WOMEN'S HEALTH & CLOTTING QUARTERLY

ROWAN FOUNDATION

AUTOIMMUNE CLOTTING RISK

Autoimmune conditions intersect with clotting risks in women's health. *Learn more* and gain insights from key community advocates who share their personal insights and expertise.

A SEAT AT THE TABLE

Women remain underrepresented in research and policy related to women's health and clotting. Dr. Nguyen, the Rowan Foundation's medical advisor, *explains* the significance of this gap.

BACK TO CAMPUS

As college women transition from home to dorm life, they face new independence in managing healthcare decisions, including choices about contraception. Read more *here*.

MOVE MORE, SIT LESS

Excessive sitting can slow circulation and increase your risk for blood clots. Click here to get some fun and creative tips for adding more movement into your day-to-day routine.

CONVERSATIONS IN CONTRACEPTION

The proceedings of the Rowan Foundation's recent "Informed Choices" Roundtable are now captured in video shorts featuring panelists and community members. Check it out here.

MY STORY, MY VOICE

Kathryn's love of running helped her survive a life-threatening blood clot in her lung, potentially linked to hormonal birth control. She now urges others to weigh their risks. Read her story 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

OTC birth control pills have been available in the U.S. for over a year. Here's who's using them.
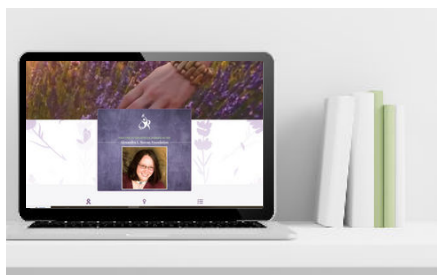
Millions of women rely on contraceptives, but new Rice study shows they may do more than just prevent pregnancy

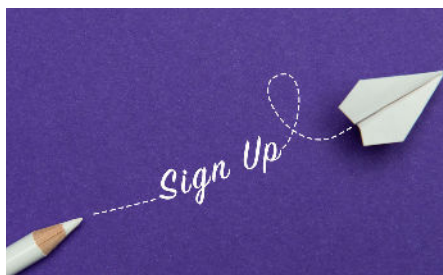*Contraception used by thousands increases risk of brain tumour, study finds*

Inadequate contraceptive information hinders equity in reproductive care

RESOURCES

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