

# The Periodical

Winter 2014



Welcome to the first 2014 edition of THE PERIODICAL, the newly named newsletter of the Society for Menstrual Cycle Research. The newsletter has been around for quite a while (you can see some of the earlier editions on the SMCR web site), but now, in order to be able to make it longer, more colorful, and more frequent without the considerable expense of printing and mailing, we're doing it completely online.

In addition to the wealth of interesting material about projects and accomplishments of MMC members, you'll find articles about early plans for the 2015 SMCR conference in Boston including invitations to submit nominations for the Making Menstruation Matter Award as well as news about a new venture being undertaken in collaboration with a consortium of organizations that will culminate in on May 28, 2014 with Menstrual Hygiene Day, the finale of the month long Menstravaganza. More information will be forthcoming as plans unfold.

Since the SMCR membership is such a productive group we have set the deadline for submission of news and information for the next edition of THE PERIODICAL for May 1. Kindly put the date in your calendars.

Finally, thanks to all who submitted items for this issue and especially to Linda Eder for her layout and design work that make the newsletter possible.

-David Linton, Newsletter Editor

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Submission Deadline  
for next edition  
of the SMCR News:

**MAY 1ST, 2014**

**SAVE  
THE  
DATE**

**June 4-7, 2015**

# SMCR President Update



**Ingrid Johnston-Robledo, SMCR President 2013-2015**

Happy 2014! As we head into another year, I find myself reflecting on our accomplishments, identity as an organization, and projects that lie ahead. First, I would like to thank our members who stood for the Board election this fall and acknowledge/welcome those who were chosen to serve on the Board: Heather Dillaway, Maureen McHugh, Sheryl Mendlinger and Janette Perz. A warm welcome also to our newest appointed member, Activist Coordinator, Breanne Fahs. See the website for a complete list of Board Members. I am fortunate to be in a position to lead such a vibrant and dedicated Board of Directors.

Since the last newsletter was published, we have been working on many ongoing and new projects. Mindy Erchull has worked tirelessly to get a handle on our current membership, specifically communicating with our members about their dues and contact information. She and Liz Kissling have also worked together to make revisions to our website. Thanks to Angela Barney, the Society Facebook page now has 300 "likes." The first issue of our journal, *Women's Reproductive Health*, has gone to press! Thank you, Joan Chrisler, for all your work getting this first issue off the ground, and for continually promoting the journal and, by extension, the Society.

My next steps include a membership campaign and the related initiative of increased attention to our website. More people should know about the benefits of joining our community, an even easier sell given our new journal! If you are willing to help share great news about our group with prospective members or to contribute content to our website, please let me know. Finally, I am thrilled with the emerging plans, under Chris Bobel's leadership, for the 2015 conference in Boston. This conference is co-sponsored by the Center for Women's Health and Human Rights, and its theme, *Widening the Cycle: Human Rights, Reproductive Justice, and Menstrual Health Across the Lifespan*, embodies the value we place on a contextual approach to menstrual cycle issues and on partnerships with sister organizations. The conference planning committee is applying for a few meeting grants with deadlines in late Spring. If you are interested in contributing to this effort, please let me know. I am looking forward to engaging in this incredible, fulfilling work with many of you in the years to come.

# SMCR HAS AN INTERN!



We are fortunate to have an intern for the Society from who can work for us for about 10 hours a week during the academic year. Ashley Bittner is an undergraduate student in the Chatham College for Women of Chatham University. She is currently studying environmental science and engineering. In her spare time she works with a variety of environmental justice groups as well as community organizations within the labor movement, such as Fight Back Pittsburgh. She is from southwestern Pennsylvania and is happy to be living and working in Pittsburgh. Ashley became interested in the Society for Menstrual Cycle Research via reading not-for-profit feminist literature on menstruation, in particular a short magazine or "zine" titled Threads. She is excited to learn more about women's health and intersectionality.

