

How to help support someone dealing with PCOS or endo.

When someone in your life is dealing with a chronic condition, it can be hard to know how best to help. Whether you're a friend, relative or parent of someone managing PCOS or endo, it's important to make sure they don't feel alone. Here are just a few tips to help you decide how best to give your support.

Just because they might look healthy doesn't mean they are

Someone who has PCOS or endometriosis can look totally healthy on the outside, but be in very serious pain. Just because these conditions aren't visible like chicken pox or a broken leg doesn't mean that they are less severe or easily overcome. Remember to be considerate and sensitive to the fact that they might be suffering.

Do your homework

Learning more about the conditions themselves can be a great way to show that you really care about what your loved one is going through. Read up and research yourself. And make sure they know you're open to talking to them about what's happening to them, candidly. Just being able to talk is often a relief.

Everyone is different

Unless you're an expert in endo or PCOS, it's tricky to give advice. Even if you know of someone else's experience, what works for one person might not work for another. Give your unconditional sympathy and support, but don't assume that you can help "solve" the problem.

Make a plan

Especially if you have a child with endometriosis or PCOS, it's important to learn about the condition with them. And come up with a plan to manage it together. You might need to encourage your daughter to see a doctor. You might need to help her advocate for herself at school. And you might need to help her recognize she needs to take care of herself differently than her peers who are not managing a chronic condition. It's best to start these discussions early, so she knows she can speak openly and honestly about what she's feeling.

“
I shouldn't have to be
the person doing it all.
I felt like I was all
on my own.
”

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