



An Initiative of Patient Academy for Innovation and Research



ENDOMETRIOSIS
PATIENTS
SUPPORT
GROUP

HELP SUPPORT WOMEN IN NEED

We are together in their endometriosis journey...

Get involved

Get Informed

Women with wings |
Visit us at-
www.womenwithwings.pairacademy.org.

Reach out to us at-
communications@pairacademy.org.

PAIR ACADEMY

PAIR is a social good organisation working with patient groups, caregivers, and HCPs to raise awareness around disease lifecycle and management. We work by conducting online courses, surveys, and polls, gathering information to create educational material that is simple and easy to understand, please help us to disseminate information to patients with endometriosis

WOMEN WITH WINGS

BACKGROUND

- Women with wings is an endometriosis patients support group and a platform for everyone fighting with endometriosis to discuss their issues, problems and look for probable solutions.
- Disseminate information to help manage their condition, anticipate, and treat complication related to endometriosis.
- Feel safe, learn about normalization of pain in society, get psychosocial support and be able to discuss the concerns openly without any judgement and shame.

OBJECTIVES

- Reducing stigmas
- Creating awareness around endometriosis
- Bringing attention to the patient needs and problems
- Help people in reducing the time between diagnosis, treatment, and onset of symptoms
- Amplifying patients voice to different platforms.

We have been doing this by-

- Social media awareness
- Focus group discussions
- Outreaching civil societies NGOs working on women issues'
- Creating toolkits- patient stories, pictographs, material for creating awareness.

FOCUS GROUP DISCUSSION BY WWW-

Focus group discussion were conducted to-

- Help develop an understanding of the level of disease education and the unmet need in women diagnosed with Endometriosis
- Provide inputs to understand if pain and discomfort is normalized and socially acceptable leading to delay in diagnosis
- Contribute to the understanding of the endometriosis patient journey from the patient's perspective
- Support mapping of psychosocial impact of endometriosis
- Bring patients together to share experiences with one another

Endometriosis Patients Support Group India

#Letstalkendometriosis

LET'S DISCUSS TOGETHER

For our common future!

25 million Indian women suffer from this condition. (Endometriosis Society of India)

Join us for a Focus Group Discussion

To know more, VISIT- <https://womenwithwngs.pairacademy.org>

CREATED AWARENESS

WOMEN WITH WINGS

Endometriosis is a disease characterized by the presence of endometrial-like tissue in the extrauterine environment- "endometrial-like" being a very critical distinction, as although the lesions somewhat resemble the native endometrium, they are not identical. The century old theory of "retrograde menses" as the cause of endometriosis has been debunked. Endometriosis causes systemic, often chronic pain, that is not confined to menses nor impacts only the reproductive organs, it is a whole-body condition.

Understand, Support, Stand with us..
#letstalkendometriosis

Share it with friends/others

Visit- <https://womenwings.pairacademy.org>

GLIMPSE OF OUR WORK –

FACEBOOK LIVE

UNDERSTANDING MENSTRUAL CYCLE- WHEN DO WE NEED TO PAY ATTENTION?



DR. MEENAKSHI AHUJA

OBS & GYNAEC
DIRECTOR, FORTIS LA FEMME

19th May, Thursday

4.00PM- 5.00PM IST

REGISTER NOW TO JOIN US

Endometriosis Support Group India



Experiences shared by Endo warriors

"Suffering in pain and pain management is been routine of my life with all other responsibilities."

"My pain reminds me that, I am stronger than I was yesterday."

#letstalkendometriosis

www.pairacademy.org
Whatsapp- +91 81300 50439

@womenwithwings



ENDOMETRIOSIS AWARENESS WEEK "Ask the Experts" Session

JOIN US!

"Endometriosis and Infertility"

Sunday | 27th MARCH | 2022

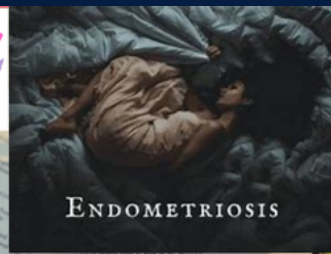
03.00PM- 04.00 PM IST



REGISTER FREE



WHAT EVERY WOMEN AND DOCTOR SHOULD KNOW ABOUT ENDOMETRIOSIS



Hysterectomy is not a definitive cure for Endometriosis. So get a second opinion if someone tells you that.