So far we have put her to work on several projects: She is preparing a Wikipedia entry about SMCR and then will scan Wikipedia to see where we might comment on related entries. In addition, she worked on a creating a major

data base for all our contacts and outreach over the past few years. While our membership is one database, for each conference we usually reach out to like organizations as well as local entities near the conference site. Ashley's list will combine all of this for us. She's also going to be looking through the literature to help us reach out to recent authors of published papers to invite them to our conference in 2015. Updating our brochure is also on her list, as well as checking some of our links on the website to be sure they are currently active. And finally, she's helping Evelina Sterling in the search for grant support to help finance our upcoming (and future) conferences.

Thanks to Ashely for all that she has accomplished so far for SMCR!

If any of you have additional ideas for her talent and energy, please contact me:

Peggy Stubbs,  
[mstubbs@chatham.edu](mailto:mstubbs@chatham.edu);  
412-365-2962.

## Call for Nominations: Making Menstruation Matter Award

I know it may seem like just yesterday that we gave the first Making Menstruation Matter award to Gloria Steinem, but it's already time to start thinking about nominations so that we can give our second Making Menstruation Matter award at the 2015 conference.

This award recognizes a journalist, activist, artist, public figure, or organization that has meaningfully contributed to the public understanding of menstrual cycle-related issues.

The intention of the award is to honor and encourage thoughtful dialogue about the menstrual cycle beyond the academy.

If there is an individual or organization that you feel would be a worthy recipient of this award, please send a 100-500 word nomination statement to

Mindy Erchull at [info@menstruationresearch.org](mailto:info@menstruationresearch.org) or [merchull@umw.edu](mailto:merchull@umw.edu).

**All nominations must be received by Monday, March 31<sup>st</sup>, 2014 to be considered.**

# 2015 SMCR CONFERENCE UPDATE



Details are taking shape! Join us in making it happen!

We now have a finalized DreamTeam of a Program Planning Committee:

## CO-CHAIRS:

Long time SMCRers Jane Ussher, Janette Perz, (both of the University of Western Sydney), and Heather Dillaway (Wayne State University)

## COMMITTEE MEMBERS:

Megan White Mukuria and Annie Smith, (both of ZanaAfrica (Kenya)), Marlene Fried, (Director of the Civil Liberties and Public Policy Program (at Hampshire College)) and Toni Bond Leonard (Board President of both the National Network of Abortion Funds (NNAF) and SisterSong Women of Color Reproductive Justice Collective and a leader of the Trust Black Women collective).

But all of SMCR has a voice in program planning. And we need your help!

## NAMES!

Have any ideas for Keynote and Plenary Speakers? Who do you know that ably makes the connections between MENSTRUAL/OVULATORY HEALTH and REPRODUCTIVE JUSTICE or HUMAN RIGHTS? Leads? Let us know!

## MONEY!

Are you aware of funds that support conference participation, both WITHIN your own organizations/institutions and BEYOND? Can you help us identify the necessary resources? We recognize that our success in attracting a richly diverse group of participants to our conference requires \$\$\$! Thus, we are seeking funds to defray travel costs for students, activists, artists and others who lack institutional support, as well as those traveling from abroad. Speak up!

## POST, TWEET, LIKE....

The Save the Date is nearly finalized. Once it is ready to go, we will send it to our membership and ask you to PROMOTE IT WIDELY! Let's create BUZZ about this conference now! It is up to us to make June 4-7, 2015 in Boston THE PLACE TO BE! Have ideas of organizations and individuals to add to our mailing list? Send them to us!

PLEASE send your ideas to [chris.bobel@umb.edu](mailto:chris.bobel@umb.edu) (Conference Co-Chair)

**SAVE  
THE  
DATE**

*Menstrual Health and Reproductive Justice:  
Human Rights across the Lifespan*

*June 4-7, 2015 Suffolk University, Boston, USA*



# Menstrual Health and Reproductive Justice: Human Rights Across the Lifespan

June 4 - 7, 2015 Suffolk University, Boston, USA



image courtesy of Suffolk University Law School <http://www.suffolk.edu/law/admission-aid/20916.php>

Co Sponsored by The  
Society for Menstrual  
Cycle Research,  
[menstruationresearch  
h.org](http://menstruationresearch.h.org), and the  
Center for Women's  
Health and Human  
Rights at Suffolk  
University,  
[suffolk.edu/cwhhr](http://suffolk.edu/cwhhr)

Save the date for a multidisciplinary and global conference to strengthen our work—our research programs, our activism, our clinical service, our artistic expressions, and our policy programs— to benefit from greater menstrual health, empowerment, and social justice for women and girls everywhere.

