

The Monthly PERIODical

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



WFH Global Summit on Women and Girls with Bleeding Disorders Online: TOMORROW

Goals of the 2023 summit include identifying and addressing barriers to care, improving access through a patient-centered and multidisciplinary approach, filling gaps in data collection and research, guidelines utilization, and advocacy for policy change and funding. Learn more about this free event [HERE](#).



Over the Counter Oral Contraceptives Approved by FDA

As you're probably aware, oral contraceptives have been used for years as hormonal therapy to treat women and girls with bleeding disorders who suffer from menorrhagia, or heavy, long-lasting periods. In July of this year, the FDA approved OPill, a nonprescription oral birth control pill. The Foundation for Women and Girls with Blood Disorders sat down with a reproductive health advocate and family planning expert to learn more. Check out their interview [HERE](#) and learn more about the FDA approval [HERE](#).

HEMAWARE

The Bleeding Disorders Magazine

Overcoming Loneliness: Strategies for Better Mental Health

In July, HemAware released an article with tips for how to stay connected and feel less lonely. While the article was written with older people in mind, we think these strategies hold true to people of every age. Read the short article [HERE](#), and if you are experiencing a decline in mental health make sure to reach out. Here are some additional mental health resources: [CDC Mental Health](#) & [WV Behavioral Health](#).

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.