WOMEN'S HEALTH & CLOTTING QUARTERLY
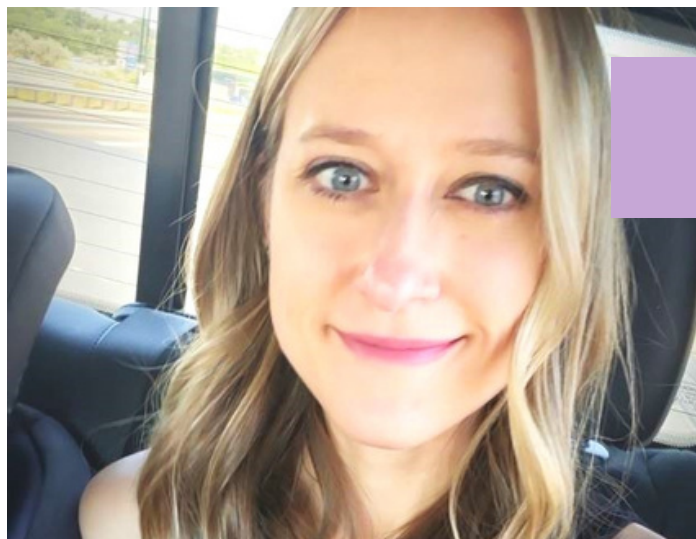
ROWAN FOUNDATION

BACK TO CAMPUS

When moving from home to dorm life, many college women are confronted with newfound independence related to their healthcare decisions, including decisions about contraception. Read more *here*.

CONTACEPTIVE AGENCY

Every woman should have the opportunity to make informed, autonomous decisions about her reproductive health, but there is a need today for better contraception counseling and support. Read more *here*.

MY STORY, MY VOICE

After the birth of her daughter, Sarah began taking hormonal contraception and later experienced a massive blood clot that extended from her ankle to her groin. Read more about Sarah's experiece *here*.

POSTPARTUM CONTRACEPTION

Choosing the right contraception after childbirth is a deeply personal decision that depends on several factors, including breastfeeding, hormonal changes, and family planning goals. Read more.
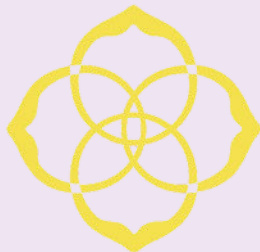
MY STORY, MY VOICE

Buffy has been dealing with recurring blood clots for the past two years, including potentially life-threatening bood clots in her lungs. Read Buffy's compelling story here.

INKSIGHTS: SAVE THE DATE!

The Rowan Foundation has been selected to participate in the Kendra Scott Gives Back Program, on Saturday, Oct 13, 2024, which is also World Thrombosis Day. Save the date and read more here.

YOU MATTER

Medical storytelling allows people to validate their experiences while also informing and inspiring others. Every story is different, every story matters. Share your personal story *here*.

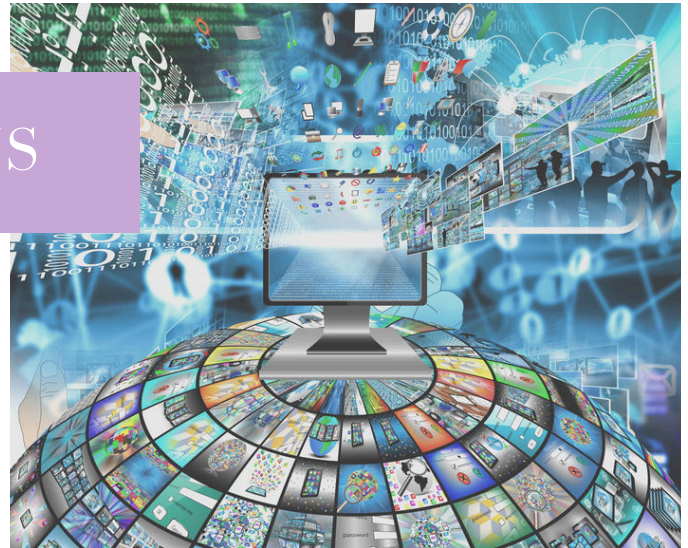## NET-SOURCED NEWS

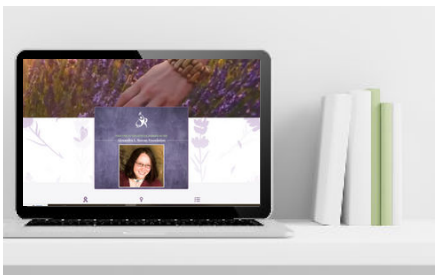*A popular low-calorie sweetener may raise the risk of blood clotting*

Risk of blood clots more likely with sickle cell trait, but still low

Hypertensive disorders of pregnancy may increase women's risk for blood clots later in life

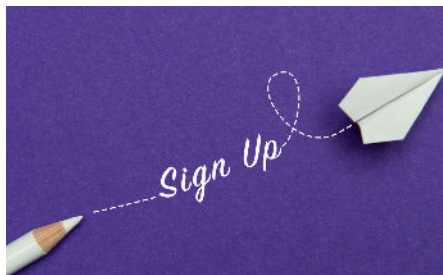*What doctors wish patients knew about birth control*

RESOURCES

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