

WOMEN'S HEALTH & CLOTTING QUARTERLY



e-Bulletin Issue 1, May 17, 2023



NWHW 2023

National Women's Health Week (NWHW) is recognized each year the week after Mother's Day. Read more about healthy living by age [here](#), and access the Rowan Foundation's educational resources [here](#).

YOUR DECISION

The challenges now emerging in women's health make decisions about contraception more important than ever before. Birth control is your decision, [read more](#) about how to make it safe.



ADVOCATE 4YOU



Angella [shares her experience and the lessons she learned](#) about being your own best advocate when diagnosed with a blood clot or facing any health challenge.



From the Founder's Desk

INK-SIGHTS

The Rowan Foundation's founder shares his thoughts about emerging trends in women's reproductive health and the work of the Foundation today and into the future.

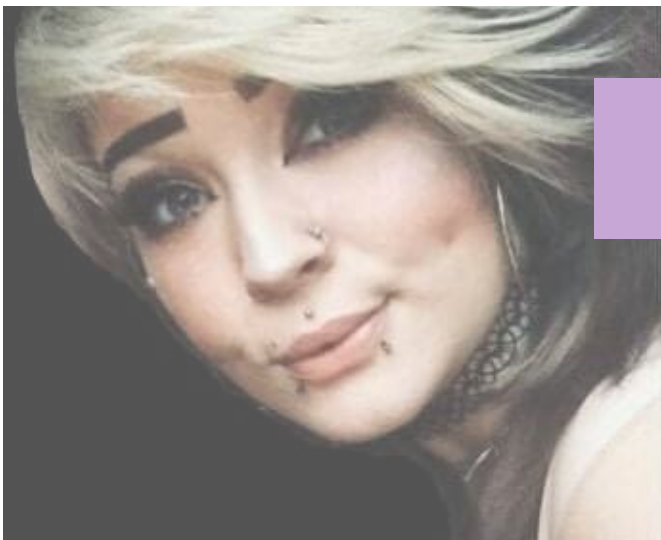
YOU'VE GOT THIS

If you or a loved one has had a blood clot, you know how it can impact mental health. During "Mental Health Awareness Month," the Blood Clot Recovery Network shares guidance and resources.



LEGACY & LIGHT

The feelings of grief are immeasurable when a mother loses a child. Melanie remembers her daughter Eve and shares her hope that her daughter's experience will be a guiding light.





MY STORY, MY VOICE

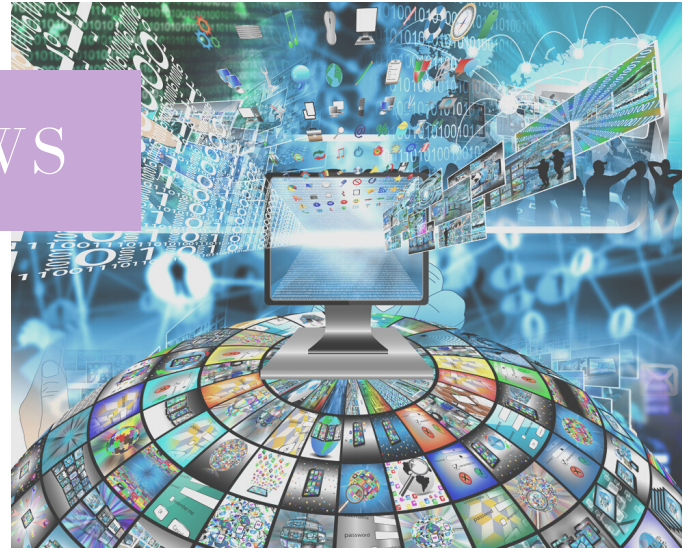
Kristin points to her professional experience as a healthcare worker as the reason why she was able to recognize she was experiencing a clot. Read her personal story [here](#).

NET-SOURCED NEWS

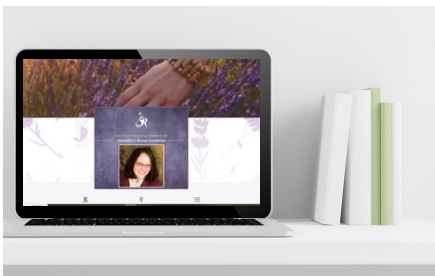
[Progestin-only pill recommended for over-the-counter use](#)

[Make plans to make your health a priority during Women's Health Week](#)

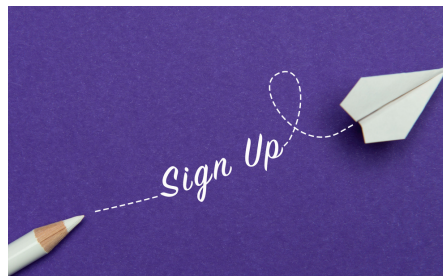
[New survey shows shortfalls in reproductive health literacy](#)



[RESOURCES](#)



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