



Meet Our Member - Shinta



What have you been diagnosed with what conditions and when?

Stage 4/5 Endometriosis, it was discovered 6 months ago

How does Endometriosis impact your life?

I have been suffering from what I thought only dysmenorrhea since I have my first period, when I was 12 yo. The pain is ongoing throughout period to the point I sometimes blackout or cry in agony in the corner of school sick room. I get used to people look at me as if I am just being a weak and lazy girl if I have to skip sport class during my school time 😞. My mum is the only person who always be there so patiently trying to help by taking me to GP's, Chinese doctor and make traditional drinks to help me out every month. Two years ago the pain got worse, had several bleeding in between period. Went to four different gynecologist (two of them were overseas) and were suspected with small cyst, ectopic pregnancy (all of them were incorrect after further investigation) before finally deemed stage 4/5 endometriosis six months ago. I have had two laparoscopy with the last one happened a week ago for major gynecological surgery to perform the excision of my endometriosis which spread all over my abdomen up to the bowel lining. Ended in hospital for four days and now currently in recovery.

If you could give one piece of advice to a new endo sister, what would it be?

I like this old phrase, what doesn't kill you make You stronger!

Share with us something about you, not your disease/diseases. Just you

I migrated to Australia 8 years ago from Indonesia. I am married and I have 6 yo son who both are very supportive in my endometriosis journey. I like swimming, running, jogging, watching ballet, acts and movies. I am currently working in gender equality, diversity and Indigenous engagement areas in which I am very passionate about.