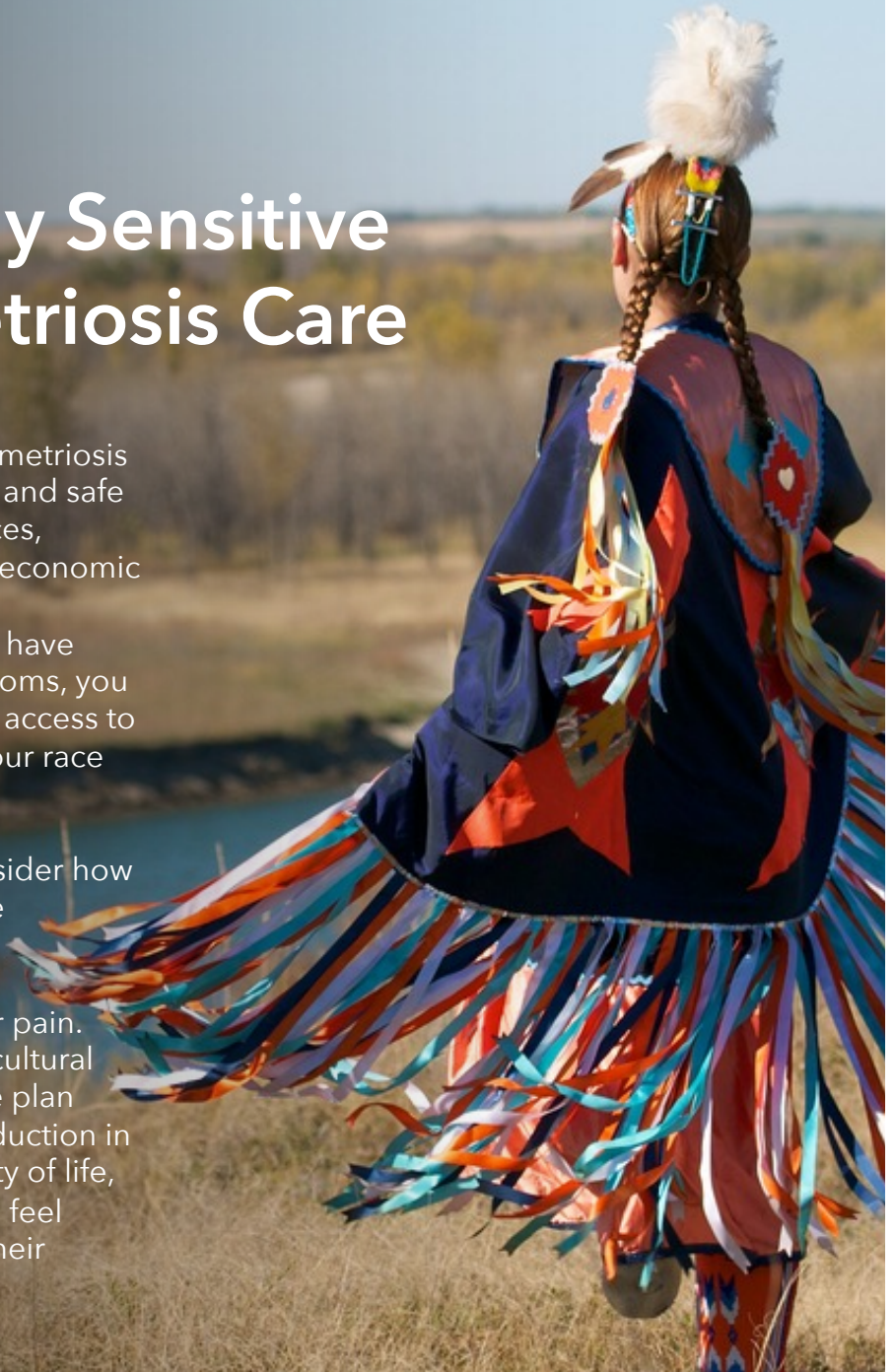




Culturally Sensitive Endometriosis Care

All people with endometriosis deserve comfortable and safe care. People of all races, ethnicities, and socioeconomic groups can have endometriosis. If you have endometriosis symptoms, you should receive equal access to care, regardless of your race or ethnicity.

It is important to consider how cultural practices, like smudging and land-based healing, can help you reduce your pain. People who include cultural practices in their care plan may experience a reduction in pain, increased quality of life, improved mood, and feel more connected to their culture.



To learn more visit:
yourperiod.ca/endometriosis

