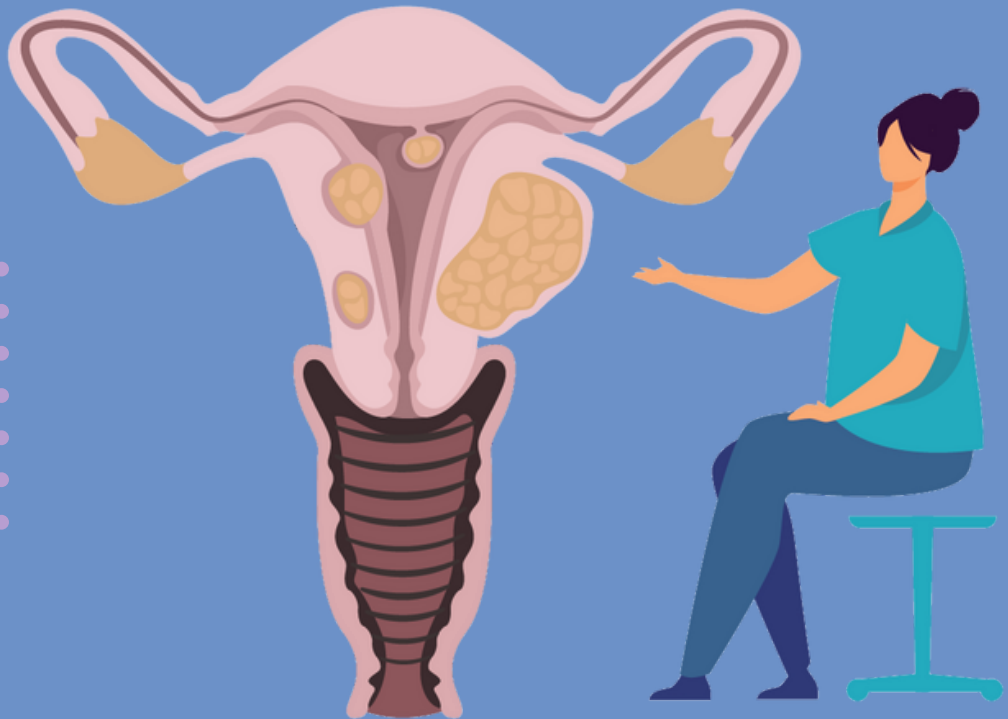


FIBROID AWARENESS MONTH TOOLKIT

Join the Society for Women's Health Research in raising awareness for uterine fibroids and the policy changes needed to improve health outcomes for women.



SWHR Resources

Uterine fibroids (leiomyomas) are non-malignant growths of the uterus. They are one of the most common gynecological conditions nationwide, affecting an estimated 26 million women between the ages of 15 and 50 years old.

July is Fibroid Awareness Month, which aims to bring awareness to this critical women's health condition. The following resources from the Society for Women's Health Research (SWHR) can be used to learn more about uterine fibroids or referenced in your own advocacy — whether during Fibroid Awareness Month or year-round.

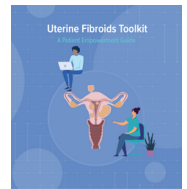
- **[Focus on Fibroids Fact Sheet](#)**

Fact sheet sharing information about uterine fibroids and the Stephanie Tubbs Jones Uterine Fibroid Research and Education Act



- **[Uterine Fibroids Toolkit: A Patient Empowerment Guide](#)**

Toolkit providing easy-to-understand information on gynecological health, guidance on uterine fibroid diagnosis and treatment, and tips for interacting with health care providers



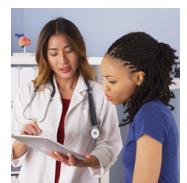
- **[Uterine Fibroids: Assessing Unmet Needs from Bench to Bedside](#)**

Report from SWHR's Uterine Fibroids Working Group, which captured themes and recommendations on addressing research gaps and improving diagnosis, treatment, and access to care for patients with uterine fibroids



- **[Examining Research Gaps and Barriers to Care for Fibroids](#)**

Takeaways from a roundtable discussion with interdisciplinary experts who discussed gaps in research, clinical care, policy, and patient education that need to be addressed to improve health outcomes for patients with fibroids



Focus on Fibroids: Empowering Women to Live Well with Uterine Fibroids Web Event Series

The Focus on Fibroids series was created to share educational information about uterine fibroids, including information about diagnosis, treatment options, access to care, and disparities, as well as highlight the experiences of women living with fibroids. The following events were part of this series:

