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Deena:

Hey, Big Little Besties. Today, we're talking about my journey with endometriosis. Everything from my symptoms to my diagnosis, my recent surgery and recovery. And shockingly, this affects so, so, so many women, so it's definitely worth talking about. So let's jump into it.

Kristin:

Finally, here we are. It's after bedtime, the kids are asleep, and it is time to get down. I'm Kristin.

Deena:

And I'm Deena. We're the duo behind the ever-popular Instagram account Big Little Feelings, which helps you navigate all things parenthood.

Kristin:

But this is not a boring parenting podcast. There will be inappropriate jokes. We will be getting down and dirty. So put those babies to bed and let's have fun. Deena, hello!

Deena:

Hi.

Kristin:

Hi.

Deena:

Hi.

Kristin:

Besties.

Deena:

Hanging in there. How are you?

Kristin:

Besties. Everybody.

Deena:

Welcome.

Kristin:

I'm not singing today. I think you know why, Deena.

Deena:

I think you might throw up if you try. Don't talk too hard.

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Kristin:

Yeah. We're recording separately.

Deena:

We always joke about it, but it's happening now.

Kristin:

Again, the daycare rule. The daycare rule. This time it's real. Remember last time it was like one of my kids threw up and nothing happened. Nothing happened.

Deena:

Yeah, it was a fake out.

Kristin:

It was just the fluke.

Deena:

Thank God.

Kristin:

This is real. We got two kids down. Jamming this podcast in. And then whatever may happen, just take me away, you know?

Deena:

Yeah, let's get it in while we can while you're still here.

Kristin:

Yeah. Yeah.

Deena:

I'm also not doing that great. I'm recovering from surgery.

Kristin:

You're also in rough shape here, Deena. How are you? I feel like that's more important. That's more important right now.

Deena:

I'm sitting on a couch most of the days here. I've got some open wounds.

Kristin:

Oh my God.

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Deena:

I'm bleeding. It's going to be okay though. This is just part of process.

Kristin:

I feel so bad that I can't do... Luckily, we made you that cake before we all got taken down.

Deena:

That was so nice, yeah. Thank you for dropping that off.

Kristin:

Now you're just on your own, I'm sorry. I wish I could be there.

Deena:

We're both struggling today. But you know what? It is so nice to see you and to be here with you. This is a highlight.

Kristin:

This is really all we needed, where it's like, you know what? I just need to sneak away. We just need to sneak away for an hour to be together and then just go back to the recovery.

Deena:

100%. We'll get right back in it.

Kristin:

Oh my God.

Deena:

Yeah. Okay, something no one really warns you about, by the way, is when you're a parent and your kids are sick and you're sick, you still have to parent. No one really explains that to you.

Kristin:

So once they get older, I will say, I can tell everyone, it gets much easier. Seven-year-old gets sick. Even the almost five-year-old. They're watching iPad. "Mommy, I need to throw up." Walk over to the toilet. Throws up. You know what I mean?

Deena:

Wow.

Kristin:

14 month old.

Deena:

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I can't even imagine.

Kristin:

Exactly. You're still in it, and now I put myself back in it. 14-month-old norovirus is wild, where it's like you're throwing up. They're throwing up. They're climbing. They're still trying to kill themselves somehow because they're just on top of everything, but they then throw up all over you. And then it's like, well, how do I shower because I'm covered in throw up and you're covered... But how am I supposed to shower? So then you just don't shower.

Deena:

Oh my God, it's so bad.

Kristin:

It's a different ball game, but it does get better when they get older.

Deena:

I feel bad too. This is getting real gross.

Kristin:

I feel like the besties have been there.

Deena:

Thanks for being here.

Kristin:

If you're listening and you have a child, you've been thrown up on and gone through baby/toddler norovirus before. What else are we going to talk about in a December podcast? Do you know what I mean?

Deena:

Yeah. We're in it. It's sick season, y'all. We're doing it.

Kristin:

I feel like every single episode is either how tired we are or how sick everyone is.

Deena:

It's true.

Kristin:

I've never been so tired, but go on.

Deena:

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What will we talk about in the springtime?

Kristin:

Wow. I don't know.

Deena:

I can't even imagine.

