

SELF-ADVOCACY FOR BLACK WOMEN WITH ENDOMETRIOSIS



GUIDE & SYMPTOM TRACKER

MAHOGANY SPEAKS TO YOU

Welcome!

♥ Welcome, Sis

You are not alone—and your pain is not imaginary. Welcome to the Self-Advocacy Guide & Symptom Tracker for Black Women with Endometriosis. This resource was created with you in mind—because navigating a chronic condition like endometriosis can be overwhelming, especially when your voice is too often dismissed or ignored in medical spaces.

Here, you'll find tools to help you document your symptoms, prepare for appointments, advocate for the care you deserve, and connect with support. Whether you're newly diagnosed or still searching for answers, this guide is meant to empower you, equip you, and affirm that your experience matters.

Every story matters. Every voice counts. And yours is powerful. Let this be your space for clarity, courage, and care. ♥

MahoganySpeaksToYou

ABOUT US

MahoganySpeaksToYou is a digital platform created to empower Black women with the knowledge, tools, and confidence to take charge of their health, well-being, and voices. We understand the unique challenges Black women face in healthcare and beyond—and we're here to bridge the gap with culturally relevant, truth-centered content that uplifts and educates.

Our mission is rooted in advocacy, community, and healing. Whether you're navigating a diagnosis, searching for answers, or simply seeking support, MahoganySpeaksToYou is a safe space built just for you.

Through guides like this one, podcast episodes, and articles, we aim to help you feel seen, heard, and supported as you advocate for the care you deserve.

♥ Because your health matters. Your story matters. You matter. Visit us at www.MahoganySpeaksToYou.com to learn more, connect, and grow with a community of powerful women who are rising, rooted in strength.



Self-Advocacy Guide & Symptom Tracker for Black Women with Endometriosis

How to Use Your Weekly Symptom Tracker

This tracker is designed to help you monitor your symptoms, identify patterns, and prepare for medical appointments with clarity and confidence. Keeping a detailed record of your experiences can make it easier to advocate for the care you deserve.

Instructions:

- Complete this tracker daily (or as often as needed).
- Use the Pain Level scale from 1 (mild) to 10 (severe).
- Be specific when noting Pain Location—for example, “lower back,” “pelvis,” or “left side.”
- Indicate the type of Menstrual Flow (light, moderate, heavy, spotting).
- Rate Fatigue Level from none to severe.
- Use the Mood column to reflect how you’re feeling emotionally that day.
- In the Notes section, jot down any major changes, triggers, stressors, or other observations.
- If you take any medications or supplements or try new remedies, list them.
- Don’t forget to track what you eat—certain foods may influence your symptoms.

You can fill in more than one line for a single date if you experience different symptoms throughout the day. Use this guide in whatever way works best for you.

Self-Advocacy Guide & Symptom Tracker for Black Women with Endometriosis

1. Track Your Symptoms

Use a journal, app, or printed tracker to log:

- Pain levels and locations
- Menstrual patterns
- Triggers (foods, stress, etc.)
- Medication responses
- Mental health and mood shifts

2. Prepare for Appointments

- Write down your top 2-3 concerns
- Bring your symptom tracker
- Prepare questions (e.g., treatment options, side effects)
- Bring someone for support, if possible

3. Know Your Rights

- Be listened to and respected
- Request second opinions
- Ask for lab tests or referrals
- Refuse treatments you're uncomfortable with

4. Find the Right Provider

- Look for culturally competent specialists - Resources: [BlackDoctor.org](https://www.blackdoctor.org/), Endo Black, Zocdoc

5. Build Your Support Circle

- Join online groups (e.g., Facebook: Endometriosis Support for Women of Color)
- Follow health advocates - Share your journey to help others

Self-Advocacy Guide & Symptom Tracker for Black Women with Endometriosis

Weekly Symptom Tracker

Date	Pain Level	Pain Location	Menstrual Flow	Fatigue Level	Mood	Medication Taken	Foods Eaten

Weekly Reflection

What helped manage your pain?

Weekly Reflection

What made things worse?

Weekly Reflection

Questions for your next appointment?

Scan to Learn More

Visit Mahogany Speaks To You for articles, podcast episodes, and more health advocacy tools made just for you.

♥ Your journey matters. We're walking it with you.

