

Chronic Pelvic Pain Update



It was a privilege to be invited to speak at the meeting on Chronic Pelvic Pain at Sydney's Royal Hospital for Women on the 17th of February 2011 organised by Professor Thierry Vancaillie. There is now a greater understanding that the management of endometriosis requires more than just medical and surgical treatment. Some women respond well to these treatments alone, but for vastly improved health outcomes, the whole aspect of chronic or persistent pelvic pain must be treated with a multi-disciplinary holistic approach. There were 12 speakers at the meeting with presentations covering a variety of topics including current knowledge in chronic pain, endometriosis and chronic / acute pain, pelvic floor physiotherapy, osteopathy and psychiatry.

The book "Endometriosis and Pelvic Pain" Evans and Bush is a must read and a real companion for recovery and learning to live well with these conditions.

Mr Michael East, gynaecologist and ENZ trustee, wrote this many years ago and it absolutely fits with the modern view on best practice treatment. *"To practice medicine well, one must be aware of the whole person physically, socially, historically and psychologically. To practice in any other way is to commit the sin of omission."*

You can read the full article on our website www.nzendo.co.nz/news

Our Appreciation

ENZ is very grateful to recent sponsors working with us to improve health outcomes for girls and women in New Zealand: Canterbury Community Trust, Olympus, Fisher & Paykel Healthcare, NZ Lotteries Board, Mid Central DHB, ANZ Staff Foundation, Zonta Clubs, Jones Foundation, Harcourts, Blackhealth Properties, R & S Murdoch, Xponential philanthropy, Simon Jones, and all Big Hug Appeal donors.

A Warm & Fond Hello from us ...



A message from Chief Executive, Deborah Bush QSM

The year had a troubled start following the major earthquake in September 2010 and the catastrophic event in February 2011, unleashed unprecedented and tragic results. We send our heartfelt condolences to all those who lost loved ones and to those whose lives have been sadly changed forever.

The one thing we can all rely on is change in our lives and I recently had an invitation to undertake a short term contract in Australia based in Adelaide, to work on a chronic pelvic pain project. The vision is to improve the health, wellbeing and productivity of millions of Australian women and girls and it is hoped, though collaborative efforts, the flow on affect will be felt in New Zealand and beyond. It is clear from the very outset that much work needs to be done. We will be keeping you informed of progress and any new findings. Elaena and Dale are doing a superb job managing ENZ.

We have some exciting events planned and we hope to see you at meetings, expos, in secondary schools, your workplace and of course on facebook. We look forward to hearing from you and your family, your friends and colleagues to find out how we can best help you and those in your community. Membership is free so please encourage others to join. We're making a difference now and making change for the future health and wellbeing of our next generation.

We appreciate the support and care you have shown us, particularly over the last few months. BIG HUG to each of you. *Deborah Bush, CEO Endometriosis NZ.*



www.nzendo.co.nz

Visit our website regularly for helpful information. See 'Endometriosis Explained' for information on symptoms, diagnosis, treatment and management, fertility and more...

Big Hug Appeal Update



ENZ was not exempt from the immense upheaval and damage and the subsequent consequences have been a real blow to the organisation. Five fundraising events had to be cancelled from September 4, 2010.

In an attempt to ameliorate these losses ENZ has been fund raising through the "Big Hug Appeal," details of which can be found on the ENZ website - www.nzendo.co.nz

We are sending a **BIG HUG and thanks** to all those who have contributed. It's not too late. We really need your help. We encourage you to have a look on the front page and see what Sean Fitzpatrick says about hugs. Oh, and you can get your BIG HUG voucher which entitles you to one FREE BIG HUG. Just copy it off and away you go! Check out recent news for more details.

Support Groups

Endometriosis NZ has affiliated support networks in Auckland, Wellington, Nelson and Southland.

Visit our website - www.nzendo.co.nz, to get in contact with your local group. Support group not in your area? – contact ENZ to find out how?

OLYMPUS

"Olympus makes a variety of products that support the needs of those treating endometriosis in New Zealand; from narrow band imaging, to the range of Gyrus instruments which suit a number of different techniques. We are committed to the continuous development of new and better technologies which ultimately provide better patient outcomes. Big hugs Olympus x " ENZ appreciates Olympus' support.

