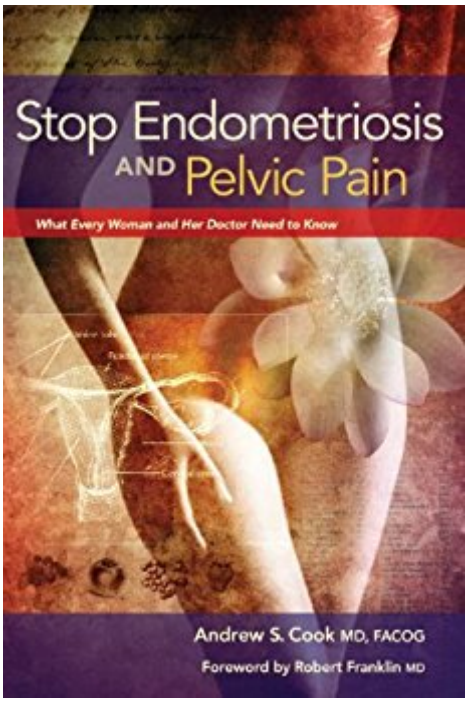
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Stop Endometriosis And Pelvic Pain



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Synopsis

Stop Endometriosis and Pelvic Pain provides extensive information about the realities and the myths of endometriosis and pelvic pain and various treatment options. Dr. Cook explains why so many patients are misunderstood and misdiagnosed, why most endometriosis surgery is done so poorly, the principles and correct techniques for effective endometriosis surgery, and how to find the best doctors and health care providers. This book embraces a womenÃ¢â ¬â„¢s perspective and provides much-needed support for women who have suffered from the pain of endometriosis. He also explains his comprehensive and successful program for treating endometriosis. This book is ideal for someone with endometriosis or pelvic pain or for someone with family members or friends who need information and support regarding every aspect of the disease.

Book Information

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Customer Reviews

I have dealt with Endo, infertility and Interstitial Cystitis for many years. It was undiagnosed until I found my current Dr. I have an excellent Dr/Surgeon for my Endo. However, I learned so much more from this book! Dr. Cook does an exemplary job of describing what having Endo does to a woman. How it effects her entire life. I have tried explaining it to my husband, family and friends but

have never been able to do it justice. I am going to ask my husband to read this book and I will recommend it to my family.Dr. Cook clearly explains all of the facets of Endometriosis. From treatment plans, different types of surgeries, removal of Endo, and everything in between; Dr. Cook covers it all! It's an easy read but at the same time he doesn't dumb things down either. I was relieved to see my Dr. is on the same page on all aspects. However, Dr. Cook explained things that my Dr. assumed I knew. Sometimes I feel like my Dr. is talking about something I should already know and I often lack the courage to keep asking questions. On the other hand, because my appointments seem to take a long time to go over all of my issues, I would often refrain from asking questions out of respect for his time. After reading this book I feel more educated and empowered.I have a 5 year old daughter. I absolutely dread the idea of her having to go through any of this. My greatest hope is that Dr. Cook's idea of Endometriosis being its own specialized field (e.g. Cardology) comes to fruition. This would mean my daughter would have several physicians to choose from, instead of trying to find a needle in a haystack of Endo-illiterate physicians.Thank you, Dr. Cook!

If you have suffered from endometriosis this book is a must read! I cried almost the entire time I read this because I finally felt that someone was able to explain and articulate my pain better than even I could. This book is a relief and consolation that 1. there is someone out there who actually understands the misery this condition brings and 2. something can be done (you don't have to live with this the rest of your life). I have lived with this from the time I was about 16. Fast forward to being 37 and having had surgery about 2 1/2 years ago only to have all the pain and debilitating fatigue and everything else that comes with this condition come back again. It has been not only physically devastating but psychologically and emotionally devastating as well. I had all but given up and then I read Dr. Cook's book. I have no doubt I must have surgery again but this book educated me as what to look for in a surgeon and how the procedure must be done. Buy it for you and your loved ones to help them understand.

I bought at least 10 books on endometriosis when I was diagnosed. This one was the most clear, concise and offered the best advice on how to move forward to bring forward healing. It even helped me find the right surgeon who was up to date on cutting edge methods for treatment and pain relief. I can't recommend this book enough. If you only buy one book on endometriosis, THIS IS THE BOOK to buy!!

Anyone who is suffering from endo, or thinks they may have it, should definitely read this and do their research on surgeons. Dr. Cook is one of the best endo specialists in the country, and knows what he's talking about. I wish I found his book before having my first ablation surgery. It would have saved me years of pain and suffering.

Great book. I was looking for something that told me what developments have been made for endometriosis over the last 10 years. This book was very informative and helpful. Thank you.

This book was exactly what I was looking for. I suffered with pelvic pain and discomfort for many years and never got the answers or treatment I needed. I read this book in two days and it outlined everything I was going through. Dr. Cook changed everything for me and helped me understand my body. He saved my life. I strongly recommend this book to any woman who is suffering with pelvic pain and feeling lost. No woman should have to suffer in silence!

If you doubt you have or have just discovered you have endo, this is the book to read. It explains in simple terms what endo really is and how to effectively treat and/or manage it.

Dr. Cook lays out all factors feeding into endometriosis really well. He is a very encouraging voice in the face of a very discouraging disease. This book gives you good explanations as to the cause, treatment options, patient advocacy, and hope in the face of a disease that can be a life long battle. The only reason that it is four stars is because though he says one option doesn't work for everyone, he very much thinks his way of treatment is the only way.

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