Kristin:

Sunshine. Warmth.

What do you think our intros will be about? Our catch-ups? Maybe they'll be really fun.

Deena:

We should go on a trip. We should go on a mom trip, me and you.

Kristin:

Deena, stop. I did go to hand me a mom dinner last week with some of the moms from school. They're very cool. I'm going to intro you. And while we were there, I was looking around and I was like, we should go on a housewife's trip. We should go on a real housewives trip. You call it a mom trip, but I call it Bravo Andy. All the housewives go to The Bahamas or Mexico or Utah. They went to a Utah Drag Queen motel with like TP. Anything. I'll go anywhere.

Deena:

I want to go on a housewives trip.

Kristin:

You know what that means, yeah? Because you've watched enough housewives to know what that means.

Deena:

Oh yeah, it's a hot goss. We're gossiping about the marriages and how things are falling and what you said about me. I'm going to call you out on it.

Kristin:

Oh, wow. I don't know that I envision...

Deena:

Are you going to call someone out? I don't think you can.

Kristin:

I didn't think this far into that. I think less that and more like... I don't think you watch the Salt Lake City one, but on the Salt Lake City one, they just went to one. I don't know where. It's somewhere in Utah, I

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think, and it's like a motel run by a drag queen. And they did drag queen performances and they have wine and there's charcuterie. I feel like that's more what I'm envisioning. You know what I mean?

Deena:

Okay, so just the fun element. Got it. Less drama, more enjoyment.

Kristin:

I don't think I'm there for the calling out moments, but I am here for the rest, the charcuterie. You know what I mean?

Deena:

Yeah, no, I like to follow rules, so I was just following the rules really hardcore there. You know what I mean?

Kristin:

You're just going to stir shit up just because you have to. We're on a housewives trip.

Deena:

I'm a Gemini. Jump on the roller coaster. Let's go.

Kristin:

I have a problem with this person I've never met before. Let's go. I would love to. I would love to.

Deena:

I know nothing about you. I will figure something out to get some drama. =

Kristin:

You really would though. I would love to take this out on you right now. I've just been putting it all in, waiting for somebody to take this out on. Oh my God.

Deena:

Speaking of shoving things in, we could pivot to my surgery.

Kristin:

Oh my God, okay.

Deena:

About my uterus.

Kristin:

I was like, we're shoving thing... Okay, yeah, no, I get that. I get it now. I've got it.

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Deena:

Do you want me to spell it out for you?

Kristin:

Yeah, I do.

Deena:

My vagina.

Kristin:

Okay, on that note, let's talk about your surgery and endometriosis is what we found out.

Deena:

Okay, let's jump into it. All righty, so I am what? I am six days out from surgery now, for my endometriosis surgery, which has just been a roller coaster of a journey, honestly. Up until very recently, I just thought my painful periods... When I say painful too, I mean it was unbearable the pain that I was going through every month. I thought it was just normal because a few doctors told me periods are just painful and they just are kind of like that. And so I had really had that in my mind and was just trying to stick it out every month until I realized it's actually endometriosis.

Kristin:

I was scrolling on Instagram and I think because of our texts, I was sent a targeted thing and it literally, no joke, at this gynecologist, I think. And she's like, painful periods are not normal. Don't let doctors tell you that this is normal. And I was like, oh my God, why didn't I see this five months ago? But this is apparently a thing where women are going in and they're saying, "Something's wrong. It's extremely painful."

Deena:

No, really. This is a thing. It is a thing. According to research, around 11% of women have endometriosis. And I'm sure it's higher than that because so much of it goes undiagnosed.

Kristin:

You had several doctors be like, "Oh, that's periods. That's womanhood."

Deena:

Oh, man. After kids, yeah, things change, huh? And I'm like looking back, no.

Kristin:

Yeah.

Deena:

Yes. And you know I have such a high pain tolerance. If it's really impacting me and you've been with me in real time where I'm doubled over and I'm like, "Hold on, I just can't really walk right now."

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Kristin:

I've never seen you like that. You're on the floor while your kids are playing around you. That's not a you move. You're like, "Let's go. Let's do this." You could be dying in pain and you're just like, "Let's go. I'm fine. I'm fine. I don't feel anything. I got it. I'm fine," and this was totally took you out. Super painful.

