosis](#) Stages correspond to how much pain you are in? [#PeriodTalk](#) 1:14pm via TweetDeck

[TheEndoNetwork](#) A2: [#Endometriosis](#) Staging has nothing to do with pain levels, but the severity of implantations... [#PeriodTalk](#) 1:15pm via TweetDeck

[TheEndoNetwork](#) Someone can have Stage IV [#endometriosis](#) and have no pain, while someone with Stage I [#endometriosis](#) can have lots of pain [#PeriodTalk](#) 1:15pm via TweetDeck

[TheEndoNetwork](#) Do not let anyone tell you that your [#endometriosis](#) is not a big deal [#PeriodTalk](#) 1:15pm via TweetDeck

[TheEndoNetwork](#) Q3: Is [#Endometriosis](#) is simply a "women's problem"? [#PeriodTalk](#) 1:16pm via TweetDeck

[TheEndoNetwork](#) Remember – painful periods are NOT normal. Any pain from [#endometriosis](#) is too much pain [#PeriodTalk](#) 1:16pm via TweetDeck

[TheEndoNetwork](#) Did you know that sex isn't supposed to be painful? [#endometriosis](#) [#PeriodTalk](#) 1:16pm via TweetDeck

[TheEndoNetwork](#) [@unluckystars695](#) Absolutely! [#PeriodTalk](#) [#Goldstar](#)! 1:17pm via TweetDeck

[A_healthyDANCER](#) [@TheEndoNetwork](#) No Stages of [#endometriosis](#) do no relate to pain levels. Someone w/ a little bit of [#endo](#) can have a lot of pain [#PeriodTalk](#) 1:17pm via Web

[TheEndoNetwork](#) A3: [#Endometriosis](#) has been recorded across genders – remember, gender is not binary! [#PeriodTalk](#) 1:17pm via TweetDeck

[TheEndoNetwork](#) It is important for the [#endometriosis](#) community to be open and supportive to all without limitations due to gender [#PeriodTalk](#) 1:17pm via TweetDeck

[TheEndoNetwork](#) It is so incredible to see how large the [#endometriosis](#) community is on twitter – spread the [#love](#) [#endowarriors](#) [#PeriodTalk](#) 1:18pm via TweetDeck

[TheEndoNetwork](#) Did you know that the average time it takes someone to be diagnosed with [#endometriosis](#) is 8–12 years?! [#TalkAboutRidiculous](#) [#PeriodTalk](#) 1:18pm via TweetDeck

[bpreparedperiod](#) Just a reminder, please make sure you are using the [#PeriodTalk](#) hashtag so we can all see your wonderful tweets! :) 1:19pm via HootSuite

[A_healthyDANCER](#) LOVE THIS!! RT [@TheEndoNetwork](#) [#Endometriosis](#) has been recorded across genders – remember, gender is not binary! [#PeriodTalk](#) 1:19pm via Web

[TheEndoNetwork](#) How long did it take you to be diagnosed with [#endometriosis](#)? How many of you are still awaiting a diagnosis? [#PeriodTalk](#) 1:19pm via TweetDeck

[TheEndoNetwork](#) Q4: [#Endometriosis](#) can be diagnosed by A: Talking to your doctor B: Ultrasound C: Laparoscopy [#PeriodTalk](#) 1:19pm via TweetDeck

[TheEndoNetwork](#) Excision surgery has been shown to be the best surgical method for [#endometriosis](#) [#PeriodTalk](#) 1:20pm via TweetDeck

[TheEndoNetwork](#) Excision, ablation, da Vinci, oh my! What surgical method is best for [#endometriosis](#)? [#PeriodTalk](#) 1:20pm via TweetDeck

[TheEndoNetwork](#) A5: [#Endometriosis](#) can only be diagnosed through laparoscopic surgery. It is unlikely that it will show up on imaging [#PeriodTalk](#) 1:20pm via TweetDeck

