

Polycystic Ovarian Syndrome

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BIOPSYCHOSOCIAL IMPACT OF PELVIC PAIN: A FORMER PATIENT'S PERSPECTIVE

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Pelvic pain—whether it results from PCOS, endometriosis, or an unknown cause—significantly impacts a woman's biopsychosocial health. Jackson shares her personal experience with pelvic pain, which began when she was 19 and remained unresolved until she was 27 years old. During that time, she saw dozens of providers but her quality of life and confidence in the healthcare system's ability to help her steadily diminished. Her physical and mental health suffered as she went untreated, an experience which she shares to illustrate the importance of multidisciplinary, holistic care. Jackson also discusses the ways in which pelvic pain impacts a patient's social, sexual, personal identities. By providing attendees with a comprehensive and

highly personal glimpse into the ways in which a pelvic pain condition impacts a patient's life, Jackson encourages creative problem-solving and dynamic treatment approaches that engage the patient as a whole person. Finally, she explores specific patient communication tools and treatment approaches that can be implemented to build a patient's confidence, understanding of her condition, and hope for recovery. This talk is an unconventional discussion for a medical conference, but also a vitally important one. By including patient experiences in scientific conferences, we can create truly integrated patient care which considers both medical advances and the psychosocial wellbeing of patients.

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