Source- The Guardian

www.pairacademy.org
communications@pairacademy.org
Facebook | Twitter | Instagram



Welcomes Endometriosis Patients for a session



WITH **Huda Shaikh**

Clinical Nutritionist, Dietician, Certified Diabetes Educator, Founder- Nutribond and Period pain Movement

3rd July, Saturday | 3.30PM IST

All your queries will be answered
Submit your queries to-
khushboo.sharma@pairacademy.org

Register for free

www.pairacademy.org
Whatsapp- +91 81300 50439



WELCOMES ALL ENDO WARRIORS ON INTERACTION

WITH

ARUNDATHI YASOK



ACCOUNTANT TURNED FULL TIME YOGA TEACHER, ENDO WARRIOR, ADVOCATE OF ENDOMETRIOSIS,

AUTHOR OF CONFESSIONS OF AN ENDOGIRL (AVAILABLE ON AMAZON)

29th Aug, Sunday 10AM-11AM IST

PRACTICING YOGA WITH fellow Endo warriors and stay healthy...

REGISTER FOR FREE PLEASE REGISTR BEFORE JOINING THE MEETING TO RECEIVE THE LINK.

www.pairacademy.org
whatsapp- 81300 50439

PATIENT STORIES...



I am a sufferer of Endometriosis. I have been told period pain is normal when I was in excruciating pain at the age of 14. I want to tel every girl that PERIOD PAIN IS NOT NORMAL. Anyone who says that is WRONG! Please see a doctor and take yourself to one if no one does it for you! Don't smile through silent pain, cry behind closed doors and wait for help!

I am Radhika Jhaveri and I have Endometriosis. I pledge to talk unabashedly about everything ENDO and spread the awareness around it.

The Pain-free Endo System.

We are happy to share video of Arti Shah, an endometriosis warrior, Kenyan Indian, sharing her journey with endometriosis. During her menstruation, she has been dealing with painful periods, which were normalized and had acute depression without knowing that she's been fighting with a condition called endometriosis. She was unaware about endometriosis until her diagnosis in 2004 during laparoscopy.

What are the co-existing challenges along with endometriosis, how it affects life of an individual?

Link to watch the video- <https://youtu.be/6wIhyVcnw-U>

This video is developed with the help of endometriosis warrior.

We thank them for their contribution in spreading awareness on endometriosis.

To know more, Visit-<https://womenwings.pairacademy.org>

Facebook page- <https://m.facebook.com/PAIRendowarriors/>

Instagram- https://www.instagram.com/womenwith_wings/

Twitter- <https://twitter.com/WomenWithWings4>



YOUTUBE.COM

Journey of an Endo warrior| Managing Endometriosis| Normalisation of period pain | Women With Wings



OUR REACH

We have a strong community of patients, patient advocates' and caregivers with-



110+ Whatsapp member community

735+ Facebook community

216+ Instagram community

260+ LinkedIn community

LAUNCHED OUR MISSION ON PCOS...



JOIN US

"Is obesity a concern for PCOS"?

🕒 **FRIDAY
SEPTEMBER 30,
2022** | 📅 **03.15 PM- 04.30PM
IST**

 **Dr. Ratna Devi**
Chair, ISPOR Patient Council and Director, PAIR Academy

 **Dr. Bandita Sinha,**
Senior Consultant gynaecologist and Fertility Expert at Kokilaben Dhirubhai Ambani Hospital & World of Women Clinic

We have launched our another initiative **"PCOS SUPPORT NETWORK"** on the occasion of **"PCOS awareness month"** is designated with the aim of raising awareness to help improve the lives of those affected by PCOS and to help them overcome their symptoms as well as prevent and reduce their risks for life-threatening related diseases.

Through our work, we aim to have inclusive participation and provide access to correct and updated information on issues related to PCOS to everyone.

LINKS FOR JOINING US-

Join the Endometriosis group - <https://forms.gle/AsBXkSniBtujgmuj7>

Join the PCOS Support Network- <https://forms.gle/Rummht8795KoQen67>

To know more, Visit- <https://womenwings.pairacademy.org>

Youtube - https://www.youtube.com/channel/UCO_WQN7mKaEFlail7OxwlaA/videos

Social media handles,

Facebook page- <https://m.facebook.com/PAIRendowarriors/>

Instagram- https://www.instagram.com/womenwith_wings/

Twitter- <https://twitter.com/WomenWithWings4>