Menstrual-ovulatory health is central to women's ability to lead lives of dignity and health in every society in every part of the world. In fact, menstrual-ovulatory health and menstrual education are the foundations for more widely-acknowledged reproductive rights, such as the right to plan the number and spacing of our children, the right to sex education, and the right to sexual autonomy and pleasure. Menstrual health and menstrual education also facilitate other women's rights

globally, such as the right to education. Without menstrual-ovulatory health in place for all women, other women's rights remain in jeopardy.

Yet menstrual health is rarely recognized or theorized as a reproductive justice issue. Nor is it often respected, protected, or fulfilled as a human right.

When those interested in the menstrual cycle use reproductive justice and human rights frames, we see more clearly the social and institutional structures that constrain women's and girls' fundamental right to self-determination and bodily integrity. When reproductive justice advocates include menstrual health in visions of social justice, we create a fuller picture of, and more effective strategies for, women's empowerment and well being across the lifespan.

# Menstrual Health and Reproductive Justice: Human Rights across the Lifespan



Because menstrual health is a human right as well as a reproductive right.

Look for the Call for Abstracts in early 2015 at <http://menstruationresearch.org/>  
Proposals are invited to create a diverse and thought-provoking conference from:

- Women's health activists
- Artists and poets
- Health educators
- Historians
- Human rights activists
- Literary and cultural critics
- Midwives
- NGO affiliates
- Nurses
- Physicians
- Policy makers
- Public health scholars and practitioners
- Reproductive health activists
- Reproductive justice activists
- Social scientists
- Women's and Gender studies scholars

Submissions that address all aspects of the menstrual cycle (physiological, sociocultural, psychological, or cross-cultural) are encouraged, including those that involve research, theory, public policy, health care, clinical applications, art and activism.

Papers, poster sessions, workshops, exhibits, panels, and creative presentations are all welcome. We also seek spoken word artists and poets to participate in our 2<sup>nd</sup> biennial Menstrual Poetry Slam!

The conference program will include:

- Making Menstruation Matter Award Presentation and Keynote (look for our call for nominations soon)
- Plenaries that show the connections among menstrual health across the lifespan (from menarche through menopause) reproductive justice, human rights, activism, policy, and politics
- Cutting-edge research presentations
- Film Screenings
- Menstrual Poetry Slam
- Menstrual Art exhibit

Boston 2015 Conference Committee Chairs: Chris Bobel (SMCR President- Elect and UMass Boston) and Amy Agigian (Director of the Center for Women's Health and Human Rights at Suffolk University)

Boston 2015 Program Committee: Jane Ussher, Janette Perz (both of the University of Western Sydney) and Heather Dillaway (Wayne State University), Co-Chairs, with support from Ingrid Johnston-Robledo (SMCR President and Castleton College), Megan White Mukuria and Annie Smith, (both of ZanaAfrica (Kenya),) Marlene Fried (Director of the Civil Liberties and Public Policy Program and Hampshire College and Toni Bond Leonard (Executive Director of [Black Women for Reproductive Justice](#) (BWRJ))

For more information, contact Chris Bobel ([chris.bobel@umb.edu](mailto:chris.bobel@umb.edu)) or Amy Agigian ([aagigian@suffolk.edu](mailto:aagigian@suffolk.edu)).

-Chris Bobel, SMCR President-Elect

## SMCR MEMBER NEWS

The diversity of the SMCR membership is truly impressive made up of artists, scholars, teachers, activists, counselors, nurses, midwives, physicians, and community leaders. Here are some reports of their more recent activities.

**Lisa Leger - Drier Than A British Comedy? Honey, You Are Not Alone.** SMCR member and board director, **Lisa Leger**, has teamed up with Canadian company, [Damiva](#), to promote a natural remedy for vaginal dryness called Mae. The lubricating and hydrating vaginal suppository is named for actress, Mae West, who is remembered as a sexual rights activist. Lisa is a women's health educator and [Justisse](#) fertility awareness educator who brought Mae into the pharmacy where she works on Vancouver Island to offer a solution to vaginal dryness and fragility that is free of parabens, perfumes, and chemical additives. Two key ingredients are: hyaluronic acid (better known for its use in wrinkle creams and injected into dry, arthritic joints by orthopedic surgeons under the drug name Synvisc), and sea buckthorn extract (renowned for promoting repair and hardness of mucus membranes and skin). She recorded a radio spot using the sassy and humorous language in the company's marketing materials. (click [play](#) at the bottom of the page to listen.)

