



Society for
Women's Health
Research

34TH ANNUAL

AWARDS DINNER

THURSDAY • APRIL 25 • 2024



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Message from the President and CEO

Dear Friends and Guests,

Thank you for joining us to celebrate the achievements of incredible leaders who are advancing equity in the health of women and championing their representation in education and research. Tonight, we are thrilled to honor three champions of women's health: Janine Clayton, MD, FARVO, Shontelle Dodson, PharmD, and Maria Shriver. These extraordinary leaders have each made significant contributions to their fields by promoting the importance of research in women's health and advocating for gender equity in health care. We appreciate you joining us to celebrate their achievements.

The choice of this beautiful venue, the National Museum of Women in the Arts, holds great significance and symbolism for our event this year. Originally built as a Masonic temple, the transformation of this space into a museum dedicated to celebrating and showcasing women's art is a powerful testament to the progress and empowerment of women.

The juxtaposition of the venue's history as a space where women were once excluded and its current role as a platform for celebrating women's achievements creates a powerful synergy. It reminds us of the progress that has been made and the ongoing work needed to ensure gender equality and inclusivity in all aspects of society, including the realms of health care,

research, policy, and education. Hosting our Annual Awards Dinner in this remarkable space was intentional. We not only honor the accomplishments of the awardees but also pay tribute to the resilience and determination of women in all fields. We are reminded of the importance of breaking down barriers and creating opportunities for all individuals to thrive and succeed. The National Museum of Women in the Arts serves as a reminder that when women are given the chance to contribute their unique perspectives and talents, they can shape and enrich our world in extraordinary ways.

This year we are especially mindful of the legacy of SWHR and our founder, Dr. Florence Haseltine, whose vision for a national strategy to address women's health research and greater inclusion of women within the scientific enterprise saw big strides with the first ever White House Initiative on Women's Health Research.

SWHR continues to lead the way in addressing the unique health needs of women across the health span. Our programs focus on a broad range of areas, including menopause, heart health, obesity, vaccines, endometriosis, autoimmune conditions and diseases, and more.

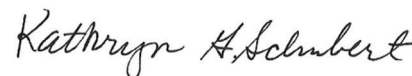
Research in women's health is not only essential for the well-being of women, but it also has far-reaching societal

impacts. By investing in women's health research, we can uncover new treatments, improve diagnoses, and develop preventative measures that will benefit not only women but also future generations. The need for investment in women's health has never been more crucial – nor has it ever been so high-profile, and we remain committed to advocating for prioritized funding to drive meaningful progress.

None of our work would be possible without the generous support of our sponsors, partners, and guests. We extend our sincere appreciation to each of you for your commitment and unwavering support. It is with your support that SWHR can continue to advance women's health through science, policy, and education while promoting sex differences to optimize women's health. Our goal is to achieve equity in the health of women, eliminate health disparities, and improve the lives of women across the health span.

Together, we can make a lasting impact and make women's health mainstream. Enjoy the evening!

Sincerely,



Kathryn G. Schubert, MPP, CAE
President and Chief Executive Officer



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National Museum of Women in the Arts, exterior,
13th Street side, 2023; Photo by John Mannarino



Collection galleries at the National Museum of Women in the Arts;
Photo by Jennifer Hughes, courtesy of NMWA

EVENING ACTIVITIES

Cocktail Reception and Museum Exhibits

6:00 P.M.

President's Welcome and Opening Remarks

7:00 P.M.

Dinner

7:30 P.M.

Awards Presentation

8:00 P.M.

Closing Remarks

Champagne Toast Sponsored by Bonafide Health

9:00 P.M.

WOMEN'S HEALTH VISIONARY AWARD

PRESENTER



Kaveeta P. Vasisht M.D. Pharm.D.

*Associate Commissioner for Women's Health, U.S. Food and Drug Administration;
Director, FDA Office of Women's Health*

Kaveeta Vasisht MD, PharmD, is the Associate Commissioner for Women's Health at the U.S. Food and Drug Administration (FDA). She directs the FDA Office of Women's Health (OWH), which serves to protect and advance the health of women through scientific programs, policy development, research, education, stakeholder collaboration, and outreach.

