



# Mendo BBQ

## conversation starters

We want to encourage our Mendo's to start the conversation with their mates, here are some conversation snippets to help you get started.

"Endometriosis can be hard to pronounce so you can use Endo for short . . . Don't worry we won't make you spell it out loud." - **Endometriosis Australia**

"The best way to describe Endo is like literally having wolverine inside your stomach tearing and shredding your insides with blades that also feel like they are on fire." - **Skye Woodlands Sufferer**

"Endometriosis is a chronic illness that affects 1 in 10 that's over 740,000 women, there is no cure and it can take between 7 to 12 years to diagnose." - **Endometriosis Australia**

"It can greatly affect an endo sufferers work life; I'm a police officer who successfully sued South Australia Police

for discrimination and harassment after, amongst many other things, being told to increase my pain threshold." - **Sarah Henson (nee Berry)**

"Before undergoing surgery to remove ovarian endometriosis, couples should consider banking some embryos or eggs, for the surgery may impact adversely on future ovarian function. Even though embryos are more robust, consideration should be given to storing a mixture of both embryos and eggs, for if the relationship should break down, jointly created embryos cannot be used." - **Doctor Geoffrey Reid**

"When you see your daughter writhing in pain, you feel helpless as a Dad; you wish you had the pain instead of them. And...

... you want to scream, "what can I do? Somebody please, tell me what it is and what to do? Just be there for them and believe them" - **Rob Zammit Father**

"Endometriosis isn't a condition that you inherit from being unhealthy, I train twice a day and have a healthy diet. I'm an Olympian whose body is nourished and looked after, and I have Endometriosis."  
- **Emily Seebohm Ambassador**

"My wife has Endometriosis and the place where I work has a lot of male employees, I've recently decided to stand up and talk about the condition. Women should feel comfortable talking to any man about their illness and as men it's our duty to understand what they are talking about."  
- **Tony McAuliffe Husband**

"Unfortunately, I won't be able to fall pregnant naturally due to my Endometriosis and up to 50% of sufferers will have difficulties becoming pregnant."  
- **Mel Greig Ambassador**

"Endometriosis is not an STI, you cannot catch Endometriosis." - **Endometriosis Australia**

"Periods are a normal part of a woman's life and she's a part of your life so, just normalise it and talk about it. Periods are not weird or shameful." - **Doctor Mike Armour**

**Endo doesn't just effect women, it impacts their loved ones and the entire community. Together we can educate, raise awareness and funding for research to #endthesilence**

