



Update from the Board of Directors

Since the 2011 conference, your Board has been busy behind the scenes codifying policies and procedures. We have established a common electronic archive for these that board members can access to make doing board work easier in between conferences. Among our many documents are conference planning files, financial reports and tax documents, membership data, copies of our bylaws, board member information, criteria for awards, all items (and more) that previously resided with individuals. While it may not seem like much, this has been an essential step in ensuring the future of the Society! In addition, our Blog writers have been active and our conference planning committee has been hard at work preparing for 2013.

I also wanted to announce that the Board has accepted the final draft of a position paper, "Naming Women's Midlife Reproductive Transition." This position paper Dr. Jerilynn Prior's initial draft was accepted at the 2011 business meeting, with the understanding that other interested SMCR members would review and comment. Jerilynn was motivated to undertake this project because in her experience, the language used to describe the women's midlife reproductive transition can leave women confused as opposed to informed about the complexity of this stage of life. Final revisions having been made, and posted on our website, we thank Jerilynn and other SMCR contributors for their attention to this topic.

Finally, with reference to the international component of our last conference, I wanted to tell you that the Women's Environmental Network (WEN; www.wen.org) has produced a fact sheet on menstrual management products and the environment called "Seeing Red" (<http://www.wen.org.uk/general/seeing-red-sanitary-protection-and-the-environment>). The website offers a pdf version as well as suggestions to encourage wide distribution.

I hope you have had a productive year and look forward to seeing you again in 2013.

Peggy Stubbs
President

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SAVE THE DATE JUNE 6-8 2013 SMCR IN NYC!

Making Menstruation Matter

Our Board Members and Officers

Peggy Moloney

A heartfelt thanks to Peggy Moloney who is leaving the board this year. Peggy has been a member of the Society for 15 years and served as Secretary/Treasure from 2007 – 2009, a time of transition in our organization. We appreciate her help in creating new systems of recording keeping during that time and while we will miss her on the board, we look forward to her continued membership in the society and to hearing about her research interest. Peggy is an Associate Professor of Nursing at Georgia State University in Atlanta, Georgia. Her research interests have included the experiences of women with migraines; Internet-based research; finding ways to help women prevent and control migraine headaches; and women's experiences in the perimenopause. Thanks, Peggy!

Margaret L. (Peggy) Stubbs, **President**

Margaret L. (Peggy) Stubbs is Professor of Psychology at Chatham University in Pittsburgh PA. Her specialties include psychosocial aspects of menstruation; attitudes towards menstruation, pubertal development; and menstrual education throughout the lifespan.

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Ingrid Johnston- Robledo, **President-elect**

Ingrid Johnston-Robledo is an Associate Professor of Psychology and Director of Women's Studies at SUNY Fredonia. Her specialties include menstrual suppression and self-objectification as it relates to women's attitudes toward their reproductive functioning.

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Laura Wershler, **Secretary**

Laura Wershler has 25 years volunteer and work experience with pro-choice sexual and reproductive health organizations, including as board director (1993-2002, 2009-present) of Planned Parenthood Canada, now Canadian Federation for Sexual Health. Laura completed a post-graduate certificate in journalism at Mount Royal University in April 2011.

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Alexandra Jacoby, **Treasurer**

Alexandra Jacoby is a self-taught artist and creator of vagina vérité®.

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David Linton, **Newsletter Editor**

David Linton is Professor of Communication Arts at Marymount Manhattan College in New York.

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Chris Bobel, **Activism Liaison**

Chris Bobel is an Associate Professor of Women's Studies of the Women's Studies Department at University of Massachusetts-Boston. Her specialties include women-centered social movements, including menstrual activism, the politics of embodiment and feminist theory.

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Elizabeth A. Kissling, **Past President**

Elizabeth A. Kissling is Professor of Communication Studies and Women's and Gender Studies at Eastern Washington University.

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Heather Dillaway, **Director**

Heather Dillaway is Associate Professor and Interim Chair in the Department of Sociology at Wayne State University. Her research focuses mostly on how women experience

menopause, midlife, and aging, however she has also recently studied disabled women's attitudes towards menstruation and amenorrhea.

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Judith Berg, Director

Judith Berg, PhD, RN, WHNP-BC, FAAN, FAANP is a Clinical Professor at the University of Arizona College of Nursing. Retired from her tenured position, she no longer has an active program of research. Instead, she is a consultant on several projects related to women and their health promotion and symptom management across the lifespan. Dr. Berg mentors PhD and DNP students and teaches research methods, clinical courses related to women's health, and professional role development.