Dr. Vasisht leads efforts to advance regulatory science through understanding sex differences, promoting the inclusion of women and diversity in clinical trials, and establishing women's health research priorities at FDA. Under her leadership OWH recently developed the Knowledge and News on Women's Health Initiative, bringing broader awareness to conditions that not only impact women, but also highlighting how health conditions can affect women differently. In addition, she leads efforts to bridge important knowledge gaps on medication use in pregnancy and lactation. Dr. Vasisht and OWH have received numerous FDA awards in recognition of their contributions. Dr. Vasisht

received the SWHR Health Public Service Visionary Award from the Society at the 2023 Gala.

Prior to her current role, she served as a Deputy Director in FDA's Center for Drug Evaluation and Research (CDER) Office of Medical Policy and has extensive expertise in leading regulatory policy development.

She also provided clinical expertise on multidisciplinary teams in the review and evaluation of scientific data to make regulatory decisions on the safety and effectiveness of therapeutics during her tenure in CDER's Office of New Drugs.

Dr. Vasisht is board-certified in both internal medicine and adult endocrinology. She completed her internal medicine and endocrinology fellowship training at the University of Chicago Hospitals, where she also served on the faculty. She also holds a Doctor of Pharmacy degree from Rutgers College of Pharmacy where she graduated from the Honors Research Program.

WOMEN'S HEALTH VISIONARY AWARD

HONOREE



Janine Austin Clayton, MD, FARVO

*Associate Director for Research on Women's Health;
Director of the Office of Research on Women's Health (ORWH), National Institutes of Health (NIH)*

Janine Austin Clayton, MD, Associate Director for Research on Women's Health and Director of the Office of Research on Women's Health (ORWH) at the National Institutes of Health (NIH), is the architect of the NIH policy requiring scientists to consider sex as a biological variable across the research spectrum. This policy is part of NIH's initiative to enhance reproducibility through rigor and transparency. As co-chair of the NIH Working Group on Women in Biomedical Careers with the NIH Director, Dr. Clayton also leads NIH's efforts to advance women in science careers.

Prior to joining the ORWH, Clayton was the Deputy Clinical Director of the National Eye Institute (NEI) for seven years. A board-certified ophthalmologist, Clayton's research interests include autoimmune ocular diseases and the role of sex and gender in health and disease. She is the author of more than 120 scientific publications, journal articles, and book chapters.

Clayton, a native Washingtonian, received her undergraduate degree with honors from Johns Hopkins University and her medical degree from Howard University College of Medicine. Clayton completed fellowship training at the Wilmer Eye Institute at Johns Hopkins Hospital and in uveitis and ocular immunology at NEI.

Clayton has received numerous awards. In 2015, she was awarded the American Medical Women's Association Lila A. Wallis Women's Health Award and the Wenger Award for Excellence in Public Service. Clayton was granted the Bernadine Healy Award for Visionary Leadership in Women's Health in 2016. In 2021, Clayton was elected to the Board of Directors of the American Association for the Advancement of Science (AAAS).

WOMEN'S HEALTH VISIONARY AWARD

PRESENTER



Maureen Japha

Executive Director, Neuroscience Corporate Affairs at Eli Lilly and Company

Maureen Japha is the Executive Director for Environment Shaping in Corporate Affairs for Eli Lilly and Company's Neuroscience business unit. In this role, Maureen focuses on regulatory policy, value, and access issues connected with Lilly's Neuroscience portfolio, with a specific focus on Lilly's Alzheimer's disease therapeutics and diagnostics. Maureen's prior roles at Lilly include serving as the policy lead for Lilly's Biomed business unit, working across immunology, pain, and migraine.

Maureen has over 15 years of experience in the field of health policy. Based in Washington, D.C., Maureen started her career as a Hatch-Waxman litigator at Covington & Burling, LLP before transitioning into health policy with roles at FasterCures, PhRMA, and PWR. Maureen holds a BS in Biology from Tufts University and a JD from Washington University School of Law.

WOMEN'S HEALTH VISIONARY AWARD

HONOREE



Shontelle Dodson, PharmD

Executive Vice President, Head of Medical Affairs, Astellas Pharma, Inc.

Dr. Shontelle Dodson is Executive Vice President and Head of Medical Affairs globally at Astellas Pharma, Inc., responsible for leading Astellas' Medical Affairs activities for late-stage development and marketed products across all therapeutic and focus areas.

