

WOMEN'S HEALTH & CLOTTING QUARTERLY

e-Bulletin Issue 13, May 14 2026



In recognition of *National Women's Health Month*, this issue of the *Women's Health & Clotting Quarterly* focuses on informed conversations about contraception, pregnancy, postpartum recovery, menopause care, and blood clot risk. Also in this issue, David Rowan shares a personal reflection honoring Roz Rowan and the values that continue to guide the Rowan Foundation's mission.

Women's Health Month: Why Informed Decisions Matter

Women make important health decisions across every stage of life, often while navigating incomplete or confusing information. [Learn](#) how informed conversations can support safer, more confident care.

National Women's Health Month 2026



New at Rowan: The Patient & Community Advisory Group

Real experiences can reveal gaps that traditional health education may miss. [Read](#) about how the new *Rowan Foundation Patient & Community Advisory Group* will help bring personal perspective into future resources and outreach.



Blood Clot Symptoms During Pregnancy: A Story of Missed Diagnosis

Anne's pregnancy symptoms were repeatedly mistaken for something less serious before she was diagnosed with a pelvic vein thrombosis. [Read her story](#) about missed warning signs, self-advocacy, and trusting when something feels wrong.





From the Founder's Desk: Honoring Roz Rowan

Family, creativity, kindness, and purpose continue to shape the Rowan Foundation's work. [Read](#) David Rowan's personal reflection honoring Roz Rowan and the values that continue to guide the Foundation's mission.

Hormonal vs. Nonhormonal Contraception: What to Know

With many birth control options available, understanding key differences can help women make informed choices. Vian Nguyen, MD, the Rowan Foundation's Medical Advisor, explains [what to know about hormonal and nonhormonal contraception](#).



Pregnancy, Menopause, and Women's Health Decisions

Pregnancy and menopause can bring new questions about hormones, symptoms, treatment options, and blood clot risk. [Learn why awareness and timely conversations with healthcare providers matter.](#)



Celebrating Emerging Voices: 2026 Scholarship Winners

Meet the women selected for the 2026 *Alexandra Rowan Voices of Tomorrow* and *Resilience in Writing* scholarships, [learn what inspired their submissions, and explore the creative work behind this year's awards.](#)

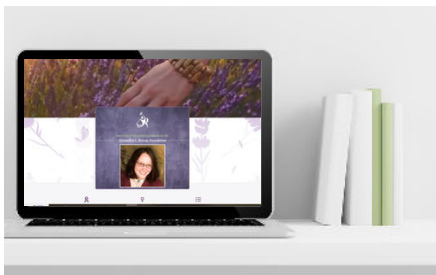


YOUR VOICE MATTERS

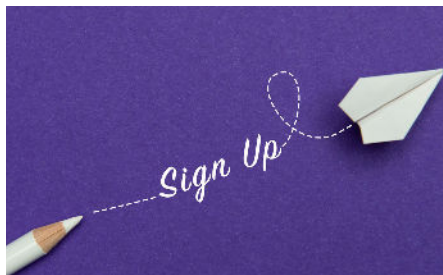
Share Your Story, Inform and Inspire Others

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

RESOURCES



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