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Maria Luisa Marván, Director

Maria Luisa Marván: is a researcher at the Institute of Psychological Research, Universidad Veracruzana and belongs to the Mexican Research Association. Her specialties include sociocultural aspects of menstruation, pms, and attitudes toward menarche and menstruation.

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Christine Hitchcock, Director

Christine Hitchcock is a Research Associate with the Centre for Menstrual Cycle and Ovulation Research (CeMCOR) in the Department of Medicine (Endocrinology) and Clinical Assistant Professor in the School of Population and Public Health at the University of British Columbia. Her specialties include analysis of daily diary records relative to the menstrual cycle, literature reviews of menstrual suppression research and clinical trial research into the effects of progesterone for hot flushes and night sweats.

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Evelina Weidman Sterling, Director

Evelina Weidman Sterling, PhD, MPH, MCHES, is a public health educator and researcher specializing in reproductive and women's health issues. She is a best-selling and award winning author of several consumer health books focusing on fertility-related issues, including *Living with PCOS*, *Having Your Baby through Egg Donation*, *Budgeting for Infertility: How to Bring Home a Baby without Breaking the Bank*, and *Before Your Time: The Guide to Living Well with Early Menopause*.

Currently, she serves as an independent consultant having helped dozens of non-profit organizations, universities, and government agencies with all aspects of program development, implementation and evaluation. Dr. Sterling also serves as the President of Rachel's Well, a women's health non-profit organization addressing menstrual cycle health and primary ovarian insufficiency.

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Mindy J. Erchull, Director

Mindy J. Erchull is a social psychologist who works as an Associate Professor of psychology at the University of Mary Washington in Virginia. Her research interests include the media and menstruation, attitudes about menstruation and PMS, and self-objectification and sexualization as it relates to attitudes about reproductive functioning.

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Paula S. Derry, Director

Paula S. Derry is a health psychologist who works independently. Her specialties include theoretical and analytic work in a broad range of areas pertaining to the biology and psychosocial aspects of menstruation and menopause, including a holistic, multidisciplinary model of menopause and research on menstruation and chaos theory.

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Tomi-Ann Roberts, Director

Tomi-Ann Roberts is the Winkler Herman Professor of Psychology at Colorado College. Her research interests include the sexual objectification of girls and women, self-objectification, and consequences of these for emotions and attitudes regarding menstruation and other matters of reproductive health.

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Jerilynn C. Prior, Director

Jerilynn Prior is Professor of Endocrinology at the University of British Columbia and Scientific Director of the Centre for Menstrual Cycle and Ovulation Research (CeMCOR). She does research related to practical health issues for women such as the prevalence of ovulation disturbances, changes in perimenopause and effects of hot flushes/ flashes (vasomotor symptoms). She has conducted randomized controlled trials of progesterone for treatment of hypothalamic amenorrhea, perimenopausal symptoms, and menopausal vasomotor symptoms and studied osteoporosis risks across women's life span. She translates new knowledge through the CeMCOR website (www.cemcor.ubc.ca) to empower women.

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Joan Chrisler, Director

Joan Chrisler is Professor of Psychology at Connecticut College. Her specialties include PMS, attitudes toward menstruation and menopause, sociocultural aspects of menstruation, and cognitive and behavioral changes across the menstrual cycle.

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Jane Ussher, Director

Jane Ussher is Professor of Women's Health Psychology, at the University of Western Sydney, Australia. She is author of a number of books, including: 'The Psychology of the Female Body; Women's Madness: Misogyny

or Mental Illness? Fantasies of Femininity: Reframing the Boundaries of Sex'; 'Managing the Monstrous Feminine: Regulating the Reproductive Body'; and "The Madness of Women: Myth and Experience". Her current research focuses on PMS, and on cancer and sexuality.

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**Get in the SMCR Blog Habit!!**

by David Linton

The SMCR blog, re:Cycling - (<http://menstruationresearch.org/blog/>), has been going strong for several years now and has become a "must visit" site for anyone doing research in or interested in any aspect of the menstrual cycle. The range of topics covered is encyclopedic, and the regular "Weekend Links" feature that summarizes what's going on elsewhere in the menstrual ecology is a treasure trove of resources.

In recent months postings have addressed, to mention just a few of the wide-ranging items, topics such as the effects of women's body building on the cycle, the impact of menopause on brain functions, a review of the menstrual elements in the off-Broadway musical "Carrie," a discussion of the side effects of coming off contraception drugs, and others.

The blog is also a stimulating addition to courses on gender, women's studies or any other subject having to do with the social construction of medicine, the body or sexuality. And students love it!

Put the blog on your regular web list.