The creator of Mae, Chia Chia Sun, received 3 investment offers on the CBC television show [The Dragon's Den](#) which Shark Tank is modeled after. There is a demand for a non-hormonal solution to vaginal dryness and orders are exceeding expectations. Lisa's role is to educate the public and her colleagues about the product, and teach pharmacists how to recommend it. Although Mae's promotional material targets menopausal women, she points out that women also experience vaginal dryness when on hormonal birth control, during pregnancy and breastfeed, and when taking certain cancer drugs like SERMs.

Submitted by Lisa Leger, contact [fertilityfairy@hotmail.com](mailto:fertilityfairy@hotmail.com) or call 250-951-0243 for details.

**Jenny Lapekas** - I've published some poetry in the Avalon Literary Review, and I am now a Staff Writer for the website Bitch Flicks, so I've found a home for my feminist film critiques.

**Eugenia Tarzibachi - (Argentina).**

Here is the first publication of an interview in a well known newspaper here in Argentina (Página 12); it is the only newspaper that has a Gender Section called "Las12" --<http://www.pagina12.com.ar/diario/sociedad/3-228032-2013-09-01.html>. I was surprised by the interest the interview provoked. Later came some interviews in radios and one of the founders of Madres de Plaza de Mayo, Hebe de Bonafini, called me for another interview for the institutional magazine. I interviewed her in some parts of the conversation and it was very interesting because she remembered lots of myths related to menstruation when she was young. Here is the publication in their magazine, "Ni un paso atrás" (the name of the magazine is a symbol of their resistance during the dictatorship in Argentina when they were trying to find their sons and daughters who were disappeared, tortured and assassinated by militias that took power in Argentina from 1976 to 1983)- [www.madres.org/documentos/doc20131104134317.pdf](http://www.madres.org/documentos/doc20131104134317.pdf)



# By and About Our Members



And a short video that was launched in TV Publica: [http://www.youtube.com/watch?v=Lvy8S6Av3\\_k](http://www.youtube.com/watch?v=Lvy8S6Av3_k)

And here is an abstract of my dissertation which I am completing in Social Sciences at the Universidad de Buenos Aires.

Research Area: Gender and cultural studies.

Title of the Dissertation (tentative): Free Zone. The Introduction of the Tampon in a "New Argentina" during the 1970s.

## Abstract

This research retakes discourses about women's bodies, menstruation and menstrual "hygiene" global technologies in Argentina, particularly focusing on tampon advertising and its reception in the 1970s. For such purpose, we trace the emergence of these products and their advertising both in Argentina and the United States (countries where they patented and where most brands present in Argentina came from) through a genealogical lens. In addition, such analysis of the introduction of the tampon through advertising presents us with a prism through which to see the tensions resulting in the creation of a new female body ideal under the concept of "Women's Liberation."

## Dr. Jacqueline Thomas -

SMCR member Dr. Jacqueline Thomas is celebrating the Kindle publication of the third edition of Lizzy & the Light Below, a kind of quest-tale she wrote for girls at, or just before, menarche. Based on the ideas she developed for a scholarly article published in Menstruation, A Cultural History (Palgrave, 2005), Lizzy translates Thomas' research into an accessible work of young adult short fiction. Her goal was to give mothers an effective and all-too-rare tool for explaining and celebrating their daughters' first period. Describing the book, Thomas says that, while it conveys the important message that menstruation is a natural process, a sign of good health and fertility, and a bodily function undeserving of the cultural shaming that attends it, Lizzy also draws on little-known but abundant evidence of the culture-originating power of menstruation—a timeless legacy that should give girls immense pride in their bodies.

To make this information accessible and enjoyable to preteens and teenagers, Thomas tells the story in Lizzy of how a smart and sensitive girl who has just had her first period "accidentally" journeys into a friendly otherworld.

