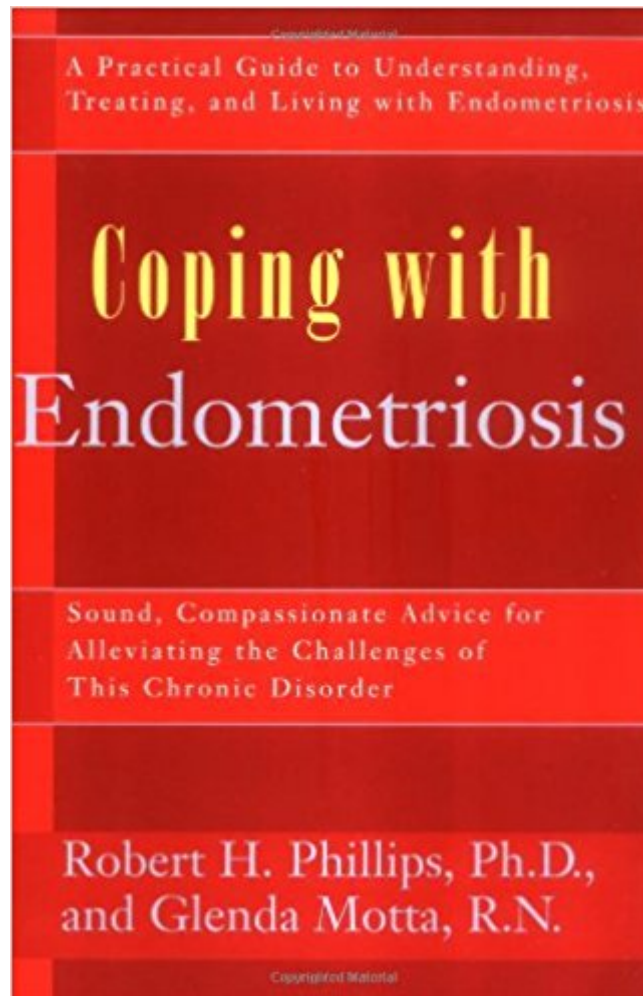




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Coping With Endometriosis: A Practical Guide



Synopsis

"Coping with Endometriosis" is the latest addition to Avery's "Coping With Chronic Diseases" series, with over 390,000 copies sold. An estimated 5.5 million women in the U.S. and Canada suffer from the physical and emotional pain of chronic endometriosis. Despite this number, the disease is largely misunderstood and frequently misdiagnosed. This authoritative book thoroughly explains endometriosis, a disorder that effects a woman's reproductive and immune systems, causing painful growths, bleeding and often infertility. Readers will learn about the latest treatment options, including both conventional and alternative therapies. Like the other books in this series, it offers wonderful suggestions for alleviating the psychological and emotional anguish, which often accompany chronic diseases. This is a coping guide that will help women and their families take control and lead fuller, more normal lives.

Book Information

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Customer Reviews

Glenda Motta, RN, MPH is a nurse who suffered with severe pain since age 10. She was not diagnosed with endometriosis until in her late 30s with the onset of laparoscopy. After undergoing extensive surgery at age 47, she has been pain free for six years. Glenda understands endometriosis from the perspective of both a patient and a healthcare professional.

I was diagnosed with Endometriosis in 2001 & had my first surgery that year. Toward the latter part of 2002, I started to be in chronic pain for this disease. I'll make a long story short. (If you want to

see the long story, go to my review about Jennifer Lewis' book that I think is medically inaccurate). This book is compelling, thorough and most of all, helpful. It was a book I *SHOULD* have had in 2001. Since dealing with my pain, this book has opened my eyes to therapies I can use, how I can deal with ALL the aspects of this disease, and how it affects my loved ones. This is a great book because it talks to you through a whole person concept--- not just dealing with the reproductive Endometriosis, but it deals with all of the areas surrounding it, too, like emotions, finances, and so on. It doesn't talk down to you, and won't make you feel like you're in a pity party, but gives you tools to try to cope and even recover. Check this book out. You'll be glad you did.

