

Conscientious woman, Healthy woman.

HYSTERECTOMY
INFORMED:
Are there alternatives?
Who decides for me?
Are we aware of the
consequences?



UNIDOS por CHIVIS A.C.

Concientización sobre la
Histerectomía con
Información
Veraz e
Investigación por tu
Salud

UnidosporChivis: Who We Are.



Unidos por Chivis, the Spanish term for “United for Chivis,” is a non-profit organization inspired by Silvia “Chivis” Martin del Campo. Silvia passed away unexpectedly due to consequences following a hysterectomy; a surgical procedure involving the removal of the uterus.

We realized then the great lack of information regarding this major surgery and the fear many women live with in regards to natural changes in their bodies.

Wanting to understand this further, we collected evidence through hundreds of data and contacted experts within the field of women’s health and found that:

- 🇲🇽 The number of women that undergo this surgery in Mexico is increasing annually.
- 🇲🇽 Patients do not receive adequate information prior to surgery which include risk factors, consequences and alternatives available.
- 🇲🇽 The majority of physicians minimize the implications of this major surgery.

Concerned about the health of women not only in Mexico but worldwide, we became the only Spanish-speaking civil organization worldwide with the purpose to inform women about hysterectomies, the consequences and alternatives available.



What We Are Doing?

1. Massive Distribution

We reached out by major media across Mexico, social networks and through our official website regarding a hysterectomy and its consequences and invite women to learn more.

2. Free Telephone Consultation

Through our 01 800 hotline our trained staff responds to requests for guidance and support for men and women interested in making health, informed and conscientious decisions in all matters related to women's health . We currently have three physicians on call accessing clients on a case-by-case basis to find alternatives to a hysterectomy so it is performed only when absolutely necessary to saving a client's life. We also have two licensed psychologists as part of our team offering telephone counseling for people seeking support.

Free
telephone
consultation available
at 01-800-8904515
within Mexico and
at (998) 176-8135 in
the city of Cancún,
Quintana Roo.

3. Informative Workshops and Conferences

We have designed several workshops to remind women they are owners of their own bodies and informing them to recognize and take charge over their health.

👑 Conferences on the prevention and consequences of a hysterectomy.

Participants have included women of all ages interested in quality **health**; particularly those who have been recommending to undergo the operation or have had the operation experience and struggle with the often debilitating consequences.

👑 Women's Health Integral workshops focused on adolescent females with the purpose of providing them **clear guidance** on the importance of caring for their health in a hollistic way and priorsitizing their health throughtout their lives.

Modalities committed to to women's self-awareness and **self-knowledge**; caring for themselves for a lifetime of health.



Do you know the most common consequences of a hysterectomy?

Articulation and bone pain

Loss of sexual response, physical pleasure and painful intercourse

Premature skin aging and overall health

Depression

Panic attacks and heart palpitations

Insomnia

Weight gain

High-risk complications associated with the surgery

Extreme skin, eye and vaginal dryness
Concentration and memory loss

Back pain

Mood swings

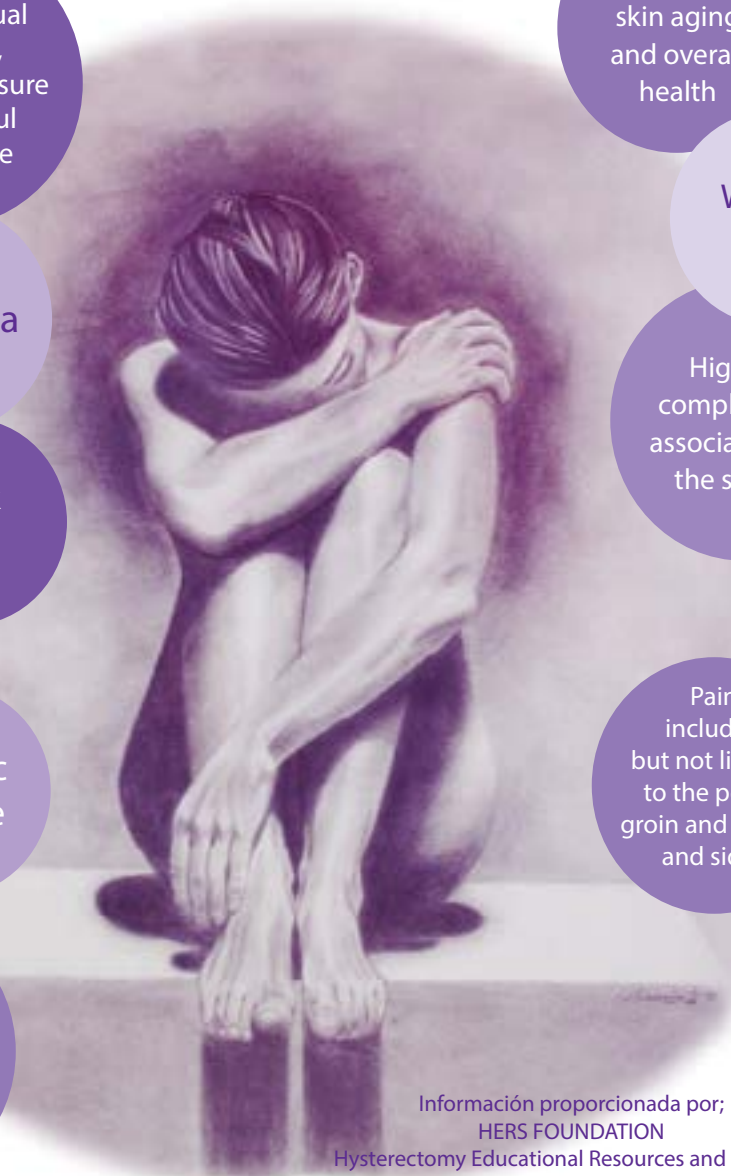
Chronic urinary problems: incontinence and infections