There she learns that human culture originated with the prehistoric women's understanding of their menstruation—from their simple mathematics of counting the moon's phases to their development of the earliest religious beliefs and practices. Her otherworld guide, Luciel, "The Keeper of the Light Below," explains to her that, now that she is a Changing Girl, her experience of menstruation will give her the chance each month to reflect on her life and remember what is important to her. She shows Lizzy that her respectful attention to her period can be a way for her to stay true to her dreams, revitalize her relationships, and renew the world.

While Thomas wrote the book for mothers to read aloud to their daughters, it could be given to a girl to read alone. To provide mothers with background for the book's historical and anthropological claims, Thomas has included a brief scholarly introduction to the research underpinning the story. Look for the new edition at Amazon.com or find it on Kindle. For more information, contact:

Jacqueline K. Thomas, Ph.D. at [jkthomas@mail.utexas.edu](mailto:jkthomas@mail.utexas.edu).



## By and About Our Members



"Ribbon Dance"

**Jen Lewis** - After relocating to Denver, Colorado, I landed my very first solo exhibit for Beauty in Blood. The whole month of February I'll be showing "Bloody Valentine" at the Rooster & Moon Public House here in Denver. Additionally, back in the fall I wrote a guest blog for the Feminist & Women Studies Association (UK & Ireland) about my art project. <http://fwsablog.org.uk/2013/09/25/beauty-in-blood/> Also, I've been selected to participate in a "thematic panel" discussion about feminism, body politics and art as a participant in the 2013 Feminist Art Conference for future publication by Cambridge Scholars Publishing. And I'm also doing a monthly "Menstrual Pin-Up" on the SMCR blog.

[www.beautyinblood.com/gallery.html](http://www.beautyinblood.com/gallery.html)

**MINDY ERCHULL** - Mindy Erchull had a very busy fall semester on the publication front as she had four different papers published. In

September, she and Miriam Liss published "Differences in beliefs and behaviors between feminist actual and anticipated mothers" in Psychology of

Women Quarterly. In December, Erchull and Liss published two more papers: "Exploring the concept of perceived female sexual

# By and About Our Members



empowerment: Development and validation of the Sex is Power Scale” in Gender Issues and “Feminists who flaunt it: Exploring the enjoyment of sexualization among young feminist women” in the Journal of Applied Social Psychology. A third paper was published with a former student, Stephanie Lichiello in Sex Roles entitled “Extending the negative consequences of media internalization and self-objectification to dissociation and self-harm.” For more information:

[www.sweeteningthepill.com](http://www.sweeteningthepill.com)

**Joan C. Chrisler** - Joan C. Chrisler and her Israeli colleague Varda Muhlbauser were co-recipients of the 2013 Florence L. Denmark Award for Contributions to the Psychological Study of Women and Aging, presented by Division 35 (Psychology of Women) of the American Psychological Association. The award recognizes their co-edited book, Women over 50: Psychological Perspectives (2007, Springer), special issue of the journal Women & Therapy (2012, vol. 35, no.3-4) on “Women, Power, and Aging,” and their current book project, Women & Aging: An

International, Intersectional, Power Perspective (forthcoming, Springer). Dr. Chrisler’s most recent edited book, Reproductive Justice: A Global Concern (2012, Praeger), won the 2013 Distinguished Publication Award from the Association for Women in Psychology for the most important contribution to feminist psychology in 2012.

## Recent Publications

Chrisler, J. C. (2013). “Teaching taboo topics: Menstruation, menopause, and the psychology of women.” Psychology of Women Quarterly, 37, 128-132.

**Nancy E. Reame’s** - latest publication: “Differential Contributions of Polycystic Ovary Syndrome (PCOS) Manifestations to Psychological Symptoms” (Judy G. McCook, PhD, RN; Beth A. Bailey, PhD Stacey L. Williams, PhD Sheeba Anand, MD, MPH and Nancy E. Reame, PhD, MSN)

ABSTRACT: The purpose of this study was to investigate the relative contributions of previously identified Polycystic ovary syndrome (PCOS) manifestations (infertility, hirsutism, obesity, menstrual

problems) to multiple psychological symptoms. Participants were 126 female endocrinology patient volunteers diagnosed with PCOS who completed a cross-sectional study of PCOS manifestations and psychological symptoms. Participants had significantly elevated scores on nine subscales of psychological symptoms.