Adrienne Rich 1929-2012

by Alice Dan

The recent death of Adrienne Rich at 82 deserves to be marked by renewed interest in her work. For those of us whose research began in the 1970's her pioneering feminist voice had a powerful impact on our worldview and our work. Although her poetry is dazzling, it was Rich's prose works that most influenced my own thinking, especially *Of Woman Born* (Rich, 1976) and the essay "Compulsory Heterosexuality and Lesbian Existence," first published in the journal *Signs*, later in book form (Rich, 1981).

Rich saw so clearly and wrote so compellingly about the disconnect between our experience as women, and its representation in theories and social institutions constructed in patriarchy. The common view of women as more "natural," less "rational" than men was revealed as a strategy of dominance. She taught us how to use our intelligence as a tool for liberation. Speaking of the conceptual dualism between man/culture/consciousness and woman/nature/unconsciousness, Rich said, "As a woman thinking, I experience no such division in my own being between nature and culture, between my female body and my conscious thought. In bringing the light of critical thinking to bear on her subject, in the very act of *becoming more conscious* of her situation in the world, a woman may feel herself coming deeper than ever into touch with her unconscious and with her body." (1976, p. 95 italics in original)

We saw the misconstruing of menstrual cycle experience represented in textbooks and research, and began to think about how to undertake research based on our own realities. As I wrote in 1979, "We are attempting no less than a repair of science, by addressing a research area of particular relevance to women's lives." (Dan, in Voda, et al, 1982) We had "discovered that our lives as women exist in the gaps between the traditional disciplines, between the theories, and between the available funding structures." Recognizing the difficulty of proceeding "without maps," and facing up to our divergence from traditional views of us, we wanted to build a science accountable to women.

I am inspired by the young women who join the Society for Menstrual Cycle Research, and I wanted to share with you a powerful source of my own inspiration as a young researcher. The impact of writers like Adrienne Rich is one of the reasons a feminist research group came into being.

Dan, A.J. "The Interdisciplinary Society for Menstrual Cycle Research: Creating Knowledge from Our Experience," in Ann M Voda, Myra Dinnerstein, & Sheryl R O'Donnell (Eds), *Changing Perspectives on Menopause*, University of Texas Press, Austin, 1982, pp 279-84.

Rich, Adrienne. *Of Woman Born: Motherhood as Experience and Institution*. WW Norton, NY: 1976, p.95

Rich, Adrienne. *Compulsory Heterosexuality and Lesbian Existence*. WW Norton, NY: 1981.

Making Menstruation Matter: SMCR 2013 Conference

Ingrid Johnston-Robledo

The biennial meeting of the Society will be held at Marymount Manhattan College, June 6-8, 2013. Conference Planning Committee Members include David Linton, Alexandra Jacoby, Ingrid Johnston-Robledo, Peggy Stubbs, and Chris Bobel (Program Chair) The theme for this conference is "Making Menstruation Matter: Translating Our Knowledge into Action."

How and why does menstruation matter? How has the body of work of our Society members answered this question and what remains to be addressed? The role of the menstrual cycle in girls' and women's health, psychological well-being, development, social status, body image, and sexuality is often neglected by scholars, health care providers, health educators, and denied by girls and women themselves. Our overarching goal for this conference is to create a space where people working on menstrual cycle issues (e.g., academics, health care providers, educators, artists, activists, clinicians) can share and inform each others' work. Individuals submitting proposals will be challenged to articulate how their work helps us understand how and why menstruation matters.

We also hope to honor our first recipient of the new "Making Menstruation Matter" award. Ideas for activities to be recognized through the award include media coverage, activism, translating information about menstrual cycle research or the Society to general audiences, and raising public awareness about the menstrual cycle and/or the Society. **The call for papers will be distributed widely in the fall.**

By and About Our Members

KATI BICKNELL

Hello everyone,

I know some of you have expressed an interest in fertility charting apps for smartphones. I wanted to let you know that our Kindara for iPhone app is currently in development and will be launching in a few weeks. We are very happy with the developers we're using, and I'm so excited to have this app finally be (almost!) a reality. If you'd like to be notified when the app launches you can enter your email at www.kindara.com. (That's the only email we'll send you) If you'd like to learn more about what we're doing... stay tuned for the newsletter! (Hint: We are in a far and distant land!)

Thank you for all the great work you're doing around women's health! You are (all) making a difference.

Best,
Kati

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Kati Bicknell
Co-Founder
Kindara Inc.
Natural Fertility Management
www.kindara.com

And:

Kati Bicknell, Co-founder of Kindara Inc. - My partner Will and I are embarking on an exciting fertility-related adventure! We are one of 10 companies in the first ever HAXLR8R program (www.haxlr8r.com), a 3.5 month hardware accelerator program in Shenzhen, China. The program brings early stage startups with a focus on hardware to the

By and About Our Members (cont.)