Deena:

I'm a pusher through to an unhealthy amount. I will just keep going. Let's just keep moving through it.

Kristin:

And you couldn't with this for the first time.

Deena:

No, I just could not. Yeah.

Kristin:

Okay, wait, let me ask you, because I feel like I don't know much and I don't know that many people know much, honestly. So I'm so curious. What were your symptoms? What was happening that you were being told to ignore?

Deena:

I mean, where do I even start? Painful periods is number one, but then a lot of people get pain with sex, pain with bowel movements, excessive bleeding, which I definitely had. I mean, it can cause infertility. It causes so many issues. Everything down in your uterus is hurting. Other organs were hurting. My lower back, I've never felt such bad back pain except when I had COVID, actually I had back pain. It was crazy like that. I thought I threw my back out. But every month it was like that level of intense pain where by the end before I got this surgery, I just couldn't even walk for two days.

I would just have to sit on the couch. And that was my sign. I was like, you know what? I think we should go to another doctor because this really doesn't seem normal. And I didn't know until very recently what endometriosis actually is. And basically what it is, and do not quote me on this, I'm not a medical doctor, it's when tissue that's similar to the inner lining of your uterus grows outside of your uterus and it can start to affect your ovaries and your fallopian tube and the tissue lining of your pelvis.

And here's the weird part, the endometriosis tissue acts like the lining instead your uterus would, so it thickens, it breaks down, and it bleeds with every menstrual cycle with nowhere to go because it's not in your uterus anymore. And that's what can cause inflammation and so much pain and other problems.

Kristin:

And I feel like what's so surprising for me as an outsider is you didn't have this before your two kids. In my mind I'm thinking, oh, endometriosis, you must have had it or you had it all through your 20s or once you got your period. That's the craziest part to me is can this come apparently? Does this just come on suddenly? It can come on after kids if you've never had it before?

Deena:

So according to my doctor, it can get worse with every child that you have. So after my second baby is when I started to really have these symptoms. You're right, I had never had a period like this before. I was pretty mild when it came to periods. They weren't that bad. But the pain has gotten so bad that I literally could not even put a tampon in. Okay, sorry if that's TMI, but the pain was excruciating. And I will say though, my whole life, I've always had really, really heavy periods.

The doctor asked me, "Well, what does heavy mean to you?" I on day one of my period could not even put in those super sized tampons without bleeding through that within one hour or less. So really, really heavy. And everyone just brush that part off too. And when I was younger, I just got put on birth control and that was kind of masking it I think for a long time. So I don't really know how long I've had it per se, but definitely after having my second baby, that is when everything turned.

Kristin:

It's crazy because how old... Your second is now almost like one and a half, right?

Deena:

He's headed towards two. We're like two months away from two, which is crazy.

Kristin:

And I remember you being like whenever you got your very first period, whether he was... I don't even know. He was so young because you stopped breastfeeding and that was a whole journey. So you got your period when he was like...

Deena:

And he was like four months. I got it pretty quickly, three months for something.

Kristin:

And I literally remember even that exact one being like, "Something is wrong. Something is wrong. There's something wrong with my uterus. Something is wrong in here." And you went to pelvic floor therapy and you went to all these different doctors. And it's been over a year of this and no one acknowledging it or taking it seriously, which is wild to me.

Deena:

Yes, I know. And as the back pain ramped up, that was the one for me where I was like, you know what? My intuition is saying this is actually not normal. This is not okay. Even though three doctors have told me, "This is just kind of part of it. You're postpartum. You've had kids. Things change." That was the one where I was like, nope, I'm going back to another doctor. Did a bunch of research for good reviews. It's so hard to tell with doctors. You're guessing all the time.

Find someone who actually took it very seriously and he apologized. He's like, "I'm sorry you've had these experiences. No, everything you're saying lines up with endometriosis. I'm pretty sure that's what it is. Unfortunately, the only way that we can really diagnose it is by going in through surgery. And once we're in there, if you have that, we're going to scrape it out." So that's what I signed up for.

