

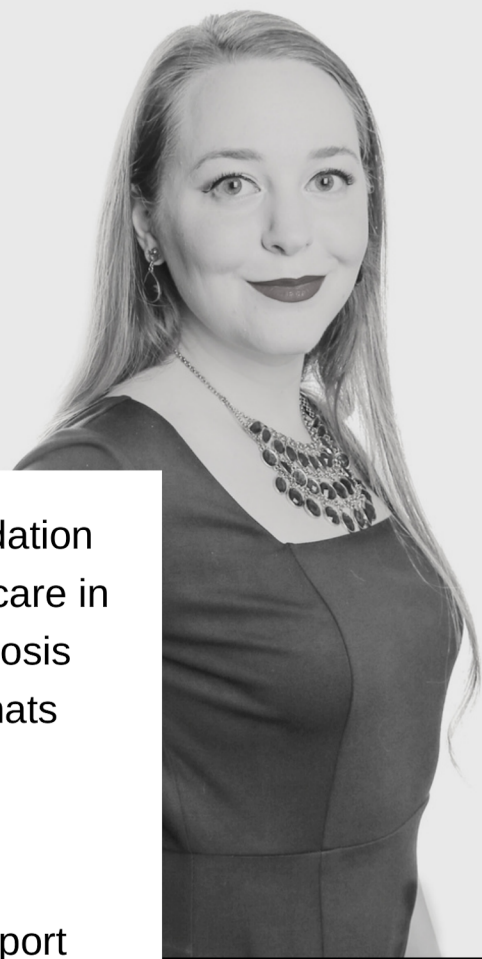
ANNUAL REPORT 2022



rethink endo. break the cycle. be the change.

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A MESSAGE FROM THE PRESIDENT



2022 was an important year for the Endometriosis Foundation of Houston. It was a year of growth while balancing self-care in the 3rd year of a pandemic. We continued our endometriosis awareness and advocacy work online with community chats and Tea Talks featuring Texas endometriosis surgeons.

This year, we focused heavily on the importance of a multidisciplinary approach to endometriosis care. To support this, we launched the Healing Hou: Pelvic Floor Physical Therapy Scholarship Program.

We believe that expert excision surgery is the cornerstone of endometriosis care, but this is not where treatment ends. Excision removes the lesions, but many of us still need additional care to address dysfunction after years of being denied proper care. Unfortunately, endometriosis is a costly disease, so we partnered with Empower Yourself PT to award a total of 20 pelvic floor therapy sessions to two scholarship recipients (10 apiece).

We received record fundraising and donations this year thanks to the support of our community. This scholarship would not be possible without you. We look forward to growing the Healing Hou scholarship program in 2023 and continuing to decrease barriers to care for our community.

Alison Landolt



Who We Are

OUR CORE VALUES

- **Community:** We believe that together we are stronger. We foster a community that is inclusive, supportive, and empathetic. We aim to create a safe and welcoming space where individuals with endometriosis and their loved ones can connect and find solace in shared experiences.
- **Empowerment:** We believe in empowering individuals with endometriosis to take control of their health and well-being. We provide education, resources, and advocacy to help individuals make informed decisions about their care. We encourage individuals to advocate for themselves and others, and to take an active role in their treatment and management of endometriosis.
- **Integrity:** We believe in upholding the highest ethical standards in all our interactions. We are honest, transparent, and accountable in our dealings with our community, partners, and stakeholders. We strive to build trust and credibility through our actions, and to maintain the integrity of our organization.
- **Accuracy:** We believe in providing accurate, evidence-based information about endometriosis. We ensure that our resources and materials are up-to-date, reliable, and trustworthy. We aim to promote a better understanding of endometriosis among healthcare professionals, policymakers, and the general public, and to advocate for improved care and treatment for individuals with endometriosis.



Who We Are

MISSION

The mission of the Endometriosis Foundation of Houston is to raise awareness about endometriosis and related conditions, and to improve the quality of life of individuals affected by this disease in the greater Houston area. We strive to be Houston's trusted partners in endometriosis awareness, advocacy, education, support, fundraising, and research.



RETHINK ENDO

We provide reliable, credible information to those battling the disease. We seek to address the ongoing need for endometriosis awareness, advocacy, legislative support, and research assistance.

BREAK THE CYCLE

We provide a safe space for Houstonians to share their journeys with endometriosis diagnosis, care, and treatments.

BREAK THE CYCLE

We give our members the tools and information they need to be their own best advocate.

VISION

Every Houstonian have access to a timely diagnosis and effective treatments for endometriosis.

OUR PROGRAMS

TEA TALK

We partner with health care professionals and advocates to host free talks to educate, inspire, and empower people living with endometriosis. The

HOUSTON AREA ENDOMETRIOSIS GROUP

Our Facebook education and support group provides a safe space for those who are struggling with endometriosis.

HEALING HOU: PELVIC FLOOR PHYSICAL THERAPY SCHOLARSHIP

Our scholarship program which provides financial assistance for pelvic floor physical therapy to those diagnosed with endometriosis.



ACCOMPLISHMENTS

HIGHLIGHTS

900+ members

Our online support and education community has grown steadily over the past 4 years at a rate of 50%. Our members post an average of 22 times a week.

Fundraising

Our small team of volunteers have raised over \$15,000 over the past 2 years.

Pilot Program

Currently providing financial assistance to 2 individuals for pelvic floor physical therapy.



PARTNERS & SPONSORS

In 2022, EFHou had an incredible year with Tea Talk partners and generous donors who supported their mission. Tea Talk partners raised awareness and amplified the message about endometriosis, reaching a wider audience and making a positive impact. Meanwhile, the donors recognized the challenges faced by individuals with endometriosis and provided crucial financial support, enabling the expansion of programs and vital assistance to those affected. Their collaboration and generosity greatly advanced EFHou's mission in the Houston area.



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DONORS

The Endometriosis Foundation of Houston expresses gratitude to all donors for their contributions, which have helped raise awareness, provide resources, and advocate for those affected by endometriosis. The organization also acknowledges its largest contributor for enabling significant strides in work toward advancing endometriosis awareness, education, treatment, and advocacy, which will improve access to care and support programs. The organization extends heartfelt appreciation to all donors whose contributions, big or small, have made a significant difference in the lives of individuals affected by endometriosis.

Jan Velayas



Profit and Loss

Endometriosis Foundation of Houston

Date Range: Jan 01, 2022 to Dec 31, 2022

ACCOUNTS	Jan 01, 2022 to Dec 31, 2022
Income	\$9,691.44
Cost of Goods Sold	\$0.00
Gross Profit As a percentage of Total Income	\$9,691.44 100.00%
Operating Expenses	\$4,499.75
Net Profit As a percentage of Total Income	\$5,191.69 53.57%