



## Transcription of Enterprising Australians video Morgahna Godwin – Manage Endo

The video for this transcript can be found on the Questacon YouTube channel at:  
<https://www.youtube.com/watch?v=wYBo9MJsAnA>

### Transcription from video:

[Image of Morgahna and Bree sitting on a bench facing the camera]

Bree: Hi, I'm Bree from Questacon, and I'm here in Bargara to talk to Morgahna about a really awesome app she's created to help heaps of people. Hi Morgahna!

Morgahna: Hi Bree!

Bree: Would you like to tell us a little about this app?

Morgahna: Yeah, so I created Manage Endo. It's a data driven tool to manage endometriosis.

[Image shifts to drone shot pushing out from Morgahna and Bree to show a river]

Morgahna: Endometriosis is a disease that effects 1 in 10 females.

[1 in 10 Females appears superimposed on the rocky beach]

Morgahna: More broadly, that's 176 million females worldwide.

[176 Million Females Worldwide appears superimposed over the ocean]

[Images shifts to diagram of a uterus]

Morgahna: Endometriosis is when tissue similar to tissue that lines the uterus grows in places outside the uterus.

[Image zooms in on left side of the uterus, red lines appear, symbolising endometriosis]

Morgahna: Manage Endo was born out of my own lived experience with endometriosis.

[Image shifts to close up of Morgahna talking]

Morgahna: So I have stage four endometriosis, there's four stages, four being severe.

[Image shifts to show a windmill, pans down to show Morgahna working on a laptop at a table in outside a café]

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Morgahna: When I left surgery I was given pain medication and said "good luck", and I wasn't going to accept that, so I turned myself into my own science experiment.

[Image shifts to look over Morgahna's shoulder as she is working at the café]

Morgahna: And I started looking at my different lifestyle factors that were actually effecting my endometriosis symptoms.

[Image shifts to show front view of Morgahna typing on her laptop outside the café]

Morgahna: And when I started speaking to more medical professionals outside those who were directly treating me,

[Image shifts to be a close up of Morgahna speaking to camera]

Morgahna: I started to get different dietary approaches, and one of them gave me this form to fill in to statistically look at what foods were effecting me. And essentially I was going through, ticking off boxes, and looking at how these different foods were effecting me, and what I found was: this is actually a really inefficient way to collect data. How can we do this better? So I digitised that for myself.

[Image shifts to Morgahna and Bree sitting at a picnic bench in a park. Morgahna is showing Bree something on a laptop.]

Morgahna: Manage Endo began as this very hacked together systems of spreadsheets.

[Image shifts to a close up of Bree and Morgahna looking at the laptop]

Morgahna: It was very very amateur, but it allowed me to see what my data was doing.

[Image shifts to different angle of Bree and Morgahna looking at the laptop]

Morgahna: And from there I was able to say, actually, let's put this in an app.

[Image shifts to a hand holding a smart phone with the Manage Endo app on the screen]

Morgahna: So we can see this all in a more cohesive dimension. When I decided I was going to build Manage Endo, I had zero coding experience. So I thought, I really need to learn, you know, the basics of code. So what I did in order to structure my learning journey,

[Image shifts to Morgahna and Bree sitting at the picnic table looking at a laptop]

Morgahna: Is I looked at different people who had created similar things to what I wanted to build, and I dissected their journey looking backwards

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[Image shifts to Morgahna talking to camera]

Morgahna: I tried a lot of things initially anchored to my own experience, and it became really apparent that solving for just my experience was not the most impactful thing I could do,

[Image shifts to Morgahna and Bree walking through a park with the ocean in the background]

Morgahna: I really had to get out there and talk to people, and see the perspective of endometriosis through other people's lenses because my own was not enough. And when I did that, it really opened my eyes to potential to what this could do for other women.

[Image shifts to Morgahna talking to camera]

Morgahna: I think you have to just, have the willingness to try. It's so easy to get caught in this space where you're like "Should I do this, should I do this?" when actually just say, "Hey, let's give it a go, see what happens, if we fail that's ok". Failure means you've learnt something, which is incredible. But you have to be willing to try.

[Image shifts to Enterprising Australians graphic]