



The **Endo** Educational  
Organization of Canada

## Resource Library: The Happy Pelvis

“I have lived with chronic pelvic pain most of my life but had my symptoms dismissed and misdiagnosed for over 15 years. Since 2018 I have been diagnosed with Interstitial Cystitis/BPS, Endometriosis, Pelvic Floor Dysfunction, Fibromyalgia and Lupus (SLE). I hope that what I share on my blog will help others advocate for themselves, better navigate the healthcare system and find the care and treatment they deserve.” – The Happy Pelvis Website

**We support this resource because the Happy Pelvis, founded by fellow Canadian Michelle, brings awareness to a variance of topics including endometriosis while following Michelle’s personal journey with these circumstances. Within her work, Michelle beautifully explains her endometriosis journey leading up to a diagnosis, navigating being underdiagnosed, under-resourced by the medical system, seeking her own answers and connecting with the endo community, while also highlighting comorbidities such as IC, Fibromyalgia, Lupus, Pelvic Floor Dysfunction etc. In particular, the “Vulvodinia & Pelvic Pain Resource Guide” is a great tool for those looking for information from personal experiences. You can find the Happy Pelvis on Facebook, Instagram and the web.**

Link to the Happy Pelvis Website  
<https://thehappypelvis.ca>