- [Congressional Briefing: Supporting Women with Fibroids Through Policy Action](#)
**Held in partnership with the Fibroid Foundation, the Black Women's Health Imperative, the White Dress Project, and the Society for Interventional Radiology*
- [Tools to Navigate Optimal Care](#)
- [Empowering Women through Personal Journey-Telling](#)

Additional Blog Posts about Uterine Fibroids

- [Managing Bone Health for Endometriosis and Fibroid Patients](#)
- [Uterine Fibroids: Raising Awareness for an Overlooked Disease](#)
- ["Hidden in My Body:" The Case of the Unapparent Uterine Fibroid](#)

The Stephanie Tubbs Jones Uterine Fibroid Research and Education Act

The Stephanie Tubbs Jones Uterine Fibroid Research and Education Act (H.R. 2007, S. 2444) seeks to increase research funding for uterine fibroids, improve awareness and training, and seek to measure cost to government payers.

Specifically, the bill would:

- Establish new research funding through the National Institutes of Health (NIH), totaling \$150 million over 5 years
- Expand a Centers for Medicare & Medicaid Services (CMS) database on chronic conditions to include information on services provided to individuals with fibroids
- Create a public education program through the Centers for Disease Control and Prevention (CDC)
- Direct the Health Resources and Services Administration (HRSA) to develop and disseminate fibroids information to health care providers

“SWHR is pleased to honor the legacy of Rep. Tubbs Jones by supporting the Stephanie Tubbs Jones Uterine Fibroid Research & Education Act of 2021. Public awareness and research funding for fibroids remains startlingly low. We are hopeful that greater attention to this disease will lead to more fibroids research, the discovery of new treatments, and improved care for patients. Increased awareness of fibroids will also spark essential conversations among women, their families, and their health care providers about menstrual conditions, which are often stigmatized and dismissed by society.”

- SWHR President and CEO Kathryn G. Schubert, MPP, Press Release, Office of Rep. Yvette Clarke (NY-09)

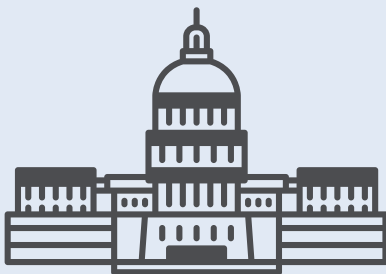
Advocacy Resources

If you would like to see the Stephanie Tubbs Jones Uterine Fibroid Research and Education Act (H.R. 2007, S. 2444) signed into law, below are some advocacy tools and resources that will help you connect with your members of Congress to encourage the passage of this bill.

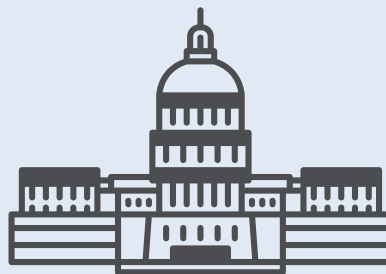
CONTACT YOUR ELECTED OFFICIALS

Share with your elected officials what this legislation means to you and how you think it will affect health outcomes for women nationwide. Personalize your message. Whether you or a loved one has experienced uterine fibroids, whether you work in women's health, or you recognize the value of increased research funding, sharing your story will have the greatest impact.

[Find Your Representative](#)



[Find Your Senators](#)



TWEET AT YOUR MEMBERS OF CONGRESS

You can also get in touch with your members of Congress on social media. A list of Twitter handles for members of the 117th Congress can be accessed online [here](#).



SAMPLE TWEET:

More than 26 million women in the US are affected by #uterinefibroids. [@MEMBER], it's time to give fibroids the attention they deserve. Please work with your colleagues to pass the UF Research and Education Act! #FibroidAwarenessMonth

Uterine Fibroid Partners and Advocates

SWHR is proud to work alongside partners and uterine fibroids champions throughout the year to raise awareness and advocate for passage of the Stephanie Tubbs Jones Uterine Fibroid Research and Education Act.

We encourage those interested in learning more and advocating on behalf of uterine fibroids to visit their respective websites.

Black Women's Health Imperative (BWHI)

Mission: To lead the effort to solve the most pressing health issues that affect Black women and girls in the U.S. Through investments in evidence-based strategies, we deliver bold new programs and advocate health-promoting policies.

HealthyWomen

Mission: To educate women ages 35-64 to make informed health choices.

Responsum Health

Mission: To build and support online knowledge communities of and for people living with chronic conditions, who seek ways to live their best lives.

The Fibroid Foundation

Mission: To be the voice of women living with fibroids.

The White Dress Project

Mission: To raise global awareness about the uterine fibroid epidemic through education, research, community and advocacy.