[foxe5000](#) [@TheEndoNetwork](#) 12 years! [#PeriodTalk](#) [#Endometriosis](#) [@BePreparedPeriod](#) 1:21pm via Web

[A_healthyDANCER](#) [@TheEndoNetwork](#) I will share a resource I wrote with [@EndoResCenter](#) on the consideration of [#LGBT](#) patients with [#endometriosis](#)! [#PeriodTalk](#) 1:21pm via Web

[TheEndoNetwork](#) Did you know that there are different types of [#endometriosis](#) tissue? Some can be clear! [#PeriodTalk](#) 1:21pm via TweetDeck

[TheEndoNetwork](#) Ablation surgery simply removes part of the [#endometriosis](#) tissue, but leaves the “root”, excision will remove all of the tissue [#PeriodTalk](#) 1:21pm via TweetDeck

[TheEndoNetwork](#) It is important to find a surgeon who is knowledgeable and skilled in excision surgery
[#PeriodTalk](#) 1:21pm via TweetDeck

[TheEndoNetwork](#) [@unluckystars695](#) it's heartbreaking that this is the case for a lot of individuals! & it's something that we don't talk about!
[#PeriodTalk](#) 1:22pm via TweetDeck

[TheEndoNetwork](#) Treatment for [#endometriosis](#) can include complementary therapies like acupuncture and [#TCM](#)
[#PeriodTalk](#) 1:22pm via TweetDeck

[TheEndoNetwork](#) This illustrates the need for a skilled surgeon who has experience in dealing with [#endometriosis](#)
[#PeriodTalk](#) 1:22pm via TweetDeck

[TheEndoNetwork](#) [#Endometriosis](#) is a very complex disease that requires a multidisciplinary approach
[#PeriodTalk](#) 1:22pm via TweetDeck

[ErikaMyersKhan](#) [@TheEndoNetwork](#) 8 years [#PeriodTalk](#) 1:22pm via Web

[LE_tait](#) [@TheEndoNetwork](#) [#endometriosis](#) [#PeriodTalk](#) I was diagnosed at age 35 after several years of trying to get diagnosed.
1:23pm via Plume for Android

[TheEndoNetwork](#) Be sure to advocate for yourself as a patient with [#endometriosis](#)! Know your options!
[#PeriodTalk](#) 1:23pm via TweetDeck

[TheEndoNetwork](#) It is SO important that you find an approach that works for you and your body
[#endometriosis](#) [#PeriodTalk](#) 1:23pm via TweetDeck

[TheEndoNetwork](#) Too many times patients have said they felt pressured by health practitioners to use a specific treatment for [#endometriosis](#)
[#PeriodTalk](#) 1:23pm via TweetDeck

[TheEndoNetwork](#) Some individuals with [#endometriosis](#) have seen improvement from diet changes – elimination of wheat & dairy
[@bcnutritionista](#) [#PeriodTalk](#) 1:23pm via TweetDeck

[TheEndoNetwork](#) There are so many great resources for individuals with [#endometriosis](#)!
[endometriosisnetwork.com](#) [endometriosis.org/support/](#) [#PeriodTalk](#) 1:24pm via TweetDeck

[TheEndoNetwork](#) Thank you so much for having us here today [@bepreparedperiod](#)! We are so looking forward to the next guests!
[#PeriodTalk](#) 1:24pm via TweetDeck

[TheEndoNetwork](#) If you are interested in [#endometriosis](#) awareness events in [#Canada](#) check out [endometriosisnetwork.com/newsevents/](#) [awishnoted.ca](#)
[#PeriodTalk](#) 1:24pm via TweetDeck

[TheEndoNetwork](#) Be sure to check out our [#EndoSymposium](#) Mar 22nd
[endometriosisnetwork.com/endometriosis-...](#) [#PeriodTalk](#) 1:24pm via TweetDeck

[A_healthyDANCER](#) [@TheEndoNetwork](#) is covering so much amazing information in [#PeriodTalk](#), I'm not sure I'll have much to cover Lol
[#endometriosis](#) convo! 1:24pm via Web