Menstrual problems were significantly associated with all symptom subscales as well as the global indicator, while hirsutism and obesity were significantly related to five or more subscales. After controlling for demographic factors, menstrual problems were the strongest predictor of psychological symptoms. Findings suggest features of excess body hair, obesity, and menstrual abnormalities carry unique risks for adverse psychologic symptoms, but menstrual problems may be the most salient of these features and deserve particular attention as a marker for psychological risk among women with PCOS.

**Lauren Rosewarne** - Following publication of her examination of representations of the menstrual cycle in film

and television, [Periods in Pop Culture](#), Lauren has continued to comment on menstrual matters with a recent column on “The Conversation,” poster here:

<https://theconversation.com/just-when-we-thought-wed-exhausted-all-uses-for-the-vagina-20675>

**Jerilynn C. Prior's** - latest research:

**Using progesterone for hot flashes shown safe for women's cardiovascular health**

Treatment with progesterone, a naturally occurring hormone that has been shown to alleviate severe hot flashes and night sweats in postmenopausal women, poses little or no cardiovascular risk, according to a new study by the University of British Columbia and Vancouver Coastal Health.

The findings, published today in PLOS ONE, help to dispel a major impediment to widespread use of progesterone as a treatment for hot flashes and night sweats, said lead author Dr. Jerilynn C. Prior, a professor of endocrinology and the head of

Centre for Menstrual Cycle and Ovulation Research.

For decades, women used a combination of synthetic estrogen and progesterone to reduce the frequency and severity of hot flashes and night sweats, as well as to prevent osteoporosis. Use of this so-called “hormone replacement therapy” dropped dramatically after 2002, when a large study revealed that it increased risk of heart disease, breast cancer, strokes and other serious conditions.

To evaluate the cardiovascular risk of using progesterone to alleviate symptoms, Prior and her collaborators recruited 110 healthy Vancouver-area women who had recently reached postmenopause (a year after the final menstruation), giving half of them oral progesterone and the others a placebo for three months.

The team used changes in each woman's age, blood pressure and cholesterol levels to calculate their 10-year risk of a heart attack and other blood vessel diseases, and found no difference between those taking progesterone and the control group. The study also found no significant difference

on most other markers for cardiovascular disease.

“Many women are apprehensive about taking progesterone for hot flashes because of a belief that it carries the same – or even greater – risks than estrogen,” Prior said. “We have already shown that the benefits of progesterone alone have been overlooked. This study demonstrates that progesterone's risks have been overblown.”

## BACKGROUND | TREATMENT FOR HOT FLASHES AND NIGHT SWEATS

**The change of life:** The average age at which women have their final menstrual cycle is 51. Night sweats and hot flashes, caused by dramatic and unpredictable fluctuations of estrogen, usually appear in perimenopause (the years leading up to and a year beyond the final menstrual cycle) and usually continue into postmenopause.

**An overlooked alternative?** During the heyday of the combined “hormone replacement therapy,” estrogen was considered the active ingredient in alleviating night sweats and hot flashes and preventing osteoporosis in

# By and About Our Members



later years. It was also considered effective in keeping women looking younger and more feminine. Progesterone was included mostly to guard against a thickening of the endometrium, the lining of the uterus, which could lead to uterine cancer. (Women whose uteruses had been removed by hysterectomy are usually given estrogen alone.)

## **The demise of estrogen:**

Though doctors still prescribe short-term estrogen for women with severe night sweats and hot flashes, it's not considered safe as a long-term prevention against osteoporosis or any other conditions of aging. Since estrogen use began to decline, breast cancer rates have started to fall; health statisticians believe the two trends are linked.

**More studies underway:** Prior, in contrast to many of her colleagues, has been prescribing progesterone since it became available in Canada in 1995, for postmenopausal women to treat flashes and night sweats, and for perimenopausal women to alleviate hot flashes, heavy menstrual flow and sore breasts. In a randomized controlled study published in 2012, Prior and research associate Christine

Hitchcock showed that progesterone significantly reduced the intensity and frequency of night sweats and hot flashes, compared to a placebo, in postmenopausal women. Prior is now recruiting Canadian women for a similar study examining progesterone's effectiveness for treating perimenopausal night sweats and hot flashes. For more information, visit <http://bit.ly/progesterone-study>.