Previously, Dodson served as Senior Vice President of the Medical Specialties Business Unit. In this role, she led U.S. commercial activities for marketed products in the urology, anti-infectives and hospital business units. Prior roles also include Senior Vice President of Market Access and Senior Vice President, Medical Affairs Americas. Dodson joined Astellas in 2012 in Medical Affairs and previously led the Medical Specialties Commercial organization through an extensive restructuring while preparing for the launch of a novel new treatment option for women. She started her career in direct patient care at the Department of Veterans Affairs and worked

at Pfizer, Inc. and GTx, Inc. in various medical affairs leadership roles.

Dodson joined the board of directors of the National Pharmaceutical Council (NPC), a health policy research organization dedicated to advancing good evidence and science and fostering an environment that supports medical innovation in the United States in 2017. She is also a board member and former Chairwoman for the Society for Women's Health Research (SWHR). She has received multiple awards for leadership and innovation during her career, including the Healthcare Businesswomen's Association Rising Star and Astellas Vision Award.

Dodson holds a Doctor of Pharmacy degree from Mercer University College of Pharmacy and completed a postdoctoral residency at the Department of Veterans Affairs Medical Center in Nashville, Tennessee.

WOMEN'S HEALTH VISIONARY AWARD

PRESENTER



U.S. Surgeon General Vivek H. Murthy, MD, MBA

U.S. Department of Health and Human Services

Vice Admiral Vivek H. Murthy, MD, MBA, was confirmed by the U.S. Senate in March 2021 to serve as the 21st Surgeon General of the United States. As the nation's top doctor, Dr. Vivek Murthy helps to advance the health and well-being of all Americans and has worked to address critical public health issues. He has issued Surgeon General Advisories on the youth mental health crisis and social media's impact on youth mental health, the epidemic of loneliness and isolation, and on burnout in the health worker community. Dr. Murthy also issued a Surgeon General's Framework on mental health in the workplace and he is the first Surgeon General to host a podcast, House Calls with Dr. Vivek Murthy, where he invites

guests and listeners to explore how we can all build more connected and meaningful lives.

As Vice Admiral of the U.S. Public Health Service Commissioned Corps, Dr. Murthy oversees more than 6,000 dedicated public health officers serving underserved and vulnerable populations.

Dr. Murthy previously served as the 19th Surgeon General under President Obama. Raised in Miami, Dr. Murthy received his bachelor's degree from Harvard, his medical degree from the Yale School of Medicine, and his Master's in Business Administration from the Yale School of Management.

WOMEN'S HEALTH VISIONARY AWARD

HONOREE



Maria Shriver

Journalist; Founder, Women's Alzheimer's Movement at Cleveland Clinic; Strategic Partner on Women's Health and Alzheimer's, Cleveland Clinic

Maria Shriver is a mother of four, a grandmother, an Emmy, Gracie, and Peabody award-winning journalist, storyteller, seven-time *New York Times* best-selling author, NBC News Special Anchor, founder of the Women's Alzheimer's Movement, and Strategic Advisor on Women's Health and Alzheimer's at Cleveland Clinic. She is also the founder of Shriver Media and co-founder of the mission-driven brain health and wellness brand, MOSH.

A trailblazer for empowering women, Shriver uses her voice and multiple platforms to advance some of our nation's most pressing issues affecting women and women's health. Today she acts as an outside strategic advisor to President Joe Biden and First Lady Dr. Jill Biden on the first-ever White House Initiative on Women's Health Research, an initiative Shriver helped bring about. But her leadership in women's health began long before. In 2010, she broke new ground when, in partnership

with the Alzheimer's Association, "The Shriver Report: A Woman's Nation Takes on Alzheimer's" reported for the first time publicly that women are at an increased risk for the disease. Shriver went on to receive the first-ever Alzheimer's Association Lifetime Achievement Award for her decades of public service, activism, and leadership. Today, the Women's Alzheimer's Movement at Cleveland Clinic is the preeminent organization for women and Alzheimer's, funding gender-based Alzheimer's research—with a mission to educate women and their families about the disproportionate impact the disease has on them.

During her time as First Lady of California from 2003-2010, Shriver worked tirelessly on behalf of women and families, particularly those living on the brink of poverty. In 2016, Shriver was inducted into the California Hall of Fame.



