

That's Hysterical! Now Get Out!

SEASON 1 | EPISODE 1

An Introduction to Me & My Bothersome Uterus

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And by the way, that “get out”? Never meant at you, my dear listener. No, it's always meant at my uterus. On this episode of *That's Hysterical! Now Get Out!* Hi, I'm Emily. I most likely have Adenomyosis. I'm recording this particular episode before my hysterectomy. And I'm starting the podcast about three weeks beforehand. But I've been dealing with with painful periods, painful ovulation, extreme PMS, probably PMDD for, well, I don't want to say since I got my first period at 13. I'm 40 now, by the way, but it's been a while and it's been slowly getting worse and worse over the years. About 10 years ago, I started talking to my doctor about that pain during ovulation in the middle of cycles, and they said, Oh, it's just little Mittelschmerz. I got to look up that fun word. It means you can feel when you're ovulating and releasing an egg. For some people, it hurts. Well, that was me. I lived with Mittelschmerz. Then it got worse and my periods were always bad. The first few days were very heavy flow. I would have my heating pad on all the time. My back would hurt a lot.

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I would have very bad back pain that would radiate to my hips and my thighs, and it still does. A few years ago, I was lucky my midwife ordered a scan, and what she saw looked like adenomyosis. And for people who've never heard that word before, adenomyosis is a uterine condition where cells that are not supposed to be there grow within the uterine walls. I'm going to put in plenty of medical and scientific information in the show notes so you could take a look at adenomyosis. And it was the first time I had ever heard that word. And then I went into hyperfixation mode. I have ADHD, so that's just a side effect. I got to dig into this rabbit hole of adenomyosis and learn all about how this condition that affects one in 10 people with the uterus and is not easily found or recognized and can't even be given an official diagnosis until a hysterectomy, where they can prove that those cells exist. So yeah, it's very frustrating to have this condition that affects so many people that people will just assume, Oh, it's like endometriosis. Well. But not necessarily related. I want to make that distinction.

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But at the same time, I've had doctors say to me, Oh, it's probably just a little endo. As if that's not a serious condition as well. I say all this because it's been affecting my entire life. It's slowly been taking over my life. I didn't even realize how much until basically getting the okay for my hysterectomy and realizing all the things that might come of it at the other end, which I just didn't picture ever. This podcast is dealing with those, the overwhelm of those thoughts. I welcome you on this journey with me. I thank you for sticking with me and supporting me, listening to me talk about this because it's so interesting how a good chunk of the population has a uterus, and yet conditions of the uterus are very under-researched,

under-studied. Up until even a few years ago, have just been considered something that's in the person's head, hysteria, if you will. At one point, when I wasn't in pain about 70% of the time, I was funny. I hate saying that because I'm 40, I'm a mom. My humor has definitely lost its edge, but gained some feel good feelings from Bluey and My Little Pony Friendship is Magic.

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All that stuff that comes with motherhood of I can be funny without being crass, but also I can swear. Welcome to this podcast. That's hysterical. Now get out. By the way, that get out never meant at you, my dear listener. No, it's always meant at my uterus. I appreciate you hanging around. I hope you tune in. Make sure you follow, subscribe. Hey, if you like the podcast and want to let others know about it, I would love for you to share it with a friend, anybody else who may be going through a hysterectomy. There are so many ways you can share podcasts with friends either by telling them about it, taking a screenshot and texting it to them, or putting it on your social media and say, Hey, I'm listening to this. This is really helpful. It's something that you can do for free that helps podcasters out so much. I would appreciate it if you could share it with somebody who, like me, has also been looking for maybe somebody else who's going through this uterine pain to talk about it with. I feel like in the 21st century, a lot more people should be talking about this organ and the stuff it does and how it affects us because it doesn't just affect us who have this organ.

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It affects those around us, for sure. So please, anybody having a hysterectomy, friends of people having hysterectomies, I hope you appreciate this podcast. It really is for you. It's also for me, let's be honest. But thank you for coming along with me. I appreciate you being here so much and tuning in. And I hope this is a good journey for all of us. All right. See you on the other side. Take care, folks.