"Factory of the World" to help us learn the ins and outs of manufacturing in China.

As part of our mission to give women the best possible solutions around their fertility, we are designing and building a high quality basal body temperature thermometer that works with the iPhone, to help women practice the Symptothermal Method of fertility charting. HAXLR8R Demo Day will be in the San Francisco Bay Area in June. The 10 companies participating in the program, (exciting companies from all over the world!) will show off what we accomplished in this innovative program.

We also have an iPhone application in the works which we're really excited about. It'll be the best Symptothermal charting app available and will launch in early summer 2012. If you would like to know when the iPhone app launches, you can visit kindara.com

And, if you are currently charting your cycle using the Symptothermal Method and have an iPhone and would like to help us beta test the app please contact me at kati@kindara.com

Contact me with any questions.

Best,

Kati

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Kati Bicknell

Co-Founder

Kindara Inc.

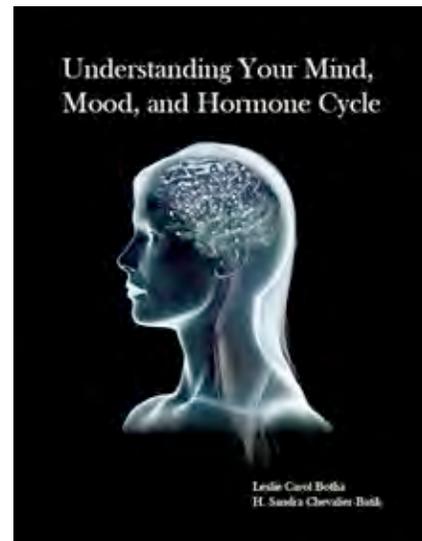
Natural Fertility Management

LESLIE BOTHA

Leslie Carol Botha continues her work as both educator and activist with her web site and new book, *Understanding Your Mind, Mood and Hormone Cycle* (co-authored with H. Sandra Chevalier-Batik).

Botha's web site, *Holy Hormones Journal* (<http://holyhormones.com>) covers a wide range of topics from the unanticipated effects of cancer treatment drugs on the menstrual cycle to post partum wellness, and many more. Her regular radio broadcast can be heard on KRFC-FM and streamed over <http://krfcfm.org> from 6:00 to 7:00 pm MST.

Understanding Your Mind, Mood and Hormone Cycle is available on Amazon, and you can read a sample chapter Leslie's web site at <http://holyhormones.com>



ELIZABETH KISSLING

As for myself, since the last newsletter, I've had "Pills, Periods, And Postfeminism: The New Politics of Marketing Birth Control" accepted for publication in *Feminist Media Studies*, scheduled for vol. 13, no. 4, 2013.

I've presented two relevant conference papers:

"Periods and Postfeminism: You. Buy. Kotex." Paper presented at annual conference of the Society for Research on Adolescence, March 8-10, Vancouver, British Columbia, Canada.

"Yes, There's Even an App for THAT: Menstruation and the Quantified Self." Paper presented at annual conference of the Organization for the Study of Communication, Language, and Gender, October 12-16, 2011.

I was also quoted twice in the popular press:

"Obama birth control compromise distracts from issue of whether the pill is safe, activists say," http://www.washingtonpost.com/blogs/blogpost/post/obama-birth-control-comp-A8GRj4Q_blog.html, by Elizabeth Flock, Washington Post blog, February 10, 2012.

"Just How Safe Is Yaz? Women Need to Know!" <http://msmagazine.com/blog/blog/2012/02/09/just-how-safe-is-yaz-women-need-to-know/>, by Holly Grigg-Spall, Ms. magazine blog, February 9, 2012.

Elizabeth A. Kissling, Ph.D
Professor
Department of Communication Studies
Women's and Gender Studies Program
Eastern Washington University

JERILYNN C. PRIOR

Hi there,

Thanks to all of you for your help in bringing to completion our Midlife Naming Project. The Society for Menstrual Cycle Research (SMCR) position statement on Perimenopause and Menopause is now available on the SMCR website.

Here's the link:

<http://menstruationresearch.org/position-statements/naming-women%E2%80%99s-midlife-reproductive-transition-2012/>

Please spread this position far and wide!

My hope is that this statement will clear a little midlife confusion. It is difficult to change what we call things. But I hope this position will help women, journalists and even experts to be more careful about the language of midlife naming. Hopefully also this helps women to know when they are still in the transition (Perimenopause) and when they have "graduated" into Menopause/Postmenopause. For me, menopause is much easier to live with than perimenopause! Evidence says that even hot flashes are more prevalent and severe in perimenopause than in menopause.

