



The **Endo** Educational  
Organization of Canada

## Resource Library: Alexandra Camara

"I started 'yellowbowsxo' in the beginning of my thoracic endometriosis journey. I felt like I was stuck on an island by myself with no one around to relate to what I was going through. I took to social media to find information and others who may have embarked on a similar journey. It is where I was met with the most incredible community.

I fell in love with the community, advocacy and sharing my journey to help others. If it weren't for the help I received I wouldn't be on the other side of this disease. It is now my passion to help guide others on their journey, to help them access the right resources and care that they need." – Alexandra Camara

**We support this resource because Alexandra has done a great job at stimulating awareness about the realities of living with endometriosis in Canada. In particular, Alexandra talks candidly about her daily life & personal experiences with extrapelvic endometriosis. Alexandra's vulnerability is relatable for patients because it causes them to realize they are not alone. You can find Alexandra / "yellowbowsxo" on Facebook, Instagram, Twitter, Pinterest and the web.**

Link to YellowBowsxo Instagram Account

<https://www.endowhat.org>