



The Monthly PERIODical

Welcome to May's Monthly PERIODical Newsletter, written specifically for women, girls, and people with the potential to menstruate.



NATIONAL WOMEN'S HEALTH WEEK

MAY 14-20

Meditation, Mindfulness, and Mental Health

According to the U.S. Department of Health and Human Services, more than 1 in 5 women in the U.S. experienced a mental health condition within the past year. Many women take on a heavy burden of responsibilities which can lead to putting off their own wellbeing. But keeping that in mind and making sure you take time for your own wellbeing is critical. Check out the resources below.

[Victory for Women has a great video with a clinical psychologist that works at an HTC, so she knows a lot about mental health issues affecting our community.](#)

[Learn about mental health and get resources from the U.S. Office on Women's Health.](#)

[The WV Bureau for Behavioral Health has resources for adults, youth, and families if you click on their "About Us" tab at the top right.](#)

[Here are a few examples of meditation and mindfulness exercises from the Mayo Clinic.](#)



Desmopressin (Stimate) Update

It's Here, But Will Insurance Cover It?

If you are a Desmopressin nasal spray user, you know it's been hard to get for the past few years. It's still unclear if the company that produced Stimate will resume production. There is another company

currently producing the medication, but it's been hard for people to get their insurance to cover it. [Read more about this update here.](#)



Guidelines for Pregnancy and Perinatal Management

NHF's Medical and Scientific Advisory Council (MASAC) has been around since the 50's, making recommendations and advisories for research and treatment on behalf of the bleeding disorders community. They have guidelines for almost everything, but one we wanted to point out is all about pregnancy. It has suggestions for preparing for pregnancy, pregnancy and delivery, testing for the baby, and managing bleeding after birth. [Check it out here.](#)

NHF Resources

As always don't forget about the great NHF resources available to help you get a diagnosis and share your story.

[Better You Know](#): Guidance on symptoms, testing, and getting diagnosed.

[Victory for Women](#): A place to share your story and get questions answered.