

Prue, 42

Full time banker, wife & outdoors enthusiast navigating life with chronic menstrual pain since age 14, **PERTH**

Full time banker, wife, and passionate swimmer and hiker, Prue, 42, Perth, has lived with the ongoing challenge of severe menstrual pain since the age of 14 – later diagnosed as stage 3 endometriosis*.

Menstrual pain (dysmenorrhoea) is defined as pain during your period, usually felt in the lower belly, and sometimes spreading to the back or inner thighs.² Secondary dysmenorrhoea is period pain caused by an underlying condition, such as endometriosis or fibroids.³

Since her first period at 14, Prue has experienced severe symptoms like mood swings, bloating, and intense pain before and during her cycle. The pain often caused her to miss school, affecting her studies, friendships, and leaving her feeling isolated.

Throughout her teens, Prue felt her concerns were often dismissed, making the journey to diagnosis even more difficult. Raised in rural New South Wales (NSW), she didn't know anyone else facing the same struggles, and had limited access to quality healthcare.

In her 20s, Prue often relied on over-the-counter painkillers to cope, but they offered little relief. After seeing several doctors, she was finally diagnosed with stage 3 endometriosis following a laparoscopy** in her mid-20s. While the diagnosis brought clarity, it marked the beginning of a long and challenging journey with various treatments.

She began taking a non-steroidal anti-inflammatory drug (NSAID), which helped to some extent. However, the pain continued to affect her daily life, leading her to miss special occasions like family events, holidays, and birthdays. Moreover, she had to face the heartbreak of infertility, struggling to conceive despite undergoing multiple rounds of IVF.

Over the years, Prue tried many approaches to manage her symptoms. These included diet changes, the contraceptive pill, regular exercise, hormone therapies, and surgery. While some treatments gave short-term relief, none brought lasting improvement.

In late 2024, Prue came across *Hey Sister! Khapregesic*® – a non-hormonal, plant-based product providing fast-acting, dual-action support for period pain and pre-menstrual syndrome (PMS) on social media and decided to try it.⁵ After trialling it over several months, she noticed improvements in how she managed her symptoms. Today, Prue is sharing her story to encourage open conversations and greater awareness around menstrual health.

This is Prue's story.



*a condition where tissue similar to the uterine lining grows outside the uterus, causing pain, heavy periods, and sometimes fertility issues.¹

**a minimally invasive procedure to check for issues in the stomach or pelvic region.⁴

From the age of 14, Prue's periods were anything but normal. The severe pain and symptoms she endured every month compromised every aspect of her life.

"My periods have controlled my life since I was 14. It impacted friendships and my ability to connect with others who didn't understand the severity of the pain I was experiencing.

"I knew that what I was experiencing wasn't normal," said Prue.

Despite her struggle, Prue's concerns were often dismissed by doctors and those around her.

"For years, I felt unheard. No one took my pain seriously, and growing up in rural NSW, access to adequate healthcare was unavailable.

"It was isolating. I didn't know many others who were struggling with what I was going through, or at least no one was talking about it. I didn't even know endometriosis existed," Prue said.

By her 20s, her situation had not improved. She was trapped in a cycle of relying on painkillers that often made her feel worse than the pain itself.

"I was taking so many painkillers just to get through each day, but they left me feeling sick. It felt like I was losing battles on every front," said Prue.

Eventually, after years of seeking answers, Prue was diagnosed with stage 3 endometriosis following a laparoscopy, at 31 years of age. But even with a diagnosis, relief remained elusive.

"Even after being diagnosed with stage 3 endometriosis, none of the treatments brought lasting relief. I still missed holidays, family events, and birthdays – moments you can never get back.

"It was frustrating. I finally had a name for what was wrong, but I still didn't have a solution," Prue said.

The condition also greatly impacted her ability to become a mother.

"One of the hardest parts has been struggling to conceive children, despite multiple rounds of IVF. It's a pain that has deeply affected me and my relationship," shared Prue.

After trying countless treatments, from dietary changes and exercise, to hormonal therapies and surgery, Prue continued to struggle with her symptoms.

"Every option came with side-effects or only provided short-term relief. Nothing gave me the lasting relief I so desperately needed," Prue said.

In late 2024, Prue discovered *Hey Sister! Khapregesic®* on social media and decided to try it. To her surprise, she began noticing changes.

"When I first started using *Hey Sister! Khapregesic®*, I wasn't sure what to expect. But after a couple of months, I felt my symptoms were becoming more manageable.

"By around three to four months, I noticed some improvement in my mood and bloating. For the first time in a long while, I felt more hopeful about managing my health," said Prue.

Over time, Prue felt the changes had a meaningful impact on her day-to-day life.

"I no longer rely on painkillers every day, and I've even had some periods with very little pain. It feels like I'm finally able to manage my symptoms in a way that works for me," said Prue.

Now, Prue is passionate about encouraging others to seek support and try natural alternatives for PMS and period pain.

"Don't just accept the pain. Be open to trying natural options. You may be surprised by how much they can help.

"If you're struggling, know that you're not alone. Options are available, and you deserve to feel better," Prue said.

To learn more about Hey Sister! Khapregesic®, head here: www.heysister.com

To access the recent Khapregesic® clinical trial, click [here](#)

ends#

Important information

- Hey Sister! Khapregesic® is an ARTG-listed medicine. *Khaya senegalensis* is the active ingredient in the Hey Sister! Khapregesic® range.
- Supported by a randomised, double-blind, placebo-controlled clinical trial published in the [International Journal of Women's Health](#) (July 2025), Khapregesic® demonstrated efficacy in alleviating mild-to-moderately-severe period pain and premenstrual syndrome (PMS) symptoms, including improvements in emotional wellbeing and reduced use of rescue medications.
- Traditionally used in Western herbal medicine to relieve mild menstrual symptoms such as period pain, bloating, and mood changes.
- Not approved for treatment of medical conditions like endometriosis, PCOS, adenomyosis, anxiety, or arthritis. If you have, or suspect you have any such conditions, speak to a qualified healthcare professional.
- This case study reflects one individual's experience; results may vary.
- Always read the label and follow the directions for use. If symptoms persist, talk to your health professional.

To coordinate an interview with Prue, please contact:

Kirsten Bruce or Alia Din, VIVA! Communications

M 0401 717 566 | 0403 878 645

T 02 9968 3741 | 02 9968 1604

E kirstenbruce@vivacomunications.com.au | alia@vivacomunications.com.au

References

1. Clinic M. Endometriosis 2025 [Available from: <https://www.mayoclinic.org/diseases-conditions/endometriosis/symptoms-causes/syc-20354656>.]
2. Khan. HNKCM. Dysmenorrhea. StatPearls. 2023.
3. Direct H. Painful periods (dysmenorrhoea) 2025 [Available from: <https://www.healthdirect.gov.au/painful-periods#:~:text=seek%20medical%20help.,What%20causes%20period%20pain%3F,due%20to%20a%20health%20condition>].
4. Laparoscopy: Cleveland Clinic; [Available from: <https://my.clevelandclinic.org/health/procedures/4819-laparoscopy>]
5. Lopresti AL, et al. An Examination into the Safety and Efficacy of Khapregesic®, a *Khaya senegalensis* Preparation, on Women Experiencing Menstrual Pain and Menstrual Distress. *Int J Women's Health*. 2025;17:2025–2038.