**David Linton** - Following up on contacts made during the SMCR conference in June, David was invited to take up a two-week's research scholar appointment at the University of Gothenburg in Sweden. In collaboration with Josefin Persdotter, local menstrual activist and artist, they gave presentations to the Gothenburg Feminist Network and a seminar sponsored by the Resistance Studies Group. While in Sweden David also expanded his research on how people form their values and attitudes about the menstrual cycle by interviewing a number of individuals.

In October he met with Danielle Keiser at the offices of WASH-United in Berlin to discuss the possibility working together on

plans for the May 28, 2014 Menstrual Hygiene Day.

**Bethany Caruso** - In recognition of the positive impact on girls' school attendance and achievement, initiatives around the world are addressing adolescent girls' menstrual hygiene management (MHM) needs through Water, Sanitation and Hygiene (WASH) in Schools programming. Such interventions are increasingly implemented in both development and humanitarian emergency contexts.

In 2012, UNICEF and the Center for Global Safe Water at Emory University initiated a programme to support collaborative research focused specifically on exploring the MHM challenges faced by female students in Bolivia, the Philippines, Rwanda and Sierra Leone and the determinants of those challenges. The results are now published as a series of reports:

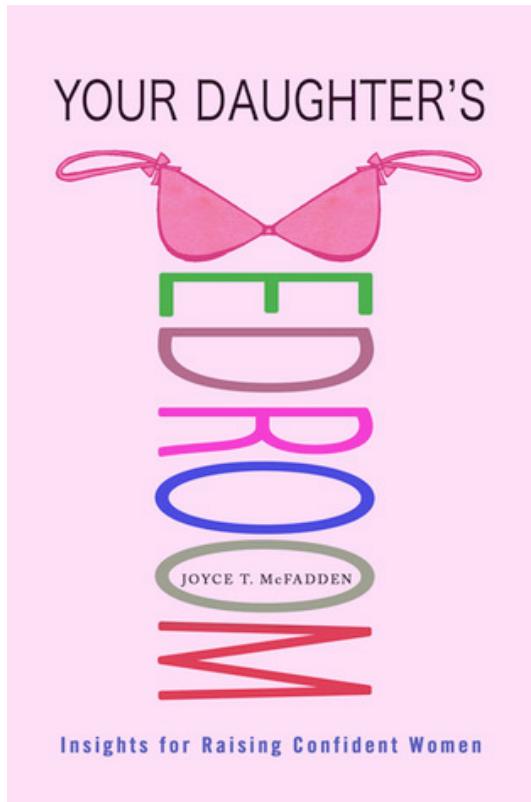
Bolivia: [http://www.ungei.org/files/WASH\\_Bolivia.pdf](http://www.ungei.org/files/WASH_Bolivia.pdf)

Philippines: [http://www.ungei.org/files/WASH\\_Philippines.pdf](http://www.ungei.org/files/WASH_Philippines.pdf)

Sierra Leone: [http://www.ungei.org/files/WASH\\_Sierra\\_Leone.pdf](http://www.ungei.org/files/WASH_Sierra_Leone.pdf)

Rwanda: (forthcoming)





## Joyce McFadden's new book: Your Daughter's Bedroom: Insights for Raising Confident Women

Based on my study of 450 women, *Your Daughter's Bedroom: Insights for Raising Confident Women* is a psychoanalytic analysis of the three topics women most wanted to talk about: relationships with their mothers, menstruation, and masturbation. The chapter on menstruation is entitled, "Are You There Mom? It's Me, Your Daughter."