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Working to Address Alzheimer's Disease

Biogen is a leading biotechnology company that pioneers innovative science to deliver new medicines to transform patients' lives and to create value for shareholders and our communities. We apply deep understanding of human biology and leverage different modalities to advance first-in-class treatments or therapies that deliver superior outcomes. Driven by our commitment to patients and our strong business foundation, Biogen remains dedicated to furthering Alzheimer's disease research and treatment, aiming to help address the unmet needs in this devastating condition, with an emphasis on early-stage disease. We understand how incredibly challenging it is to treat this complex condition, which is why we will never stop innovating for patients, families, and providers in the Alzheimer's community. **Biogen is proud to support the Society for Women's Health Research 34th Annual Awards Gala.**

DIAMOND



Gala Sponsors

List of Sponsors as of April 16, 2024

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PhD, MD

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JOURNAL OF
Women's Health



UterineHealthGuide

Let's Talk About PERIODS

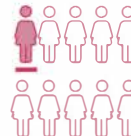
Because people don't talk about periods often, many may not be aware of uterine health conditions, or that they might be at risk.

~1 in 5 women ...don't feel comfortable talking to their healthcare provider about their period.



~70%

of women are estimated to have uterine fibroids by the time they reach menopause



~1 in 10

women of reproductive age have endometriosis

To start taking charge of your uterine health, visit

UterineHealthGuide.com



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2024 ANNUAL AWARDS DINNER

GUEST SPEAKER



Carolyn M. Mazure, PhD

Chair, White House Initiative on Women's Health Research

Dr. Carolyn M. Mazure joined the Office of the First Lady to serve as the Chair of the White House Initiative on Women's Health Research. Dr. Mazure comes to the White House from the Yale School of Medicine, where she is the Norma Weinberg Spungen and Joan Lebson Bildner Professor in Women's Health Research, and Professor of Psychiatry and Psychology. After three years at the National Institutes of Health and fellowship training at Yale, Dr. Mazure joined the Yale faculty as an

active clinician and NIH-funded researcher. She created and directs Women's Health Research at Yale, the university's interdisciplinary research center on the health of women, which studies a wide breadth of topics from cardiovascular disease to cancers. She also served as the Associate Dean for Faculty at Yale School of Medicine for twelve years. She holds a Ph.D. from Pennsylvania State University and did her fellowship and post-doctoral work at Yale School of Medicine.

SWHR CURRENT PROGRAMS

Alzheimer's Disease



Early diagnosis is essential for slowing the progression of Alzheimer's disease, planning for long-term management and care, and maintaining quality of life for both patients and caregivers. This program builds on the foundational scientific, policy, and educational work that SWHR has conducted for more than a decade, discussing research and policy needs and opportunities to improve health and quality of life outcomes in Alzheimer's disease and related dementias for women—both as patients and as caregivers.

Autoimmune Conditions and Diseases



HORIZON

Johnson
& Johnson

An estimated 8% of the U.S. population has at least one autoimmune disease, and 80% of these individuals are women. There are no established cures for most autoimmune diseases, and these chronic illnesses are among the leading causes of death for young and middle-aged women. This program offers comprehensive educational information and addresses health care policies that create barriers to access and affordable care for women across the lifespan who are living with autoimmune and immune-mediated diseases.

Bone Health

AMGEN®



U.S. women have a 50% lifetime risk of fracture starting at age 50, but 84% of Americans are not tested or treated for osteoporosis. This program builds on previous work that examines bone health and its impact on women's health conditions across the lifespan, with a special emphasis on strategies for fracture prevention in at-risk women.

Coalition to Advance Maternal Therapeutics



ORGANON



SWHR oversees the administration of the Coalition to Advance Maternal Therapeutics (CAMT). CAMT was launched in 2014 with the goals of better understanding the safety and efficacy of prescription drugs, therapeutics, and vaccines used during pregnancy and breastfeeding and raising awareness among policymakers and industry about the need to include pregnant and lactating women in clinical trials, where appropriate. The CAMT Steering Committee includes the American College of Obstetricians & Gynecologists, March of Dimes, Society for Maternal-Fetal Medicine, and SWHR. Its membership comprises nonprofits, medical societies, researchers, and a new Corporate Advisory Committee of maternal health industry leaders.

SWHR CURRENT PROGRAMS

Endometriosis



Endometriosis affects an estimated 1 in 10 women in the United States. It can develop in any girl or woman after the onset of menstruation, but it is most diagnosed in women in their 30s and 40s. The pain of endometriosis can be debilitating, and a diagnosis can take an average of 6.7 years, often with significant physical, emotional, and financial burdens. This program raises awareness of the gaps in research, diagnosis, treatment, and care for endometriosis and supports education for women, health care providers, and policymakers about the impacts of this chronic gynecologic disease.