Kristin:

The feelings before, you want to explain that because that was really interesting of, do you hope you do have it or you hope you don't have it?

Deena:

Yes. No, this is coming from someone who I had my own long journey with autoimmune issues when I was in my teens, and that was this whole traumatic thing of so many doctors being like, "Yeah, I mean, sort of. It's a little bit low, but I don't see anything wrong with you. Maybe go to this doctor and that doctor and this doctor and that doctor." So that's what I just assumed was going to be happening.

And I was terrified that basically they were going to go in, because I've had this happen so many times before, and be like, "Yeah, kind of looks a little inflamed, but it's not really anything." And then I was going to be like, well, what is it then? I don't know if I can handle going on this crazy journey again of not figuring out what it is. But I guess at the same time you have to, if that's the case. And my backup plan was like, all right, go to a GI specialist, see if that's what it is since it's in the lower region. Just go on the journey.

Kristin:

And so when they told you, you went into surgery and that was... Let's pause and talk about going into surgery and what that was like, because this is a real deal surgery. I don't know, again, that I ever knew... I just didn't know the depth of what endometriosis was and what you have to do for it. So A, it's a real deal surgery with anesthesia.

And then B, I want you to talk about this too, is you have to do it again. It comes back. So walk us through what the surgery was and what treatment is, and then also that second part, which is crazy, that it doesn't just end there.

Deena:

No. Okay, so first of all, this was also my first ever surgery. I've never been under general anesthesia. Yeah, yeah. Have you had surgery?

Kristin:

I did. I had a DNC. I did. Yeah.

Deena:

Oh yes. Okay, we need to talk about that one day. So then this was my first real surgery. I had no idea what I was doing. Also, I feel like I didn't even realize it was a real deal surgery.

Kristin:

You didn't. You did not leading up to it. I was like, "Deena, you need to take some days." You're like, "I'm fine." I'm like, "No, you need to... Mike's going with you, right?" You were like, "I'm going to be dropped off." And I'm like, "Deena, will someone be with you because I'm going to come with you? Mike needs to go with you, or I need to go with you." The night before I feel like you really did not know.

Deena:

Which is so healing, by the way. I hadn't even asked my husband. I'm so used to, and this is my childhood trauma, I'm so used to doing everything by myself that it was almost assumed, yeah, I'm just going to get dropped off and my husband will pick me up at the end. But this was so healing. He was like, "Dude, what? I cleared my entire day. I'm waiting at the hospital for you to get out." So he was with me the whole time and that was so nice. But yeah, real deal surgery. I had no idea what I was walking into.

I got there. We go through the whole checklist with anesthesia. They were like, "Have you ever had this before?" No. And I told them I have a vomit phobia, so they loaded me up with all these anti-nausea meds. Then no one told me that they were about to start the anesthesia process in the IV. And all of the sudden, I felt loopy as shit. And I was like, oh my God, what is going on? Why do I feel this way? Did you guys just start the anesthesia? And they were like, "Oh yeah. Yeah, we did."

And from there, I'm just hysterically laughing. I cannot stop laughing. And all I remember is them rolling me through the hospital while I'm laughing my ass off. I cannot stop. We get into the OR, and there's people also laughing with me because I'm laughing so hard now. And they're like, "Hey, can you get off that little rolling bed onto the surgery table yourself?" And I was like, I don't know, guys. Let's find out.

Kristin:

I can't believe you remember all this. This is crazy. I don't remember anything. Please continue.

Deena:

I don't know how I remember this.

Kristin:

This really says a lot about your brain, I guess. I don't know. Is it normal to remember all this? Okay, go ahead. So you're shimmying apparently somehow. I wonder what I did. They probably had to pick my ass up. I don't know. Probably had to roll me onto a table.

Deena:

I know. So I naked shimmy my way in front of all the people, laughing onto the table, and I go "Like this?" And then I just remember passing out and that's it. Oh my God. So then the surgery happens, right? I remember coming out and I see a nurse. I'm in the little post-op area. And I just look at her and I go, "I'm so confused." And she's like, "Oh, you're out of surgery." And I was like, "Oh yeah, that whole thing."