Cheers,
Jerilynn

Jerilynn C Prior MD FRCPC
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University of British Columbia, Vancouver
Coastal Health Research Institute

Author: *The Estrogen Errors-Why Progesterone is Better for Women's Health*

By and About Our Members (cont.)

INGRID JOHNSTON-ROBLEDO

Once again, we are writing with an update on our Sex Roles special issue, “Positioning Periods: Menstruation in Social Context” but this time it is our last. Our collection, in its final state, includes two book reviews, one film review, and 11 full-length articles. Peggy Stubbs and I are working on the Introduction and Alice Dan is writing the discussion. The entire issue will be sent to production in the beginning of June, and we anticipate publication in October of 2012. We have been working on this project since the summer of 2009 and deeply appreciate the patience and persistence of those involved.

Peggy Stubbs and I are collaborating on another writing project this summer, as we have agreed to co-author an article and annotated bibliography (75-100 sources) entitled “Menstruation” for the Childhood Studies volume of a new publication, Oxford Bibliographies Online (Oxford University Press). This new journal is touted as a valuable research tool for scholars and students. Although it will be a tedious project, we are happy to pursue it together and are proud to represent the Society through this work.

Ingrid

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Ingrid Johnston-Robledo
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ANN VODA

Perhaps some nurse members might be interested in an award I have funded for Native American/Alaskan Native/First Nation nurses. For years, I have been deeply involved as a volunteer nurse with Adopt-A-Native Elder Program which has taken me on site to the Navajo Reservation in Arizona. This experience has been consciousness raising in many ways, but most particularly the need for culturally competent care. I have been a member of the Western Institute of Nursing for more than 30 years. I became painfully aware of the invisibility of Native American nurses at the yearly conference. So, I established an award of \$1000 to provide monetary conference support, promote nursing student/clinician engagement with the WIN community of scholars, and to enhance diversity and networking related to health disparity research, practice and education. More information about the award can be found at <http://www.winursing.org/~mcneil/?query=award+nominations#>

I hope this notice in the SMCR newsletter will encourage qualified applicants to apply for the award.

Ann

ALEXANDRA JACOBY

vagina vérité® is now available!

As many SMCR members already know, since 2000, I've been working on a book of vulva portraits: close-up documentary photographs of the vulva. *So women can see ourselves for ourselves.*

By and About Our Members (cont.)

The project began when, apropos nothing, a friend asked me if I liked the way my vagina looked. In our brief conversation, it became clear that she did not like the way hers looked, and that she (nor I) had ever seen any women's vulvas (only men's mainstream porn magazines)—and yet, my friend was sure there was something wrong with the way hers looked.

While I had never thought about it before, this totally annoyed me, and in that moment, I decided. I would either find us the visual reference we should have, or shoot it myself.

And so began a more-than-ten-year project: vagina vérité® — an unabashed exploration of the plain, ordinary mysterious matter of vaginas.

Twice, I've exhibited at our conference (2005 & 2011) and I am so grateful for the support of the project I continually receive here.

Over the years, I've held salons and exhibitions in my apartment in NYC—so many really great conversations! When I think over them now, I see that they were all the beginnings of conversations (partly because these were one-off experiences, each event bringing new participants and no attempts on my part to connect the previous with the next), but also because there is so little talking going on.

These gatherings were one of the few (often first) times that many of the attendees were considering their body lives, sexuality, menstruation, reproductive health, etc. out loud and with others.

There is so much more to say, hear and learn about how our bodies work, our personal experiences, beliefs, concerns and expectations, and what's available to us in terms of information, products, services, etc. to support a thriving body-life experience. Menstruation came up often, of course. And, most of the time, with discomfort.

In January, I completed an Artist's Print of the book. It's available for purchase online [here](#).

I am pretty happy with the book (unusual for me!). I carry it with me all the time **because you never know when or where you'll run into your publishing soulmate**: be that publisher, agent, or advocate who can help bridge the gap between me and traditional publishing for vagina vérité®.

If you have any thoughts about this, I'd love to hear them. Please email me at alexandra@leavethecastle.com

vaginaverite.com has a [menstruation questionnaire](#) and also, the [women's first-times questionnaire](#) and the [men's first-time questionnaire](#) each include a menstruation question.

Alexandra Jacoby

the book is available [here](#)
just the text is [here](#)

SAVE THE DATE
JUNE 6-8
2013

By and About Our Members (cont.)

JULIE SYGIEL

Julie Sygiel is the founder of Sexy Period, a lingerie company that offers high-tech, beautiful underwear to be worn as a backup during menstruation. The patent-pending underwear is constructed with 3 thin layers of absorbent + leak resistant fabric so women never have to worry about spills.