[TheEndoNetwork](#) [@A_healthyDANCER](#) We are excited to hear your experiences!! [#PeriodTalk](#) 1:25pm via TweetDeck

[LE_tait](#) [@TheEndoNetwork](#) [#endometriosis](#) [#PeriodTalk](#) I had ablation first and it increased my pain significantly. Excision worked to help me!
1:25pm via Plume for Android

[TheEndoNetwork](#) [@unluckystars695](#) Sex therapy can be incredibly helpful for those who have painful sex!
[#PeriodTalk](#) 1:26pm via TweetDeck

[bpreparedperiod](#) @[A_healthyDANCER](#) Naa, you both are a wealth of knowledge! Too much to cover in such a short time! @[TheEndoNetwork](#) [#PeriodTalk](#) :) 1:27pm via Web

[darlah20](#) Thank you @[bpreparedperiod](#) 4 the awesome Cramp Care Heat Pack [#Giveaway!!!](#) [#periodtalk](#) [#menstrual](#) [#periodprobs](#) [#pms](#) [bpreparedperiod.com/blog/](#) 1:28pm via Giveaway Tools Confirmation

[gfreemaui](#) @[bpreparedperiod](#) A1: No. It neither affects me not anyone I currently know. [#PeriodTalk](#) 1:28pm via Twitter for iPhone

[bpreparedperiod](#) Thank you @[TheEndoNetwork](#)! We appreciate you being here to share facts & myths about [#endo](#) today [#PeriodTalk](#) 1:29pm via HootSuite

[bpreparedperiod](#) It is insane that w/the technology out there it's taking girls/women that long to get diagnosed [#EndoAwareness](#) is so important! [#PeriodTalk](#) 1:29pm via HootSuite

[bpreparedperiod](#) Our next guest, [#endosister](#) Arielle, @[A_healthyDANCER](#), is here to share how this disease impacts the lives of those who suffer [#PeriodTalk](#) 1:30pm via HootSuite

[bpreparedperiod](#) Arielle, are you ready? The virtual floor is all yours... [#PeriodTalk](#) 1:30pm via HootSuite

[BeEndoAware](#) [#Endometriosis](#) is a terribly painful, disabling, and life altering disease. So many more people need to @[BeEndoAware](#) [#PeriodTalk](#) 1:31pm via Twitter for Android

[A_healthyDANCER](#) Hey Everyone! I am Arielle. I am a PhD student studying [#MindBodyMedicine](#) and [#Endometriosis](#). I was diagnosed with [#endo](#) at 15 [#periodtalk](#) 1:31pm via Web

[A_healthyDANCER](#) Happy [#endometriosis](#) awareness month [#periodtalk](#) 1:31pm via Web

[A_healthyDANCER](#) [#endometriosis](#) is such a long word so sometimes I'll just use [#endo](#) to save on characters. Thanks Twitter for limiting me ;) [#PeriodTalk](#) 1:32pm via Web

[InsteadSoftcup](#) Happy [#endometriosis](#) [#awareness](#) month to you too! [#periodtalk](#) @[A_healthyDANCER](#) 1:32pm via HootSuite

[A_healthyDANCER](#) In 2012 @[bpreparedperiod](#) asked me to write some info. to get the convo started about [#endometriosis](#) [#periodtalk](#) [bpreparedperiod.com/blog/?p=230](#) 1:33pm via Web

[Jarman_K](#) @[bpreparedperiod](#) my name is Katie and endometriosis has affected me for 6 years, since I was 15 [#PeriodTalk](#) 1:33pm via Twitter for Android

[TheEndoNetwork](#) @[A_healthyDANCER](#) I know, right? That and autocorrect are dreadful! [#endoproblems](#) [#PeriodTalk](#) 1:34pm via TweetDeck

[A_healthyDANCER](#) We chatted a bit about the symptoms so I'm wondering.... [#periodtalk](#) 1:35pm via Web

