

# The Monthly PERIODical

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



## Engaging Men in the Conversation on Periods

Check out this Victory for Women article about destigmatizing periods by making sure to involve men in the conversation. The article includes info about why it's important to get men in on the convo, tips for how to get started, and a handy printout for dads and daughters. Find it [HERE](#).



## Videos Online Until November 27th

For anyone who missed the 2023 Global Summit, all sessions are recorded and available on demand until the end of next month. Topics for the talks included overcoming barriers, purposeful inclusion of women in research, impact of bleeding on the fetus and more. Access the recordings [HERE](#).



## How Women with Bleeding Disorders Can Manage Coexisting Conditions

September's HemAware included an article for people with bleeding disorders who are also diagnosed with polycystic ovarian syndrome (PCOS) or endometriosis. Both disorders lead to irregular and heavy periods which can take a bigger toll when a person also has a bleeding disorder. The article goes into detail about how both disorders become more complicated when adding a bleeding disorder diagnosis on top and talks a bit about hormonal contraceptives as a method of treatment. Read about it [HERE](#).

## NBDF Resources

As always don't forget about the great NBDF 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.