

TOPIC: Raising awareness of Endometriosis in adolescent girls and their families



Name: Rachel Walker

Age: 40

Gender: Female

Occupation: Stay at home mum

Goals:

- To look after her family
- To get help for her daughter
- For her children to be happy and successful
- To be a part of a community of mothers of teens with endo
- To do the right thing for her family

DESCRIPTION:

Rachel is a stay-at-home mum to two girls, one sixteen years old and one eighteen. She feels her purpose in life is to look after her family, and make sure everyone is happy and thriving. She likes to be active in her daughters' lives, and is close to both of them, so she knows when there are any changes in their lives or behaviour. She has endometriosis and has had difficult getting help for it before. Her husband is the sole provider for her family.

MOTIVATIONS:

Rachel's primary motivation is to look after her family, and she wants to help them be the best they can be. She wants to know what is happening in everyone's lives, and hopes that she can use her closeness to her daughters to help them thrive. She has a lot of close friends, and also likes to connect with other mothers via facebook, but she would like to be more active in a community which specialises in endometriosis, which she suspects her daughter has. She is looking to find the best resources she can however she can, which is primarily through the internet and her GP.

BEHAVIOUR:

Rachel has noticed worrying symptoms in her youngest daughter, and after doing some research on the internet and connecting with other mums, she suspects she may have endometriosis. As she has this condition herself, she is frightened and upset at the prospect that her daughter will have to go through what she did, and is trying her best to get her help. She has gone with her daughter to multiple doctors appointments, but is frustrated with the lack of knowledge and concern by the GPs she has visited. She doesn't have health insurance, and worries about the cost of going private to get help for her daughter.

DAILY LIFE:

Rachel wakes up early, and wakes her daughters and husbands so they can get ready for work and school. After making lunches, she tries to wake her youngest again, who is increasingly fatigued. Due to her own experience of endo, she suspects that her daughter may have it, and so allows her to stay home from school when her daughter says she is having a bad pain flare-up. They go to their local GP, who insists that bad period pain is normal, and suggests taking anti-inflammatories on top of the pill her daughter is already on. Frustrated and worried, Rachel turns to facebook to connect with her other friends, and then researches the best way to get treatment for her daughter. With so many different opinions and limited resources, Rachel feels lost and guilty that she can't afford health insurance for her daughter, which means they cannot afford to go to a private endometriosis specialist for her pain. She resigns herself to continue looking for answers until she can get her daughter the help she needs.

REFERENCES

IMAGE:

purpleturtle 2013, "woman-105750-1920" [image], *Pixabay*, viewed 19th April 2017, <https://pixabay.com/photo-105750/>

INFORMATION:

ACMA 2015, 'Report 1 – Australians' Digital Lives', Communications Report 2013-14 Series, *Australian Communications and Media Authority*, viewed 30th March 2017, http://www.acma.gov.au/~media/Research%20and%20Analysis/Publication/Comms%20Report%202013%2014/PDF/Communications%20report%20201314_LOW-RES%20FOR%20WEB%20pdf.pdf

ENZ 2016, *Ask ESIG September 2016*, NZEndo, viewed 19th April 2017, <http://www.nzendo.org.nz/media/65359/ask-esig-september-teenage-daughter.pdf>

Hull L 2017, *Adolescent Endometriosis*, Endometriosis Australia, viewed 19th April 2017, <https://www.endometriosisaustralia.org/single-post/2017/04/11/Adolescent-Endometriosis>

Pash, C 2014, 'Australian Mums Trust Other Mums on Social Media: Study', *Business Insider*, August 22nd, viewed 30th March 2017, <https://www.businessinsider.com.au/australian-mums-trust-other-mums-on-social-media-study-2014-8>

Pelvic Pain Foundation of Australia 2016, *Tips for Parents of Teens with Pain*, Pelvic Pain Foundation of Australia, viewed 19th April 2017, <http://www.pelvicpain.org.au/information/teens/tips-parents-teens-pain/>

Perrott, K 2017, 'Endometriosis: Health System "Oblivious to Suffering" of One in Ten Women Affected by "Silent Epidemic"', *ABC News*, 24th March, viewed 30th March 2017, <http://www.abc.net.au/news/2017-03-24/endometriosis-health-system-oblivious-to-suffering-of-women/8331534>