After launching sales in January 2011, we have seen varied responses to our branding over the last year. Our goal with the name Sexy Period has always been to promote menstruation in a positive light and bring menstruation to the forefront of conversation. Many mothers have expressed interest in purchasing undies for their teen daughters at menarche, however, we have found that the name Sexy Period is prohibitively explicit for them. We are also looking to expand into additional functional garment lines, so for these reasons we are excited to launch a new line this summer called Underbrella. It has the same high-tech fabric with new styles and branding that appeals to women of all ages and the initial response has been fantastic. For details on the official launch, follow us on Facebook ([facebook.com/sexyperiod](https://www.facebook.com/sexyperiod)) or Twitter (@sexyperiod). To purchase a pair of the final Sexy Period styles before they're gone, head over to [sexyperiod.com](https://www.sexyperiod.com) and use the discount code "SMCRfriends" to get \$10 off.

If anyone would like to offer thoughts on how to obtain media coverage for the launch of Underbrella (we have previously found it difficult to get them to talk about anything with the word "period" in the press release!), I'd love to chat.

Best wishes!
Julie Sygiel
julie@sexyperiod.com.

Sexy Period's new branding



DAFNA REHAVIA

Artist Statement

In my art I am interested in exploring and expressing women's situations in the social world. My personal state and beliefs are integral to my work. My art may carry statements and may have its own aesthetic rhetoric. It is a text that speaks for itself and as such maybe open to viewer's input, interpretations and understandings.



'It Is Red Again' - Painting



'Red' - Fiber art mix media



'The invisible Sin: Circumcision'

Our Bodies Ourselves honors Jerilynn C. Prior



JERILYNN PRIOR

The endocrinologist and clinician-scientist Jerilynn Prior, M.D., is founder and director of the Centre for Menstrual Cycle and Ovulation Research at the University of British Columbia. She is a key contributor to recent research exploring the significance of higher estrogen and declining progesterone levels in perimenopause. She studies the use of progesterone in its bioidentical, oral micronized form to treat severe hot flashes and other disruptive discomforts experienced by women in perimenopause and beyond. She works to counter the commonly held belief that perimenopause is a time of estrogen deficiency and questions the appropriateness and safety of estrogen therapy during this time. Her work, much of which you can find at cemcor.ubc.ca, runs counter to many of the conventional views of peri- and postmenopause.

In speaking out for "a newer, clearer meaning" for the word "menopause" and arguing against use of the term "postmenopause" for the last third of a woman's life, Jerilynn offers insight into what might motivate a scientist and clinician to swim so hard against the tides of established thinking.

What we currently have is outdated language about women that reinforces our "deficiencies" as women. Why not, as women, start making language that fits our experiences and isn't disease-oriented? Why subject ourselves to those physicians who want to give us routine estrogen treatment in perimenopause and beyond, treatment we may not need at all?

It is long past time for a revision of outmoded language about midlife. I could cite instances from at least a dozen scientific articles that use the terms—menopause, menopausal transition, perimenopause and FMP—in mutually contradictory ways. That is not science—it is confusion. Who does confusion serve? Certainly not women.

The actual final menstrual flow can't be determined to be final for a further year, so why give it a name or initials? I remember my final, final flow very well because it came 14 months after my last "final" flow. I had cramps and sore breasts for weeks on end and began to wonder what on earth was happening to me. But, nevertheless, that flow was a non-event. I celebrated being menopausal when one further full year had passed. I don't want to be POST a non-event for the rest of my life.

Though this edition of *Our Bodies, Ourselves* sticks with the words and usages currently in practice—perimenopause, menopause, and postmenopause—Jerilynn Prior's scientific work on behalf of women has a passion and intelligence that suggests that these changes may yet come.

+ The Power of a Pad



At Wawary Pedros Secondary School, Addis Ababa 2011, students complete a skill that will make attending school possible throughout the school year.

PERIOD

Girls2Women is a small organization based in New York. This organization is working with Public Health Officials and Educators in Ethiopia to keep girls in school during menstruation by teaching them how to make reusable, economical and environmentally friendly sanitary pads.



And This Just In

Arpan Yagnik: I have had a very successful year since the SMCR conference in 2011. The events that made my year great and successful began with receiving the Linda McKeever Award for Top Paper at the conference held in the beautiful campus of Chatham. The same research paper, I received Linda McKeever Award was accepted for publication in the journal, "Health Care for Women International". The title of the paper was, "Construction of Negative Images of Menstruation in Indian Television Commercials".

Recently at two different occasions in Bowling Green State University (BGSU), I was honored with the following recognitions.

