



with **Russell Ferguson**
NORTH EAST FASTENERS

◆ **COMPACT AND PORTABLE:** Kinchrome's blow mould case portable tool kits are convenient and easy to use.

The most convenient portable tool kits

KINCROME'S blow mould case portable tool kits are perfect for the tradesperson on the go.

These toolkits are set to industry standard in quality and usability.

Not only are they useful for a tradesperson who may be working off-site and remotely, their compact size and essential tools also makes them a potential go-to tool kit for your home garage.

All the tools you need are equipped in the tool kit including combination spanners, a variety of hex keys, knives pliers and more.

These high class tools can be used in a range of different industries including automotive, construction and agriculture.

All of the tool kits in the blow mould case tool kit range also feature a soft grip carry handle for your convenience.

They come in a range of sizes with one to suit everyone from the 150-piece kit to the 70-piece kit, which features the new Mini BMC case design for those looking for the most compact tool kit.

The blow mould case portable tool kits are now available in store at North East Fasteners.



YOUR HEALTH

with **Teresa McMahon** CLINICAL PHARMACIST AND PRACTICE MANAGER AT SOUTH WANGARATTA MEDICAL CENTRE

◆ **ENDOMETRIOSIS MONTH:** Endometriosis is a condition that affects many women.

What is endometriosis?

WELCOME to another month and a new season. March is endometriosis month.

There has been a fair bit of coverage surrounding endometriosis recently in general media and social media but I wanted to bring it back a little bit and focus on what endometriosis is and symptoms which would lead you to see your GP.

Endometriosis is a chronic condition that affects millions of women worldwide.

It occurs when tissue similar to the lining of the uterus grows outside of it, typically on other pelvic organs like the ovaries, fallopian tubes, or bowel.

This misplaced tissue behaves like the uterine lining, thickening, breaking down, and bleeding with each menstrual cycle.

However, unlike normal menstrual blood, this tissue has no way to exit the body, causing inflammation, pain, and sometimes the formation of scar tissue and adhesions in the areas it has grown in.

Symptoms of endometriosis vary, but may include pelvic pain, especially during menstruation, intercourse, or bowel movements, as well as heavy

menstrual bleeding, fatigue, and in some cases infertility.

However, it's important to note that symptoms can range from mild to severe and may not always correlate with the extent of the condition.

Speaking to your GP about symptoms is crucial for early diagnosis and management.

Endometriosis is sometimes dismissed as expected discomfort which can lead to years of unnecessary pain.

Early intervention can help alleviate symptoms and may help to prevent some complications.

Your doctor and potentially a specialist can work with you to determine the best course of treatment for you.

Treatment options may include pain management, hormone therapy, or surgery to remove endometrial tissue.

By raising awareness and seeking medical help promptly, women can take control of their health and improve their quality of life despite living with endometriosis.

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