So laparoscopic surgery, I had four incisions, one on each hip, one on my belly button, and one to the side on the left. Because turns out, surprise, I do have endometriosis. They confirmed it. There was a bunch on the left side, so we scraped it all out, which I'm so, so happy about. I was so happy I could cry when they told me that part.

Kristin:

Right when they told you? What did that feel like?

Deena:

Oh my God, it felt like such relief to know that yes, the pain you're feeling is so valid. It all makes sense, and we took it out. How incredible. I just felt really hopeful for the future at that point.

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Kristin:

Because I think you texted me and it said something. It was so wild to read. It was something like as painful as recovering from surgery is, it's like nothing compared to what I've lived with for over a year.

Deena:

Exactly. The pain monthly that I had was so much more severe even than any of the pain from this surgery or recovering from it, which is just mind-blowing in hindsight that I lived with it for so long. Not only that though, we found a few surprises, which I was not totally expecting. So one of the surprises was that I also apparently have something called adenomyosis, which is similar, except a little bit different, but that might also be contributing to the pain.

Kristin:

Wait, what is that?

Deena:

Something like the tissue that normally lines your uterus grows into the muscular wall of the uterus. So basically these displaced tissues continue to act normally. So they're thickening, they're breaking down, and they're bleeding during every menstrual cycle. And it can essentially enlarge your uterus and create really painful heavy periods, which again, I have.

I have to go to the doctor and find out more about this, but that could be contributing to some of the pain too, which makes me less hopeful. And then maybe the bigger surprise is that my uterus is mildly prolapsing, which I was not ready to hear, and he delivered that in a really matter-of-fact way.

Kristin:

Please walk me through how this was delivered.

Deena:

He delivered this news in the most matter-of-fact way. By the way, I'm half delirious coming out of anesthesia. I'm barely here in reality. And I just remember him being like, "Yeah, so good news, you definitely have endometriosis. We got that all out. And bad news, you have adenomyosis and your uterus is prolapsing. So I will see you in a few weeks at the post-surgery appointment and we will talk about it."

Kristin:

A few weeks? My uterus is prolapsed? What?

Deena:

Sorry, what now? Is it going to fall out? What is going on?

Kristin:

Okay, so we don't know any more info on that yet. Have we Googled this or we're going to wait for the doctor?

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Deena:

I mean, let me tell you, don't Google it. Don't Google it. You'll go into an anxiety vortex.

Kristin:

I'm definitely googling it right after this by the way, but okay. Definitely going to Google it.

Deena:

Oh my God, it reminds me of one time on my babymoon before my first baby, I had endless... The baby had hiccups.

Kristin:

Deena, I remember this even. Go ahead.

Deena:

Do you remember this?

Kristin:

Yeah, because this was such a thing. Go ahead.

Deena:

And then we're at dinner and Mike and I Google about too many hiccups in the womb, and then I freaked myself out because it gave terrifying, terrifying results about how the umbilical cord was about to fall out. And I'm like, oh my God! And it completely ruined the whole trip. So anyways, that was a real lesson for me about don't Google.

Kristin:

I learned my lesson way too many times where it's just like your child, this is a fatal disease. And I'm like, okay, I've learned my lesson now. I actually don't Google things anymore like you. I feel like you did though. I feel like you did.

Deena:

I did. I did. You know me so well. I still did. I still did, but I'm not panicked. Maybe that's the lesson.

Kristin:

That is the lesson.

Deena:

You can do it. Just try not to panic.

Kristin:

Yeah. You read it and you're like, oh, obviously it's going to tell me everything is over right now.

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Deena:

I know what's coming. End the world.

Kristin:

I just want a smorgasbord of an understanding of how bad it could possibly be, and Google will tell me that.

Deena:

Exactly. And what is uterus prolapse you may be asking yourself? Great question. Scary question. It's basically the muscles and ligaments around your uterus start to weaken and basically the structure starts to fail. So your uterus is sagging out of position. It is falling down into the vagina. And if it gets so, so bad in cases, it can fall out of your body. Mine is not yet out of my body, but it is falling down, which causes a lot of pain because these ligaments are pulling. It hurts.

