



**Fred Hutch
Cancer Center**

DOES A HEALTHY DIET REDUCE PAIN IN INDIVIDUALS WITH ENDOMETRIOSIS?

HELP US TO UNDERSTAND THE EFFECTS OF HEALTHY EATING IN
ENDOMETRIOSIS

YOU MAY QUALIFY IF YOU ARE:

- A PERSON WITH ENDOMETRIOSIS
- 18-45 YEARS OLD
- PREMENOPAUSAL
- NOT PREGNANT

PARTICIPANTS MAY BE PROVIDED WITH:

- 12 WEEKS OF DIETARY COUNSELING
- DIETICIAN-CREATED MEAL PLANS
- 4 WEEKS OF SHIPPED MEALS
(Up to 2 meals and 1 snack per day)

PARTICIPATION ENTAILS:

- COMPLETING STUDY
QUESTIONNAIRE AT VARIOUS
TIMEPOINTS
- CONSUMING A SPECIFIED
HEALTHY DIET FOR 12 WEEKS

**SCAN THE QR CODE
TO TAKE OUR
SCREENING SURVEY**



For more information please contact: endostudy@fredhutch.org or
visit: fredhutch.org/dietary-endometriosis-study