

# WOMEN'S HEALTH & CLOTTING QUARTERLY

*e-Bulletin Issue 9, May 14, 2025*



NATIONAL WOMEN'S  
HEALTH WEEK

May 11 - May 17, 2025

## NWHW 2025

*National Women's Health Week (NWHW) is recognized each year the week after Mother's Day. [Read more](#) about how you can prioritize your health now and throughout the year.*

## CONTRACEPTIVE ROUNDTABLE

*The Rowan Foundation is excited to share the proceedings and first educational resources from its Roundtable, "Informed Choices: Improving Contraception Options for Women." See them all [here](#).*



## NEW MEDICAL ADVISOR

*The Rowan Foundation is honored to announce the appointment of Vian Nguyen, MD, as our new Medical Advisor. Join us in welcoming her and [read more](#) about her role and expertise.*



## COMMUNITY VOICES

*In a powerful new video shared by the Rowan Foundation, several voices from our community come together to tell their compelling stories. Learn more and watch the new video [here](#).*

## MY STORY, MY VOICE

*Emily experienced blood clots that continue to impact her today, but she doesn't let this experience prevent her from staying strong and active. Read Emily's story [here](#).*



## RECLAIMING THE NARRATIVE ABOUT WOMEN'S HEALTH

*The medical and research community needs to expand investments in women's healthcare beyond periods, pregnancy, and pap smears. [Read more](#) about the need to advocate for a broader approach.*



## 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

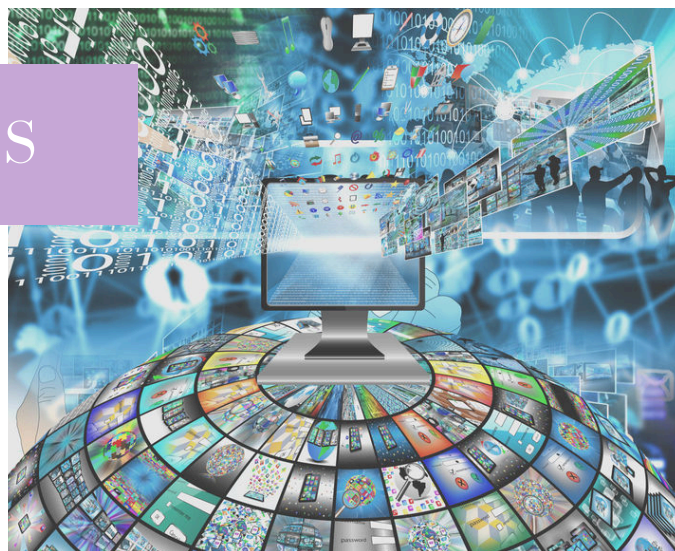
[Are natural estrogens used in contraception at lower risk of venous thromboembolism than synthetic ones?](#)

[Male contraceptive gel proves effective in 'exciting' early trial](#)

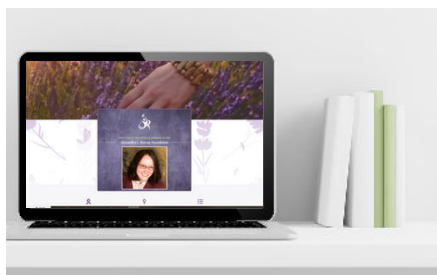
[What to know about the last week of birth control pills](#)

[Researchers uncover cause of persistent blood clots despite treatment](#)

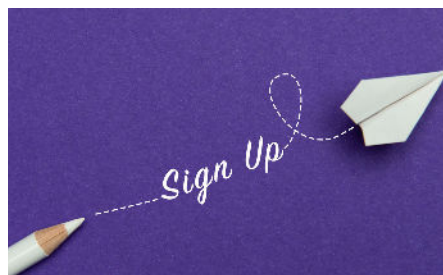
[Can hormonal birth control pills cause stroke?](#)



### [RESOURCES](#)



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## LET'S CONNECT