And as someone who wants to have another baby, I mean, I am a little bit worried. What does this actually mean? What would the impact be? He mentioned something about, again, very casually, "You can just have surgery for that and we can fix it." And I was like, okay. So I don't actually know, but I do know I'm going to go back to PT. That's my number one move. Just go back to PT, see if we can strengthen this uterus and figure it out from there.

Kristin:

Can you strengthen a uterus in pelvic floor PT?

Deena:

That's what my PT said when I emailed her.

Kristin:

Really?

Deena:

She was like, "Yeah, bring it on in, girl."

Kristin:

Okay, I'm fascinated, and you're going to have to report back to the podcast because I'm thinking logistic. You know what I mean? Obviously I'm going into weird zone. How manually are we fixing a prolapsed uterus? But I can't wait to find out.

Deena:

I have no idea.

Kristin:

Wow.

Deena:

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Yeah, so we'll see. And we'll see too after... Yeah, it's a journey. We'll see too after having another baby. Cross your fingers, going to go on the journey. Hope it happens. But if I can have another baby, then also does the endometriosis come back? We'll have to keep an eye on that because it can get worse again with every child that you have.

Kristin:

Not even come back, but actually be worse is what it sounds like.

Deena:

11% of women have endometriosis. This is a very widespread thing that I feel like a lot of people probably struggle with and is under diagnosed and under recognized. Look at my experience. I go to three different doctors who all brushed it off.

Kristin:

And I feel like that must be a low number because it's probably, like you're saying, how many cases are undiagnosed and women are just... I feel like this is a whole nother podcast episode of women not being heard in the doctor's office. This is a real thing.

Deena:

Yeah, I'm being totally dismissed. Frankly, the hardest part is I'm not supposed to pick up my kids for two weeks, so my husband has to do literally everything, which maybe is good for him to try that out, see how it feels.

Kristin:

It feels nice. Feels nice.

Deena:

So far, he's doing pretty good, which I feel like actually has been a little bit healing because when I had both of my babies, that was the thing that broke our marriage was I ended up doing everything around child care on top of doing my normal job and he was doing nothing. And so now for him to actually step up and just handle things while I'm recovering and I'm sitting on the couch and I'm like, "Hi. I actually need another coffee. Thank you so much. Can you hand me that child? Yeah, I can't pick him up. Thank you."

Kristin:

He can hold kids and get you a coffee at the same time.

Deena:

That's right.

Kristin:

Good job, Mike.

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Deena:

So it's been really healing. But yeah, you're crushing it, dude.

Kristin:

Yeah, that's exciting.

Deena:

So anyways, we're going to get through this. I'm going to heal, and then we'll just have to circle back on all my millions of questions.

Kristin:

I have so many questions. I really thought we were going to walk into this episode and feel resolve. And maybe actually that's a good question for you. How do you feel knowing it's not 100% resolved? I'm sure a small part of you was like, okay, cool. Maybe I can just get this surgery and then that's it. We can move on.

Deena:

I think there's a small part of me that feels really happy, especially after coming off of this, the best period I've ever had in my whole life where it's relief. But then there is a part of me that is so scared because this can come back. And I've read so many stories of where the endometriosis does come back, and I've talked to women in our DMs where they're on their third surgery, their fourth surgery for it. And I think that is why the day that he told me the doctor diagnosis basically, I went into my car and I started sobbing. Sobbing because this is potentially a journey for life that's going to just keep coming back, and I'm scared of the unknown of how many times am I going to go through the cycle.

Kristin:

That makes perfect sense. Not to mention possibly having a third baby being thrown in there in with all those fears of it coming back and just the journey that might happen over the next few years.

Deena:

Exactly. Gosh, in my heart, I just really, really want this last baby. I don't know why.

Kristin:

I do know why.

Deena:

You do know. You had this. It feels so right for our family. And at the same time, I'm so scared. How bad is it going to be after that baby? And the uterus prolapse, how bad is that going to be and what does it mean? Are there more surgeries in my future or pain? I mean, the DMs have been super helpful and I've heard how this can go, especially with the adenomyosis and the uterus prolapse, which can in many, many cases lead to a hysterectomy.

Kristin:

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Oh, wow.

Deena:

I have a lot of fear around this basically. And I'm excited because I really want one last baby, and I'm terrified at what that might mean for my body.

