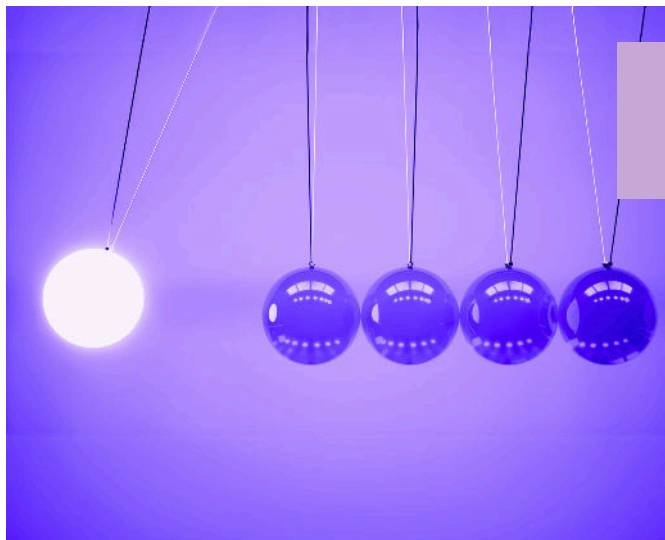


# WOMEN'S HEALTH & CLOTTING QUARTERLY

*e-Bulletin Issue 7, December 17, 2024*

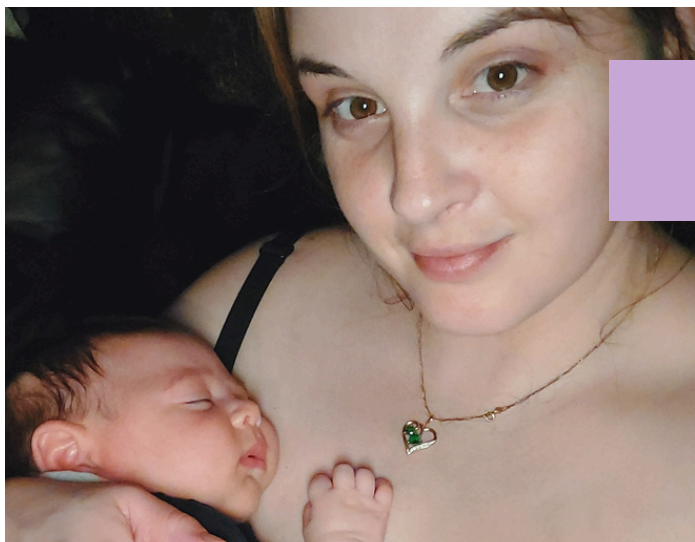


## STEWARDSHIP

*With the new year on the horizon, we look back on the accomplishments of the Rowan Foundation in 2024 and preview our plans for 2025. Read more and access our 2024 Stewardship Report [here](#).*

## HOLIDAY STRESS CHECK

*The holidays can be as maddening as they are magical, and untamed stress can contribute to health issues, including blood clots. [Learn more and get tips to put stress in check this holiday season.](#)*



## MY STORY, MY VOICE

*Two of her pregnancies resulted in blood clots in her lungs but, thankfully, Jasmine and her children are thriving today despite her recent diagnosis with CTEPH. Read Jasmine's story [here](#).*



*From the Founder's Desk*

## INK-SIGHTS

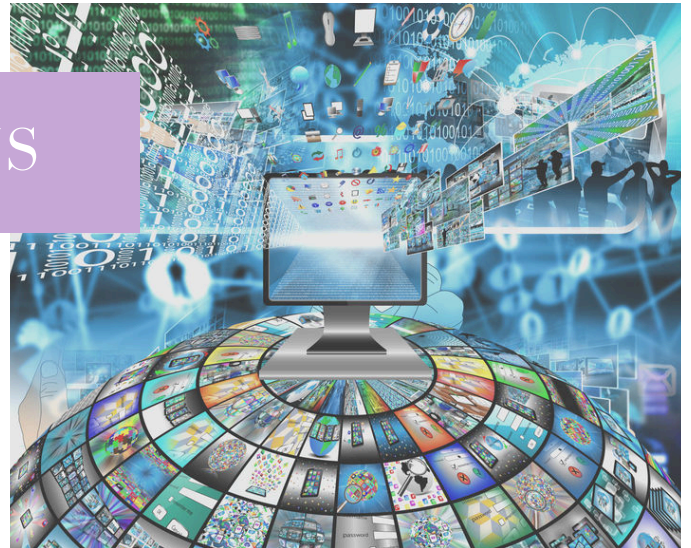
*Our founder, David Rowan, reflects on a year of progress in 2024, and shares his thoughts about how 2025 will be a pivotal year for the Rowan Foundation. Read his year-end message to the community [here](#).*

## NET-SOURCED NEWS

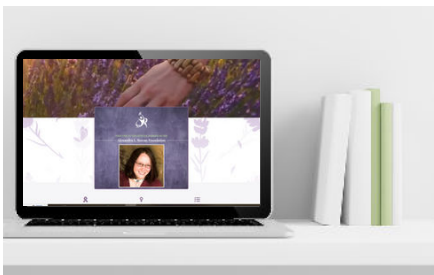
[HRT health risks - what every woman should know](#)

[Understanding stroke guidelines and how to prevent stroke in women](#)

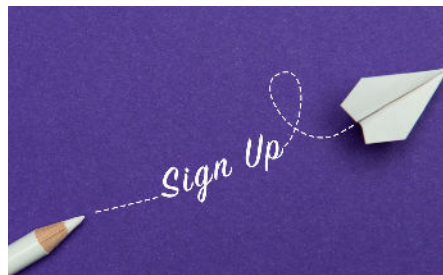
[The effects of hormonal birth control on your body](#)



## RESOURCES



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