[A_healthyDANCER](#) These symptoms can keep you from going to work, school, social gatherings, or just doing what you like to do. [#PeriodTalk](#) 1:35pm via Web

[A_healthyDANCER](#) How do/would you cope with being on bed rest or stuck in house with [#chronicpelvicpain](#) [#endometriosis](#)? [#periodtalk](#) 1:35pm via Web

[bpreparedperiod](#) @[Jarman_K](#) Hi Katie! Thanks for joining us. What were your first symptoms? [#PeriodTalk](#) 1:35pm via Web

[Lunettecup](#) Sweet piece on endo by @[A_healthyDANCER](#) - Check it out [#EndoMarch](#) [#PeriodTalk](#) [bepreparedperiod.com/blog/?p=230](#) 1:37pm via Web

[A_healthyDANCER](#) [#Endometriosis](#) can be extremely painful and can cause some women/girls to have depression or anxiety [#PeriodTalk](#) 1:38pm via Web

[A_healthyDANCER](#) If you or someone you know have [#endometriosis](#), what ways do you/they cope with the symptoms? [#PeriodTalk](#) 1:39pm via Web

[Jarman_K](#) @[bepreparedperiod](#) Horrendous pain from starting periods at 8. Cysts started developing at 15. The older I get the worse it gets! [#PeriodTalk](#) 1:39pm via Twitter for Android

[A_healthyDANCER](#) As mentioned, the usual treatments for [#endometriosis](#) are excision surgery, contraceptives, and pain relievers [#PeriodTalk](#) 1:39pm via Web

[TheEndoNetwork](#) @[A_healthyDANCER](#) That is a great point! [#PeriodTalk](#) [#endometriosis](#) 1:39pm via TweetDeck

[A_healthyDANCER](#) Other coping skills and treatments for [#endometriosis](#) may be pelvic physical therapy @happypelvisPT acupuncture, yoga, massage [#PeriodTalk](#) 1:40pm via Web

[A_healthyDANCER](#) Q: What natural ways do you cope with your pain or emotions caused by ENDO? Yoga, meditation, massage, exercise [#PeriodTalk](#) 1:40pm via Web

[bepreparedperiod](#) @[Jarman_K](#) :(Sorry to hear that. Have you found anything that helps? [#PeriodTalk](#) 1:41pm via HootSuite

[A_healthyDANCER](#) There are new studies exploring the use of complementary and alternative therapies for [#endometriosis](#) care [#CAM](#) [#PeriodTalk](#) 1:42pm via Web

[foxe5000](#) @[A_healthyDANCER](#) @[TheEndoNetwork](#) @[bepreparedperiod](#) Acupuncture, Dietary changes, support groups! [#PeriodTalk](#) [#endometriosis](#) 1:42pm via Web

[A_healthyDANCER](#) Chinese Medicine and Japanese Acupuncture have been studied specifically in teens with [#endometriosis](#) showing promising results [#periodtalk](#) 1:42pm via Web

[Jarman_K](#) @[bepreparedperiod](#) thought the pill was helping but cysts are back. Endo diet has helped bloating, bowel problems and some fatigue [#PeriodTalk](#) 1:43pm via Twitter for Android

[A_healthyDANCER](#) @[foxe5000](#) Thanks for sharing! [#periodtalk](#) Those techniques have been really helpful for a lot of women I've met as well!! 1:44pm via Web

[Jarman_K](#) @[bepreparedperiod](#) plus hot baths and heat pads really help! And reflexology/massage [#PeriodTalk](#) 1:44pm via Twitter for Android

[A_healthyDANCER](#) I have found [#sacreddance](#) [#dance](#) [#litrugicaldance](#) to be very soothing and emotionally healing for my [#endometriosis](#) [#periodtalk](#) 1:45pm via Web