Kristin:

I wish I could give you a hug and not give you norovirus right now.

Deena:

I know. I know. I wish I could hug you.

Kristin:

What a journey.

Deena:

Being a woman, it's a lot. We're amazing. We're warriors for sure.

Kristin:

You're a warrior. You're a warrior. Thank you for sharing your story because I know a lot of women are going through this. I saw a lot of DMs that were like, "I've been brushed off by doctors. Now I'm going to go get another opinion, and another opinion, and another opinion." So I feel like just the more we can share, the better.

Deena:

To actually have been diagnosed, to have it removed has been the most validating part of this whole journey for me.

Kristin:

Listener, if this is you, keep going. Keep going. It's hard too, by the way. I mean, especially if you already have kids. I'm proud of you because it's exhausting. It's so easy to just be like, okay, they say it's normal. How much can I do? How much can I keep fighting and keep going to doctors? But obviously in the end it was worth it. We have to just keep fighting. You know your body. Something's wrong.

Deena:

Exactly. Keep listening to your body. Besties, thank you for listening. Thank you for just being on this journey with me. And honestly, I hope that if this just helped even one person, one person who's maybe been dismissed by doctors, whose body is shouting that something is not okay.

People have made you feel crazy for it. You are not crazy. You are the only one who lives in your body. You are a warrior, so I have a lot to circle back on. I will definitely keep you posted on my journey, my uterus. We will meet back here and talk about it.

Kristin:

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Yes. We'll be here I was going to say next week, but it's probably going to take a few weeks and then we need to report back. You know what I mean?

Deena:

Yes. It's going to be a little journey, but we're going to stay the course.

Kristin:

We're going to do it together. All of us. Us and the besties. We love you, Deena. We support you. You're amazing. You're incredible. Nothing but good things. You're awesome.

Deena:

I love this family.

Kristin:

Aw, I love it too. Speaking of family, I just got a text that it has spread to another child, so I have to go. This is good timing. I'm really glad we got this in. You know what I mean? It's time to go. It's time for me to...

Deena:

You know you're last in line, right? You're going to go down. I hate to say it.

Kristin:

Listen, back in the day, I used to do all the things. You have the bleach. You have the Clorox. You have the sanitizing. I still think that's smart. I've been washing my hands as much as I can. And also, no level of control is going to stop this thing. You know what I mean? I'm on bided time.

Deena:

It's going to run its course.

Kristin:

You just prepare for it. You just get the trash bags ready. I'm just embracing it.

Deena:

You look beautiful right now. I just wanted you to know that.

Kristin:

Oh my god, thank you. That's very kind. In three days, we'll see how... I'm just like a hollow shell of a person in three days.

Deena:

Like bags under your eyes.

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Kristin:

I feel great for now.

Deena:

Okay, you got this. You got this. Enjoy your last few minutes, okay?

Kristin:

I'm going to go maybe take a shower or something. Really take some me time. And you go rest. Go lay down. Please.

Deena:

I am. I'm going to go back into bed.

Kristin:

Good. We're both going to do that. That sounds good. Well, not me, but I wish I could. Besties, we love you. We can't wait to do this again next week I hope. I hope we'll be here next week.

Deena:

If we're still standing.

Kristin:

It's always a TBD.

Deena:

We'll see you soon.

Kristin:

We'll see you soon. We love you. Bye, besties.

Deena:

Bye. If you are struggling with toddler or preschooler tantrums, pushback, discipline, picky eating, just all the confusing things, this podcast, we can only scratch the surface. If you need help, our course, Winning the Toddler Stage, is here to help. It is aptly nicknamed the Toddler Manual because it truly has every single thing you could possibly struggle with under the sun between the ages of one and six within one course. We're not going to do a bunch of workshops.

You have to buy the Sleep Guide and the Picky Eating Guide and the this guide and the that guide. No. Everything you could possibly need for ages one through six is all in this one course. We were never meant to do this parenting thing alone. You deserve to have help. We are here for you. You can find that course at biglittlefeelings.com and be sure to follow us on Instagram and Facebook @BigLittleFeelings. We give free tips every single day. They might change your life with one free tip.

Kristin:

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