"An empowering resource for mothers and daughters everywhere."—Kirkus

"A fascinating and empowering text for women of all ages."—Publishers Weekly

Ordering info is available here:

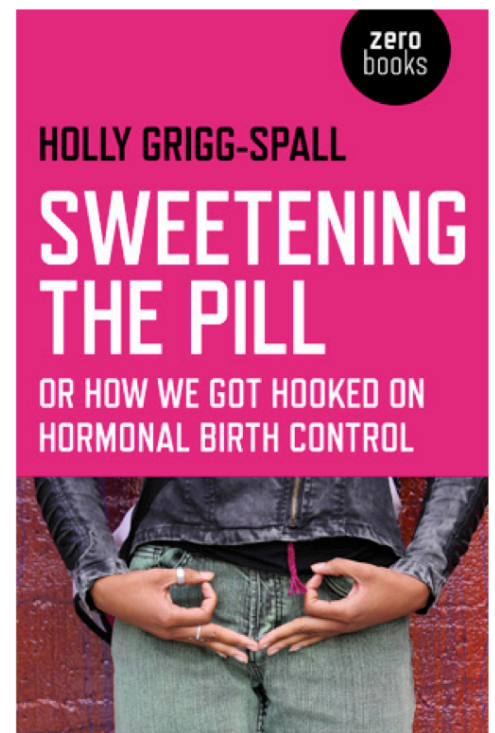
<http://www.amazon.com/Your-Daughters-Bedroom-Insights-Confident/dp/0230103626>

## Holly Grigg-Spall's new book - Sweetening the Pill

Millions of healthy women take a powerful medication every day from their mid-teens to menopause - the Pill - but few know how this drug works or the potential side effects. Contrary to cultural myth, the birth control pill impacts on every organ and function of the body, and yet most women do not even think of it as a drug. Depression, anxiety, paranoia, rage, panic attacks - just a few of the effects of the Pill on half of the over 80% of women who pop these tablets during their lifetimes.

When the Pill was released, it was thought that women would not submit to taking a medication each day when they were not sick. Now the Pill is making women sick.

However, there are a growing number of women looking for non-hormonal alternatives for preventing pregnancy. In a bid to spark a backlash against hormonal contraceptives, this book asks: Why can't we criticize the Pill?

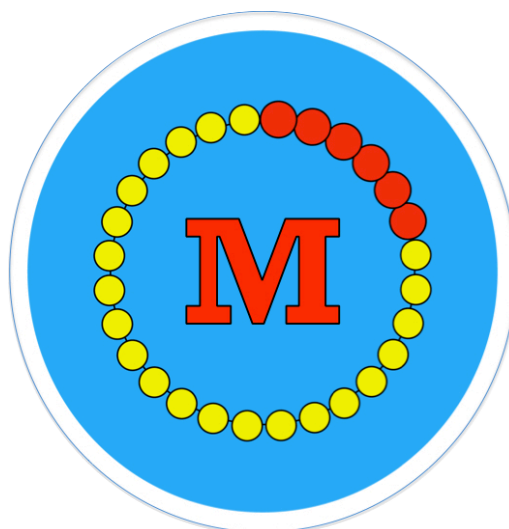


*Endorsement: Holly Grigg-Spall effectively melts the candy coating that obscures a simple truth: what we don't know, can indeed hurt us. Sweetening the Pill, equal parts personal journey, investigative journalism and feminist manifesto, cracks open the paternalist and corporate-driven ethos of self-improvement that undermines women's body literacy. We've got to demand better: more transparency, more options and more support for self-determined health care. Getting there begins with the kind of courageous inquiry Grigg-Spall inspires. -Chris Bobel, associate professor of Women's Studies at University of Massachusetts Boston and author of New Blood: Third Wave Feminism and the Politic*

# As part of the **SMCR** effort to

broaden our exposure and further our mission to Make Menstruation Matter, we will be collaborating in an international effort to advance menstrual advocacy and awareness spearheaded by a group based in Berlin known as WASH-United. Plans are presently underway to participate in a variety of activities during the month of May (A Menstravaganza!) culminating in a broad observance of May 28 as Menstrual Hygiene Day. Further information will be forthcoming as plans are developed. Anyone interested in participating in both the planning and implementation of the events, please contact David Linton at [dlinton@mmm.edu](mailto:dlinton@mmm.edu).

## The 28th of May. PERIOD.



### **Our vision:**

Create a world in which every woman and girl can manage her menstruation in a hygienic way  
– **in privacy, safety and with dignity** –  
at home, at school and at the workplace.

