I am a 38 year old woman, person of color and someone who has a disability. I read the article on MPR on the upcoming menstruation event in May. I felt compelled to write something and help raise awareness for those who have endometriosis.

Thank you for considering,

I would like to shed light on the menstrual plight of individuals with endometriosis, a disease affecting 1 in 10 people with no cure. Symptoms vary, and getting a diagnosis is often delayed due to its complex nature. In my case, getting a diagnosis took 20 years, and I endured hemorrhagic periods for 24 years. Although a hysterectomy is not a cure, it saved my life, offering a new cadence free from debilitating periods. Before surgery, everyday life was a struggle as I was constantly worried about clothing and access to bathrooms. I also had anxiety over period products: underwear, pads, diapers, and mattress liners. Frequent work absences and cancelled plans were a common occurrence in my life and it impacted career advancement and promotions. These experiences were unbearable, but they fueled my passion for awareness about endometriosis, period justice, body literacy, and health literacy. Post-hysterectomy, I have dedicated my life to highlighting how endometriosis disproportionately affects communities of color. I want individuals who menstruate to know that periods should be a minor inconvenience, not a life-altering burden. It is my hope that this exhibit helps create a world where periods do not dictate lives, plans, jobs, relationships, or routines. Periods should end sentences, not opportunities.