

WOMEN'S HEALTH & CLOTTING QUARTERLY

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BCAM 2025

Blood Clot Awareness Month is more than just a time for education—it's a call to action. [Read more](#) about our special plans this month and how you can join us to help spread the word.

AWARENESS & RECOVERY

Guest writer Sara Wyen shares insights about the importance of blood clot awareness through her personal prism of recovery from clotting and other health challenges. [Read more](#)



MY STORY, MY VOICE

After experiencing multiple blood clots in her lungs linked to hormonal birth control, Aynslee is focused today on raising awareness to help empower others. Read Aynslee's story [here](#).



A MOTHER'S JOURNEY

Guest writer Megan von Hopffgarten shares her thoughts about the hidden risks of birth control, reflecting on her journey after losing her teen daughter Amara to blood clots. [Read more](#)

MY STORY, MY VOICE

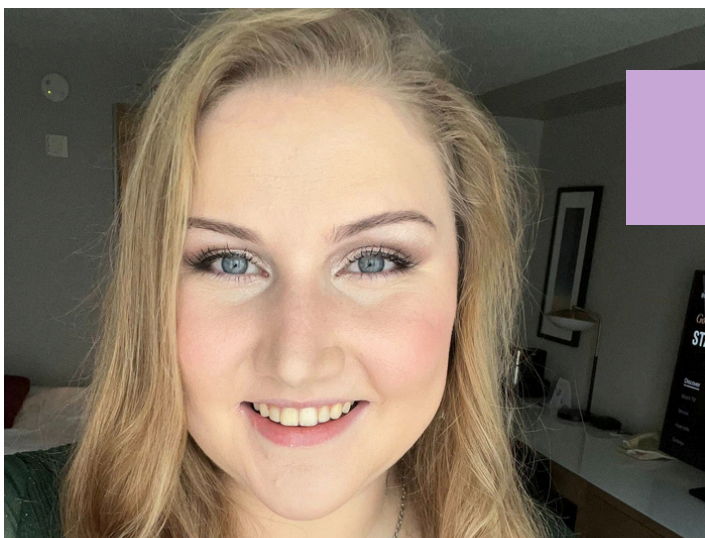
After an already difficult pregnancy, Kristi experienced her first blood clot following a C-section. Read Kristi's story about this and a recurrent clotting experience [here](#).



From the Founder's Desk

INKSIGHTS: CRUCIAL CONVERSATION

This month, the Rowan Foundation is sponsoring a roundtable of medical and academic experts focused on improved contraceptive outcomes for women. [Learn more](#) from our founder David Rowan.



MY STORY, MY VOICE

Amanda details her life-changing experience with multiple blood clots in her lungs, stressing the importance for more research and awareness in women's health. [Read Amanda's story.](#)

MY STORY, MY VOICE

During her second pregnancy, Kimberley experienced dangerous clotting, and later learned she was also impacted by a rare immune disorder that increases clotting risk. [Read Kimberley's story.](#)



RESOURCES

If you're looking for resources about women's health and clotting to share during Blood Clot Awareness Month, we've got you covered. Check out our inventory of resources [here.](#)



YOUR VOICE MATTERS

Medical storytelling allows people to validate their experiences while also informing and inspiring others. Every story is different, every story matters. Share your personal story [here](#).

NET-SOURCED NEWS

[Newer birth control pills still pose risks of VTE](#)

[Birth control pills linked to changes in depressive mood processing](#)

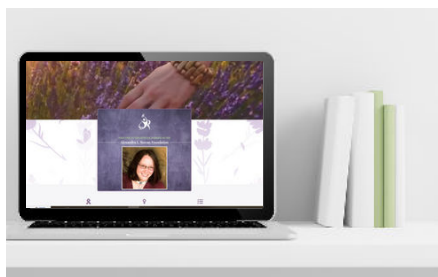
[The truth about IUDs, and the IUD myths we're busting](#)

[How to spot deep vein thrombosis symptoms and lower your risk of dangerous blood clots](#)

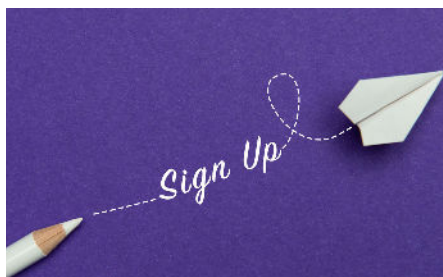
[The new science of menopause: these emerging therapies could change women's health](#)



[RESOURCES](#)



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