Heart Health



Heart disease is the number one killer of women and men in the United States. Sixty million U.S. women are living with a form of heart disease, but only 44% of women recognize heart disease as a risk factor for death. This program explores public health and policy strategies to eliminate barriers to health care access and coverage for women living with or at risk for heart disease.

Menopause



With life expectancies increasing in the United States, many women will spend one-third to half of their lives post-menopause, and experience symptoms that range from hot flashes and sleep disturbances to bone density loss, changes in mood, and genitourinary syndrome of menopause. This program continued to raise awareness of knowledge gaps and unmet needs related to the menopausal transition across areas of education, clinical care, research, and policy, and promotes healthy living and wellness strategies for women throughout this life stage.

Narcolepsy



More than half of narcolepsy patients have symptoms before age 20, which often go undiagnosed or misdiagnosed for years. Building on the foundational work from previous sleep programs, this program addresses knowledge gaps, burden of disease, diagnosis delays, and other challenges women encounter as they provide caregiving support for children living with narcolepsy.

SWHR CURRENT PROGRAMS

Obesity



Obesity is a serious and rising health epidemic that affects nearly 93 million Americans, and prevalence is predicted to climb to 120 million within the next five years. This program aims to shed light and initiate action on this critical health concern to improve the cardiometabolic health of women living with obesity.

Polycystic Ovary Syndrome



Polycystic Ovary Syndrome (PCOS) is caused by an imbalance of reproductive hormones that affects how the ovaries develop and release eggs each month during the menstrual cycle. Approximately 5-10% of women between the ages of 15 and 44 have PCOS. This program provides educational information for women who are experiencing undiagnosed symptoms or living with PCOS.

Vaccines **CSL Seqirus**

As chief medical officers of the family, women need scientifically based and trustworthy information about infectious disease prevention strategies to make informed decisions to optimize their own health and the health of their families. This program built on public education and community outreach activities of our previous immunization education work to address gaps in clinical practice and engage women from diverse communities on the importance of the vaccines, with a special emphasis on flu vaccine and maternal health. During pregnancy, the flu vaccine helps to protect mothers, and when the antibodies cross the placenta, it can provide up to six months of protection for the baby.

Women's Health Diagnostics



There are more than 100 diagnostic tests and procedures available for detecting diseases and monitoring their progression. These tools can help guide treatments, inform patient decision-making, and promote positive health outcomes throughout one's life. This program highlighted the importance and value of innovative diagnostics to improve health outcomes for women across the lifespan and across disease states and conditions, with special emphasis on cancer and healthy aging.


Women's Health Dashboard

In 2022, SWHR launched the Women's Health Dashboard – a platform to highlight public health data, research investment and progress, health insurance coverage, and relevant policy implications and actions for diseases and conditions that have the highest burden of disease and mortality rates for women across the lifespan. Through the dashboard, SWHR aims to track progress regarding science, education, and health care policy outcomes for these high impact women's health issues. The dashboard currently focuses on Alzheimer's disease, breast cancer, chronic obstructive pulmonary disease, depressive disorders, and ischemic heart disease. SWHR publishes call-to-action reports and updates on the dashboard to highlight solutions to close research and health care gaps in each of these spaces. To learn more and support the Women's Health Dashboard, visit www.swhr.org/womenshealthdashboard.

Women's Health Equity Initiative



Women in the United States experience health disparities throughout their lifespans due to factors, such as sex, gender, social determinants of health, and historic inequities in the health care system. Launched in 2022, the SWHR Women's Health Equity Initiative (WHEI) highlights statistics on women's health in the United States and aims to engage communities in solutions to improve health equity across various disease states, conditions, and life stages. Through the creation of unique resources that feature patients and caregivers representing diverse subpopulations of women, SWHR is working to end women's health disparities that are based on age, race, ethnicity, geography, and among caregivers. In 2023, lupus and uterine health were added to the WHEI roadmap. To learn more and support the Women's Health Equity Initiative, visit www.swhr.org/healthequity.



2023-2024 FEDERAL LEGISLATIVE AGENDA

Since its inception in 1990, the Society for Women's Health Research (SWHR) has worked with policymakers to move women's health research and education forward. We will continue this national conversation on the unique needs of women and underserved research.

