



The Great Work of the Gianna Center

Katie* struggled with severe pelvic pain during her periods, PMS, and migraines in her late teens. At the time, she didn't see the connection between her cycle and her migraines. In fact, she was mostly concerned with the severe menstrual cramps that would cause her to miss school and sports, sometimes for multiple days. In high school, she would rest, take naproxen, and battle through the pain. Now that she is a college student with a rigorous course load, she couldn't afford to lose multiple days every month to pain.



Predictably, when she sought care at the college health center, they offered birth control pill to treat her symptoms. Katie didn't like the idea of taking medications and was also concerned about the idea of taking a daily medication for a condition that only caused symptoms 2-3 days a month. Despite these reservations, she decided to try the pill, as she was truly suffering as a result of her pain, but then experienced an onslaught of side effects.

A year later Katie learned about restorative reproductive medicine and charting at the Gianna Center. The medical team, including the FertilityCare Practitioner, helped Katie to chart her cycles and reduce inflammation, prostaglandins and pain in her cycle without the use of birth control. Katie feels great and no longer experiences such pain with her cycles.

If you or someone you know is suffering with pain during the menstrual cycles, the Gianna Center is here to help.

Call 631-376-3232. Locations in Rockville Centre & Babylon.

*Name changed to protect privacy.