

This Diary  
Belongs TO:

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My sister diagnosed me, and hereditary. I go a blood test to test that my androgen levels were higher irregular menstrual cycles so I was diagnosed with PCOS. Birth control obviously helped regulate things but I still had cystic acne. It's really frustrating, especially when you run a beauty page or a make up advice Instagram and then you more hairy than a normal woman is. People see it not normal, even though my hormone levels. That's something I was

-BeX

The doctor to her that it could be my hormone levels, and it came back than normal for women. I also had painful periods and I still had hormonal cysts on your chin. And I'm It's kind of embarrassing because a lot of body is normal because these are my always insecure about growing up.



I was diagnosed with asthma after an  
outdoor excursion. I started wheezing  
partway up the mountain during a school  
physical exertion, smoke, mold, mildew,  
physical exertion, smoke, mold, mildew,  
During an asthma attack, it feels  
like someone or something is sitting on  
my chest and constricting my lungs so  
I feel like I'm breathing through a sq

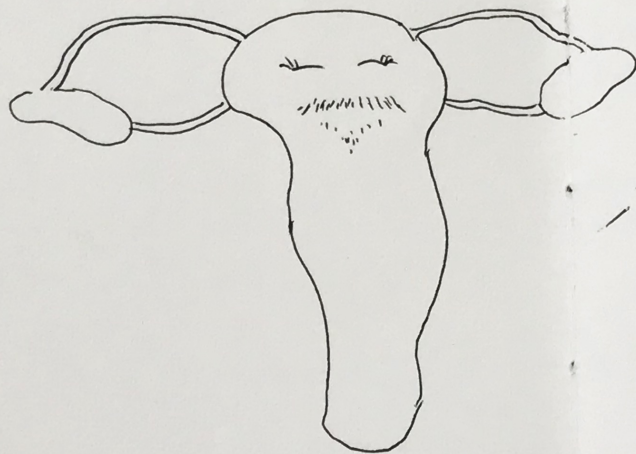
ashed straw. I started wheezing  
outdoor excursion. I started wheezing  
ool field trip. My main triggers are  
dust, cold air, and pet dander. ~~But~~  
like someone or something is sitting on  
I can only breathe in partway. It can  
arched straw.



- Kate



How I found out was being over weight my  
of working out, I plateaued and gained  
was growing facial hair, but it wasn't  
I knew something was ~~wrong~~ wrong. I had  
levels were unbalanced, I had too much  
control pills and hormones to get things reg.  
It took maybe a half a year for me to  
The facial hair is still there - I have to shave my chin daily. but it's slowed as  
far as the growth.



entire life. Within a couple of months  
60 pounds. I also had hair loss, and I  
until I had gained all that weight that  
blood work done and found out my hormone  
testosterone. They started me on birth  
control. put me on metformin + insulin.  
really start noticing a significant difference  
but it's slowed as

- Ashley



my triggers include exposure to pollen, dust, animals like cats and dogs.

I can be fine around a dog or cat for minutes or even hours at a time during the day, but later at night I'll wake up with terrible asthma attacks and tightness in my chest.

It's important that family and friends realize this, because those around you can't always see your ~~apex~~ symptoms and thus might not always take them seriously.

Talking can feel like too much effort, I become 100% absorbed in just trying to breathe, but this often doesn't look like a big deal from the outside. I try to yawn to get some air in, and my chest literally stops the yawn from happening because it's so tight and inflamed.

I normally carry my rescue inhaler, but if for some reason I don't have it, I try to get a fresh breath of air, drink coffee, or eat dark chocolate!

- Paige



After my freshman year of college, I wasn't having regular cycles. I didn't think it was a big deal but my mum told me that I should be having my cycles every month. go see a doctor. Once you're diagnosed, you start researching and reading, and pretty much all the symptoms I had.

~~They put me~~ I had hair growth, facial hair, blood sugar issues.

They put me on birth control, which I was on for 5 or 6 years. It pretty much masked all the symptoms. I also, during that time lost a significant amount of weight, which is something a lot of people do to try to minimize symptoms.

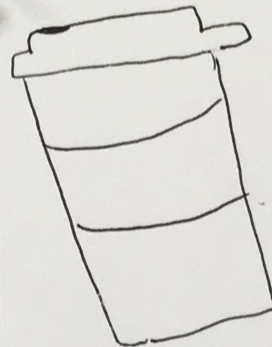
Honestly I'm not concerned about fertility. The hard part for ~~some~~ people with PCOS in getting pregnant is that they don't ovulate, but I'm ovulating.