This is a good book. I'm currently trying to get a diagnosis for my chronic pelvic pain. Endometriosis is the most likely culprit and I'm having surgery soon. Thought in the meantime, I'd do some research about this disease. I'm reading this book now, and it focuses more on the emotional impact this disease can have on someone. I think it'd be more useful AFTER being diagnosed, though much of it does apply to me. It is a good read, helpful and informative.

Based on the high ratings, I ordered this book as my endo has been getting worse and I wanted to read about any new treatments. This book was a basic level primer in how to deal with any chronic illness--not at all what I was looking for.

I highly recommend this book to anyone who's already done their basic endo research, and is ready to move on to how to cope with this awful disease. I have found this book to be better than "The Endometriosis Sourcebook", especially when it comes to teaching useful coping skills. The "Sourcebook" is fine for basic information, just get this when you need more specifics on endo topics, "current" endo information, and are ready to find ways to live with endo, and not suffer with it. Besides, the Endometriosis Association, whose founder Mary Lou Ballweg wrote the "Sourcebook", is funded by grants from TAP Pharmaceuticals, the makers of Lupron, which destroys women's lives daily in the endo fight!! Why support them in their hypocrisy by buying "The Endometriosis Sourcebook"?

I was diagnosed with endometriosis over 10 years ago and have since had 7 major surgeries and countless minor ones. I picked this book up after major surgery #5, desperate for help. This book didn't cut it. Granted, by the time I read this book, my knowledge of endo (from medical and general literature) was better than most gynos (by their own admissions). I bought this book anyway, hoping

the "coping" advice would be helpful. I ended up skimming it, finding little of value, and setting it on a bookshelf to gather dust. Endometriosis left me permanently disabled and in chronic pain, despite "the best" care available at one of the top medical establishments in the world. With especially severe stage IV disease, that sometimes happens despite the type(s) of surgery and treatments tried. I eventually went beyond the endometriosis literature and found what I was looking for in general literature on chronic illness. If that's where you're at, I highly recommend "Celebrate Life: New Attitudes for Living with Chronic Illness," Hartwell's "Chronically Happy: Joyful Living in Spite of Chronic Illness," Wells, "A Delicate Balance: Living Successfully with Chronic Illness," and Cheri Register, "The Chronic Illness Experience: Embracing the Imperfect Life." These books helped immensely. I learned to live with somewhat of a paradox: acceptance of my condition (as opposed to continuing to fight it) without ever giving up hope of a better future. And, I learned how to make the most out of my life and find value in what I could do, instead of focusing on what I couldn't do. These books helped me grieve my losses and move forward. If you're where I was, I hope this review helps you find these books sooner than I did!

I highly recommend this book to anyone who's already done their basic endo research, and is ready to move on to how to cope with this awful disease. I have found this book to be better than "The Endometriosis Sourcebook", especially when it comes to teaching useful coping skills. The "Sourcebook" is fine for basic information, just get this when you need more specifics on endo topics, "current" endo information, and are ready to find ways to live with endo, and not suffer with it. Besides, the Endometriosis Association, whose founder Mary Lou Ballweg wrote the "Sourcebook", is funded by grants from TAP Pharmaceuticals, the makers of Lupron, which destroys women's lives daily in the endo fight!! Why support them in their hypocrisy by buying "The Endometriosis Sourcebook"?

I was diagnosed with endometriosis when I was 15. At this age I did not even come close to understanding what this disease was, or how it was going to effect my future. After reading this book, not only did I understand the health aspect of this disease, but I also learned how to cope with the emotional part of it as well. I would recommend this book to anyone who truly wants to understand this disease.

After being diagnosed and in denial for awhile about the disease, this was the 3rd book i began reading to help myself understand my body and what was happening to it. This book put a lot of

things into perspective and began to shed some light on the disease and what I needed to do get control of it. This is the book that my friends need to read so that they can also understand what I am going thru.

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