- Jill Carr Outstanding Graduate Student Award (2011-12)
- Outstanding Research Assistant Award (2011-12)
- Falcon Top Ten Percent Award (2011-12)

All these recognitions have immensely increased my confidence in the research that I am pursuing. I am traveling to India over the summer to visit my family and collect data for an ongoing project. I am trying to compare the attitude towards menstruation in urban India and rural USA. I am open to collaborating and participating in research pertaining to menstruation. Good Luck and have a great summer!



Society for Menstrual Cycle Research Position Statement

Naming Women's Midlife Reproductive Transition

Among health care providers, consumers and media there exists a confusing use of terminology relating to women's midlife reproductive *transition* (such as "menopause," "perimenopause," "the change," "menopausal transition"). In the midst of this confusion, this important and sometimes symptomatic transition may be lost, or conflated with the end of reproductive life.

As a Society that listens to and aims to facilitate women's understanding of and self-advocacy about their own health, we claim what bell hooks has called the "privileged act of naming," because we believe it is the case presently that midlife naming also "may obscure what is really taking place" (Ms. Magazine, July 1992;3:80-2). Our aim here is not to criticize women's language, or to tell women how to describe what they are experiencing but rather to alert both women and society to the ambiguities and potential miscommunications in the current language.

We want to promote the use of clearer terminology in the interest of reducing confusion and improving midlife women's quality of life and access, if desired or needed, to appropriate health care.

These concerns led to the following **Position Statement**.

Whereas: There is a normal reproductive life transition for women* between premenopausal potential fertility** and the final reproductive life phase starting one year after the last menstruation (that may be called menopause or postmenopause^)

Whereas The midlife transition differs from premenopause and the final reproductive life phase in both:

- Women's experiences and experience changes
- Women's hormone levels and hormonal changes

Whereas Hot flushes/flushes and night sweats occur during both women's midlife transition and in women's final reproductive life phase.

Currently the term, "*menopause*" is confusing because it is used too widely. It is used to include what are actually three different "events" or meanings:

The word, "menopause," can mean any or all of the following

1. To women in general, "menopause" means everything changing or symptomatic in midlife and/or beyond.
2. To those trained in obstetrics/gynecology/reproductive endocrinology, the word, "menopause" means the literal first day of the "final" menstrual period (also called FMP). The irony is that this flow can only be known to be final when a further year has passed without any more bleeding.
3. To those in public health and epidemiology, "menopause" means the normal women's life phase beginning one year after the final menstruation^.

Therefore: We, of the Society for Menstrual Cycle Research, *believe and declare that:*

- The use of the term, ^^menopause (or postmenopause), should refer specifically, and only, to women’s last reproductive life phase that begins one year after the final menstruation.
- “Perimenopause” is the general term for women’s whole midlife reproductive transition; the “menopause transition” is specific for the phase from irregular cycles to the final flow—these two terms are the appropriate language with which to describe women’s normal midlife transition.
- The words hot flushes/flushes and night sweats are strongly preferable to the over-used and non-specific term, “menopausal symptoms.” Hot flushes can and do occur during ***both the perimenopause and menopause***/postmenopause. It is appropriate to preface with the life phase in which they occur (e.g. “perimenopausal hot flushes”) because treatment that is effective and safe for menopausal hot flushes may not be either safe nor effective for perimenopausal night sweats.

Notes

*We recognize that the term “women” is problematic. Some women do not possess features of sexed female anatomy while others who do may not identify as “women.” We appreciate that those who identify as transsexual, transgender, intersexed or genderqueer may also experience perimenopause and menopause.

**We recognize that not all women are fertile nor do all women desire fertility.

^Although sometimes the menopause/postmenopause life phase is further divided, for our purposes that is not necessary. We also use these two terms synonymously although “menopause” may be preferable since it is perhaps more clear.

^^Natural midlife menopause should be distinguished from menopause that is ***experienced by women prior to the age of 40***. This can occur through removal, injury, or compromise of ovaries through surgery; cancer treatment that permanently destroys ovaries; or premature ovarian insufficiency due to autoimmune conditions, genetic factors, chromosomal irregularities, smoking, certain viral infections, environmental toxins, and other causes, including those that are unknown. Although early or premature menopause is not typical, it is also not rare.



SAVE THE DATE JUNE 6-8 2013 SMCR IN NYC!
Making Menstruation Matter

Proposed By-Laws Changes and an Electronic Vote

Your board of directors is interested in calling for an electronic mid-meeting vote to amend the bylaws. The current bylaws (as of 2011) are posted on the SMCR website. In past practice, we have made these changes at the business meeting at our conference. But changes must be submitted in writing before the meeting. As we have been involved since the last conference in trying to update our bylaws to accurately reflect current policy, we realize that we could be taking advantage of electronic communication to be able to move some of these changes forward so that we don't have to wait for two years to do so!