- Monique

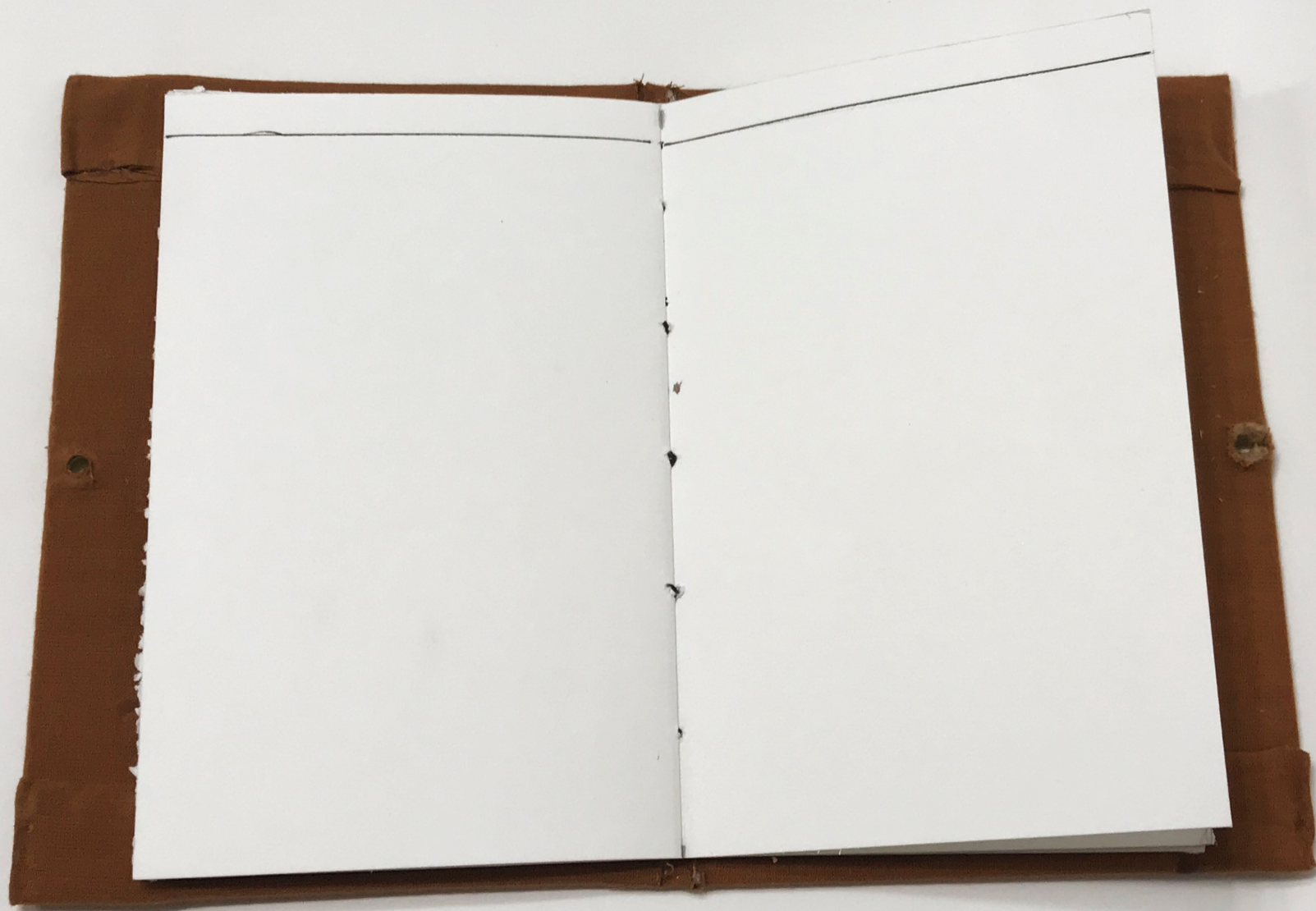


I developed asthma after having severe case of pneumonia. My triggers include crying or laughing too hard. (yes, strong emotions can induce asthma attacks). pollen, bad air quality, & cigarette smoke too. I've been out on runs before, especially on humid spring or summer days, my throat will suddenly feel like its closing. Every thing stops, and the wheezing starts as I try to suck in air. I feel my whole body struggle just to get in oxygen. In those situations I use my rescue inhaler helps along with black coffee. Attacks are truly frightening and asthma is no joke.

-Evin











## Artist Statement

This diary is for the women that suffer from Asthma and Polycystic Ovarian Syndrome (PCOS). I took Jessica Marie Perez's story of her hardships with asthma and my story with my hardships with PCOS. However, both of our stories aren't spoken about in the diary, I used our own situations for inspiration. Instead, I have written down various of diary entries from real stories of women going through these problems. These stories are shown to explain how many women go through the emotions, the side effects, and the symptoms on a daily basis and what led up to finding this problem. Asthma and Polycystic Ovarian Syndrome are two medical conditions that are never seen, the pain is always in the inside. This diary doesn't come to a complete ending, there are pages that are left empty because having Asthma or PCOS never stops, the leftover pages are for the continuing stories in the future.