Chronic Fatigue

Pain included but not limited to the pelvis, groin and vagina and sides

Concentration and memory loss

Cardiovascular illnesses



Our Impact

Since August of 2014:

- 📺 We have provided more than 90 interviews for radio, television , magazines , printed and online newspapers and internet in Mexico City, Cuernavaca , Cancún and Merida.
- 📞 More than 165 women and 8 men from different Mexican states have received free telephone counseling , in addition to those who contact us from other countries through our website.
- 👩 Over 370 people have participated in our Women's Health Workshops.
- 🏫 In schools , health centers , Red Cross facilities and the The National System for Integral Family Development (DIF).
- 🗣️ Two Panel Discussion Forums with over 180 participants in each.

Testimonials from collaborators and participants



"Thank you for the information that really, for reminding me that everything within my body has a reason for being there, that for helping me accept myself and what naturally occurs in my body and search for alternatives regarding my health."



"It's very important to be informed regarding our body and it's functions. Love it, respect it and honor it since it is the vehicle of our soul."
- Ruth Álvarez

"Knowledge for understanding, understanding for choice, choice to be more integrative and responsible."

Thank you "Unidos por Chivis A.C."

MARGARITA ROBLEDA

Writer, composer and conference speaker

With "Unidos por Chivis A.C." women can access proper orientation prior to making the decision to undergo a hysterectomy , which in many cases may not only be unnecessary , but leave lifetime CONSEQUENCES.

"Health is in our hands . To maintain or regain it we need to have relevant information."

ROSEMARY ATRI

Somatic Yoga Therapy Specialist, Naturopath Practitioner and Nutrition & Family Consultant.



"Thank you for the information you provided me; including things I had no idea about. Thank you so much for everything"



"Thank you so much. I would have loved to have had this information before being 33. This will definitely serve as a reference to empower myself as a woman."

Why are your donations important?

Your contribution will be used to investigate and inform women make better decisions about their health , avoiding procedures that are excessive or harmful .

HOW LONG DOES YOUR CONTRIBUTION HAVE TO LAST?

Your commitment is fully open for as long as you decide to help us. We recommend being aware that our projects are long term.

DO YOU RECEIVE ANY BENEFITS AS A CONTRIBUTOR?

If required can apply once a year to one of our WOMEN'S HEALTH WORKSHOPS for your company or community and thus continue to help other women.

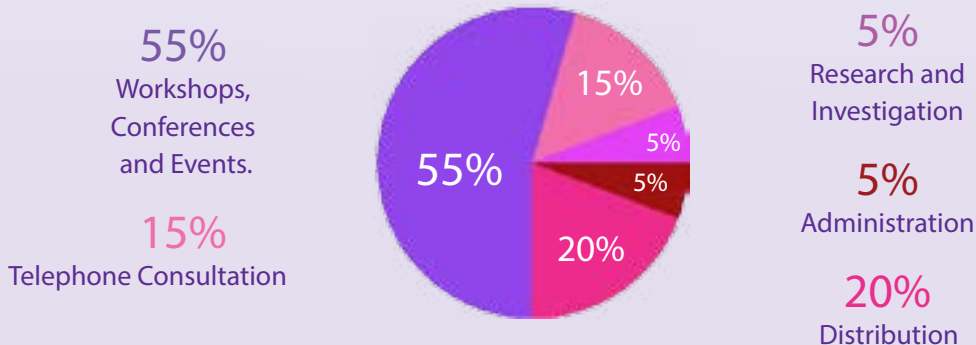
Unidos por Chivis A.C. has a policy report quarterly our donors of how their resources are being used.

IS YOUR CONTRIBUTION TAX DEDUCABLE?

All your contributions are 100 % tax deductible.
We are an authorized nonprofit organization.



Where does our funding go?



In order to support our organization, you can make a donation via Paypal through our official website:
www.unidosporchivis.org

If you would like to make a donation through your bank, please make a check or deposit payable to:

Unidos por Chivis A.C.
Bank: Banamex
Branch: 7020
Account No: 663099
CLABE: 002691701006630999

[Click here to access our donations website](#)

If you require a receipt for tax deductions, please send your tax information and proof of deposit to:
asesoria@unidosporchivis.org

We greatly appreciate our contributors:



For more information contact:

01800 890 4515

(998) 176 8135



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[Histerectomía Unidos por Chivis A.C.](#)