Accordingly, we propose the following two changes, and state them here in the newsletter. We will call for an electronic vote shortly afterwards. The rationale for the proposed changes is:

1. Change in wording of dues policy in Article IV: We would like to omit the last few sentences of Article IV, section 3 in order to leave flexibility to add or delete categories of membership, which is at the discretion of the board and thus doesn't need to be specified in the bylaws -- specifying amounts in the bylaws will require a bylaws change every time the board wants to amend the categories or dues fees etc. – Section 1 of this Article states that the board of directors has the responsibility to set dues amount.

2. Change to reflect the current officer and committee structure: We have been working this way for a number of years but haven't updated our bylaws to reflect this:

CHANGE #1. CURRENT WORDING of Article IV, Dues, Section 3.

Section 3. The term of membership shall run annually beginning when payment is received by the Treasurer and expiring the last day of the same month of the following year(s), as applicable. The membership person shall send reminders to members monthly, beginning two months prior to their expiration date and ending one month after the expiration date. The minimum dues payment will be \$20 per year, and members may pay via self-selected sliding scale. Regular payments will be \$50 per year, or \$90 for 2 years. Fully employed people are expected to pay the full fee.

Proposed change:

Section 3. The term of membership shall run annually beginning when payment is received by the Treasurer and expiring the last day of the same month of the following year(s), as applicable. The membership person shall send reminders to members monthly, beginning two months prior to their expiration date and ending one month after the expiration date.

CHANGE #2. CURRENT WORDING of Article VII - Officers and Committees of the Society:

Section 1. The officers of the Society shall be a President, a Secretary/Treasurer, a Conference Coordinator, who will serve as President-elect. The standing committees of the Society shall

include the Executive Committee, which consists of the officers of the Society, the Membership Committee, the Nominating Committee, the conference National Planning Committee.

Section 2. Such other committees, standing or special, as the board shall from time to time deem necessary, shall be appointed by the President with the consent of the Board.

Proposed Change:

Section 1. The officers of the Society shall be a President, a Secretary, a Treasurer and a Conference Coordinator, who will serve as President-elect. The standing committees of the Society shall include the Executive Committee, which consists of the officers of the Society.

Section 2. The Standing Committees of the Society include: the Nominating, Committee; the Membership Committee; and the Conference Coordinating Committee,

Section 3. Such other committees, standing or special, as the board shall from time to time deem necessary, shall be appointed by the President with the consent of the Board.



EDITOR'S NOTE

by David Linton

As readers may notice, the SMCR newsletter has gotten both longer and flashier recently due to the wonders of digital production and Internet distribution which allow us to not be so concerned about postage expenses and to fully utilize word processing technologies. But the heart of the newsletter, like the heart of the SMCR, exists in the contributions of our members. I continue to marvel at the range of activism, creativity and scholarship that issues from the pens, minds and souls of the SMCR collective endeavor.

The material in this issue of the newsletter captures only a fraction of what we're up to, which prompts me to mention one complaint: we don't boast enough! We need to do an even better job of notifying each other and the rest of the world of our achievements, our projects, our activism, and our teaching.

So, don't miss the next opportunity to share Put this date on your calendars now: **OCTOBER 1, 2012**. That's the deadline for submission for the next issue of **SMCR News**.

Submission Deadline for next edition
of the SMCR News:

OCTOBER 1, 2012

Member Dues and Data

At the 2011 Conference, we agreed to move from an annual membership renewal to a rolling renewal basis. Members will receive up to four reminder emails:

- the month before your membership expired
- the month at the end of which your membership expires
- the month after your membership has expired
- two months after your membership has expired

Some of you will have received (and responded to) renewal notices already.

I think it's going well so far. A bonus for me is that the monthly emails I send put me more in touch with you all! If you have any questions about dues, or your status, feel free to email me at info@menstruationresearch.org

Also, if anything's changed for you in the following areas, please email that to me as well, so that I may update your data record.

Your SMCR Member Info

- Name (First Middle Last):
- Credentials (PhD, RN, etc.):
- Street Address:
- Street Address 2:
- City:
- Province/State:
- Zip Code or Postal Code:
- Country:
- Work Phone:
- Home Phone:
- Fax:
- Primary Email:
- Secondary Email:
- Website:
- Affiliation/Organization: • Position/Title:
- Discipline:
- Research Interests:

For your reference, SMCR Membership details are available online [here](#).

[Alexandra Jacoby](#)

SMCR Treasurer