[A_healthyDANCER](#) Another @[bepreparedperiod](#) blog that I loved to write was on [#endometriosis](#) and relationships/friendships [bepreparedperiod.com/blog/?p=519](#) [#periodtalk](#) 1:46pm via Web

[gfreemaui](#) @[A_healthyDANCER](#) dance is good for the mind, body, and spirit. May help with anxiety and depression too. [#PeriodTalk](#) 1:47pm via Twitter for iPhone

[A_healthyDANCER](#) Women and girls with [#endometriosis](#) may experience a lot of emotional mood swings as a result of all the hormones and pain [#PeriodTalk](#) 1:47pm via Web

[A_healthyDANCer](#) Experiencing mood swings can be hard for the woman/girl with [#endometriosis](#) and those around her [#PeriodTalk](#) 1:47pm via Web

[A_healthyDANCer](#) When I was diagnosed with [#endometriosis](#) at 15 years old, my mom was the most amazing caregiver ever [#PeriodTalk](#) 1:47pm via Web

[A_healthyDANCer](#) I know I was really hard on my mom and she was the victim of my mood swings [#periodtalk](#) [#endometriosis](#) 1:47pm via Web

[A_healthyDANCer](#) Now at 25 years old, I have fewer mood swings but my spouse gets to experience my emotions [#periodtalk](#) [#endometriosis](#) 1:48pm via Web

[A_healthyDANCer](#) Q: How can we express our emotions in a healthier way so we don't hurt those who are there to support us? [#periodtalk](#) [#endometriosis](#) 1:48pm via Web

[bpreparedperiod](#) That is wonderful you had such great support @[A_healthyDANCer](#)! Curious to hear how the support has been for other [#endosisters](#)? [#PeriodTalk](#) 1:48pm via HootSuite

[A_healthyDANCer](#) Additional Resource: With the @[EndoResCenter](#) on [#LGBT](#) persons w/ [#endometriosis](#) [endocenter.org/Dance.html](#) [#periodtalk](#) Re: @[TheEndoNetwork](#) 1:49pm via Web

[LE_tait](#) @[bpreparedperiod](#) @ [EndoHappy](#) [#EndoAwareness](#) [#PeriodTalk](#) Some Drs minimize a woman's pain. 1:50pm via Plume for Android

[bpreparedperiod](#) Thank you @[A_healthyDANCer](#) for sharing such great info, not only in today's [#PeriodTalk](#) but also in the articles you've shared w/us at BPP 1:50pm via HootSuite

[bpreparedperiod](#) We'd like to now open up the chat for some free "flow" conversation. Please share your comments or questions [#PeriodTalk](#) 1:50pm via HootSuite

[A_healthyDANCer](#) Thank you @[bpreparedperiod](#) !! Always a pleasure to discuss [#endometriosis](#) and [#womenshealth](#) [#periodtalk](#) 1:51pm via Web

[bpreparedperiod](#) Everyone is welcome to respond to questions unless a question is directed to a specific person (@[name](#)) [#PeriodTalk](#) 1:51pm via HootSuite

[TheEndoNetwork](#) @[A_healthyDANCer](#) @[EndoResCenter](#) Check out this article, think you will like it! [hormonesmatter.com/endometriosis-...](#) @[foxe5000](#) [#PeriodTalk](#) 1:51pm via TweetDeck

[bpreparedperiod](#) So what did y'all think of today's chat? Did you learn anything new? If so, what? [#PeriodTalk](#) 1:52pm via HootSuite

[InsteadSoftcup](#) Thank you @[A_healthyDANCer](#) and @[bpreparedperiod](#) for aiding in our knowledge of [#endometriosis](#)! [#PeriodTalk](#) 1:52pm via HootSuite

[Lunettecup](#) There's great endo info on [#PeriodTalk](#) right now! 1:52pm via Web

[bpreparedperiod](#) REMINDER: [#PeriodTalk](#) is going on 24/7 @ [http://bpreparedperiod.com/PeriodTalk](#) Post questions or contribute answers/suggestions & keep the convo going! 1:53pm via HootSuite