New Office Administrator

Introducing Dale Gibb, based at our office in Christchurch. Dale has a varied background in office administration, marketing, accounts and customer service. We are so thrilled to have her as part of our Endometriosis NZ team!



International Award for Outstanding Services

On March 8, Deborah Bush QSM, was one of three New Zealand women to receive the International Award for Outstanding Services in recognition of 100 years of celebrating International Women's Day.



The event was supported by the Women's information Network. International and national groups celebrated this significant occasion in New Zealand and around the world.

The awards ceremony was held at Matatau Maori Business Centre, Manukau. Auckland Mayor Len Brown was the key note speaker and his rousing whaikorero was an inspiration. His opinions on his first 100 days in office dovetailed well into the story of the first 100 years of supporting women's rights. When the first discussions took place on Women's rights back in the early 1900, women were seeking the right to vote, hold office, have shorter work weeks and better pay. Now 100 years later, we have more rights but there is still much work to do.

ENZ extends its congratulations to the other recipients, Dame Georgina Kirby (who was made a dame for services to Maori people) and Judith Speight, Director at ITT WRKZ Limited.

ENZ congratulates Deborah on receiving this award.

CM Insurances is proud to support Endometriosis NZ

Contact :
Christine Mudgeway,
CM Insurances
Phone 04 589 2962, Email
- cminsurances@xtra.co.nz

"I have already been diagnosed with endometriosis and don't think I will be covered by medical insurance. Is it too late?"

Recent Events



21 / 22 May – Auckland

Deborah Bush spoke on “Endometriosis and Pelvic Pain – I’ve had a gutsful.” The talk covered the burdens, the disease and gave practical advice to learn to live well with endometriosis. Check out our website for treatment and management information.

Women's Lifestyle Expo™

A Great Day Out For Women.

21/22 May – Palmerston North

We were so excited to have a stand at the Women’s Lifestyle Expo in Palmerston North over 21-22nd May. We had a scrap booking stand to the left of us and a funeral parlour with coffins and urns to the right, which made for an interesting variety for those visiting the expo.



We have been exhibitors at these expos for many years, but I am still blown away by the heart wrenching stories of girls and women really struggling to access help or have stopped trying because it ‘got way to hard’. Many were so pleased to take information and chat with people who ‘got it’. It was a great success and we’re looking forward to the next expo.

Our Next Expo is in Christchurch:

17 / 18 September	Christchurch CBS Canterbury Arena, Jack Hinton Drive, Open Saturday / Sunday 10.00am - 5.00pm
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ALL ABOUT *me*™

Elaena has been visiting numerous secondary schools throughout the country delivering the *me* programme (menstrual health and endometriosis). It is a unique, interactive, fun and informative health education programme.



Is *me* at your school? Take action for your school now by and Contact ENZ

Did you know?

- endometriosis is known to affect 1 in 10 girls and women
- 26% of girls aged 16-18 years are absent from school because of distressing symptoms relating to their period
- endometriosis can seriously compromise schooling, quality of life and future fertility
- it still takes 8+ years to get a diagnosis
- early intervention and treatment is essential

Check out www.me.school.nz

Our Endometriosis Special Interest Group

The Endometriosis Special Interest (ESIG) was formed by Endometriosis New Zealand (ENZ) in 2008 to act as advisors to ENZ on specific projects. ESIG members have a special interest in endometriosis and chronic pelvic pain. ENZ is honoured to welcome Dr Matthias Seidel (Tauranga) and its international representatives, Dr Susan Evans (Australia) and Dr Charles Koh MD (United States) to the group.

Visit our website for your local ESIG specialist

Our Membership Update

We are updating our member's database and would like your help. Please let us know any changes to contact details, especially your email address, so we can effectively and efficiently communicate with you at a lower cost. Membership is free to Endometriosis NZ.

Please choose one of the following :

- go online www.endo.co.nz and go to new member page (in the comment field type the word update)
- email us at - nzendo@xtra.co.nz
- post this form back to us – ENZ, PO Box 1673, Christchurch 8140

First Name: _____

Last Name: _____

Address: _____

Email: _____

Date of Birth: _____

Contact Phone Number: _____

Specific Interests: (please tick any of the following)

- General Interest
- Fertility
- Treatment and Management
- Teen Educational Programme (me)
- Work Place Wellness Programme (wise)
- Research

- Yes I would like to volunteer for Endometriosis NZ projects

Many thanks.

Dale Gibb
National Administrator