[gfreemaui](#) @[A_healthyDANCer](#) State what we're feeling, give ourselves space from others, find healthy creative or physical outlets. [#PeriodTalk](#) 1:54pm via Twitter for iPhone

[bpreparedperiod](#) WINNER! WINNER! WINNER! Who is ready to hear who has won our great giveaway? [#PeriodTalk](#) 1:54pm via HootSuite

[bpreparedperiod](#) Drum roll please . . . (note: we will be in touch privately with the winner) [#PeriodTalk](#)
1:54pm via HootSuite

[bpreparedperiod](#) The winner of our [#Reusable](#) Cramp Care Heat Pack is [@darlah20](#) - Congratulations!!!
[#PeriodTalk](#) 1:55pm via HootSuite

[gfreemaui](#) [@bpreparedperiod](#) I didn't know much of anything about [#endometriosis](#) Now I recognize it's prevalence. [#PeriodTalk](#) 1:55pm via Twitter for iPhone

[bpreparedperiod](#) A big THANK YOU to this month's special guests [@A_healthyDANCER](#) & [@TheEndoNetwork](#) – we greatly appreciate all your work [#PeriodTalk](#) 1:55pm via HootSuite

[bpreparedperiod](#) [@gfreemaui](#) Glad we could provide some new information :) [#PeriodTalk](#) 1:56pm via HootSuite

[TheEndoNetwork](#) [@bpreparedperiod](#) Thank you!! You are doing incredible work! [#PeriodTalk](#) [#FF](#)
1:56pm via TweetDeck

[TheEndoNetwork](#) [@A_healthyDANCER](#) Thanks for all the great info! [#PeriodTalk](#) 1:56pm via TweetDeck

[bpreparedperiod](#) Appreciation also goes out 2ALL the [#endosisters](#) who've shared their story w/us
<http://bpreparedperiod.com/blog/?cat=218> [#EndoAwareness](#) [#PeriodTalk](#) 1:57pm via HootSuite

[Lunettecup](#) [@darlah20](#) Congratulations!! [#PeriodTalk](#) winner! 1:57pm via Web

[bpreparedperiod](#) Remember, [#PeriodTalk](#) comes once a month – always on the 2nd Friday at 2pm Eastern! 1:57pm via HootSuite

[bpreparedperiod](#) Next month's chat will be on April 11 (4/11) – where we'll be discussing The 411 on Menstrual Cups [#PeriodTalk](#) 1:58pm via HootSuite

[A_healthyDANCER](#) [@bpreparedperiod](#) [@TheEndoNetwork](#) Thank you for fostering such an amazing space for sharing and learning! It was really great! [#periodtalk](#) 1:58pm via Web

[bpreparedperiod](#) Be sure to watch for [#PeriodTalk](#) giveaways at bpreparedperiod.com/blog/?cat=199
[#PeriodTalk](#) 1:58pm via HootSuite

[bpreparedperiod](#) Help spread the word about [#PeriodTalk](#) by tweeting, posting on FB, blogging, pinning etc. Break the silence on this taboo topic! 1:58pm via HootSuite

[bpreparedperiod](#) Do you have a website or blog? Interested in sharing about our monthly chats? Msg us for info on our giveaway promotions [#PeriodTalk](#) 1:59pm via HootSuite

[bpreparedperiod](#) Thank you all for such wonderful conversation. It gives us great pleasure to chat with those open to speaking about menstruation [#PeriodTalk](#) 1:59pm via HootSuite

[bpreparedperiod](#) For more info on all things menstrual visit us @ BePreparedPeriod.com or on FB @ facebook.com/BePreparedPeri... [#PeriodTalk](#) 1:59pm via HootSuite

[bpreparedperiod](#) Don't forget to use our special promo code PERIODTALK for 10% off all our [#Organic](#) & [#Reusable](#) products (exp. 3/21) [#PeriodTalk](#) 1:59pm via HootSuite

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