The Society represents the legislative and regulatory arena where SWHR plans to engage in 2023-2024. We provide leadership through the Federal Women's Health Policy Evidence-Based Policy, and pushing for improved inclusion and representation of women of all populations within clinical trials and in the biomedical research workforce. Each of which will lead to more health, education and economic health equity.

CORE LEADERSHIP ACTIVITIES


The policy priorities included in this category represent areas where SWHR should play a leadership role and serve as a potential convener for advocacy activities and initiatives. These priorities are not only aligned to SWHR's mission and scope of work, but also to the unique focus of women's health and women's health research.

- **Federal Research Funding**
 - Support increased investments in federal research and public health agencies that provide primary funding to support women's health research, such as the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) and the Office of Research on Women's Health (ORWH).
 - Identify opportunities to promote critical women's health research needs and opportunities.
 - Promote increased awareness of women's health-related research within research entities, such as the newly formed Advanced Research Projects Agency for Health (ARPA-H).
- **Federal Women's Health Programs and Initiatives**
 - Champion programs of women's health at the federal level through creation and/or expansion of Office of Women's Health.
 - Launch targeted initiatives focused on women's health issues.
- **Women in Clinical Trials**
 - Drive a national conversation of access and representation of women (e.g., pregnant and lactating population) in clinical trials.
 - Address barriers to clinical research participation in clinical trials.
 - Advocate for greater inclusion of populations that could be impacted by disease as a biological variable in research and reporting.

By Funding

For a full list of federal agencies, identify the following organizations: National Institutes of Health (NIH), The Agency for Healthcare Research and Quality (AHRQ), and the National Cancer Institute (NCI), among others.

- **Maternal Health**
 - Advocate for efforts to address maternal mortality and morbidity, maternal mental health, and other policy issues related to maternal health.
 - Address the disparities in maternal health care access, and outcomes and promote for education about the equity concerns and bias that exist within the health care system.



2023–2024 Federal Legislative Agenda

Despite the progress made in women's health since SWHR was founded in 1990, there is still much to accomplish in order to ensure the optimal health of all women nationwide. The 2023-2024 SWHR Federal Legislative Agenda - which complements previous SWHR Women's Health Policy Agendas - outlines the Society's biennial strategy to engage in federal policy, highlighting the Society's core leadership activities and other areas of active policy engagement, including advocating for federal research funding, championing evidence-based policy, and pushing for improved inclusion and representation of diverse populations of women within clinical trials.

SWHR Policy Advisory Council

The Policy Advisory Council is a forum for thought leaders in industry, nonprofit, association, and other health care stakeholder organizations to support and engage on emerging research and public policy efforts that will improve health care for women. Members work together to develop positions, promote research, and create materials that benefit women's health.

Members

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At **Organon**, our goal is to deliver innovation, improve access, and expand choice to help address therapeutic gaps in women's health and ultimately improve the lives of women globally.

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Check out some of SWHR's latest resources!

SWHR Policy Agenda: Improving Women's Heart Health Outcomes Across the Lifespan

Convincive disease (CVD) can refer to several conditions, including heart disease, stroke, heart failure, and arrhythmias.

Heart disease is associated with significant mortality and morbidity and is a major public health problem. In the United States, heart disease is the leading cause of death for both women and men in the United States, resulting in more than 600,000 deaths in 2020, about 68,000 people died of heart disease. According to a 2022 American Heart Association report, between 2019 and 2028, 73% of men and 75% of women ages 65-79 had a stroke and that rate will come from 6% to 10% of the population.

At a Glance: Heart Disease in Women in the United States

- More than 600,000 women in the United States are living with some form of heart disease.
- Approximately every minute from heart disease in the United States, one woman dies.
- Only 13% of cardiologists are women.
- One in three pregnant women die is caused by heart disease.
- Women experiencing chest pain aren't always being taken care of in the emergency department that soon with the same urgency.

February 2024

ENDOMETRIOSIS TOOLKIT

A GUIDE FOR TEENS

Society for Women's Health Research

WOMEN'S BONE HEALTH:

The Importance of Caring for Your Bones Early and Often

Why Should Women Care About Bone Health?

Beyond allowing the body to move, bones have the critical functions of protecting the body's organs from injury and storing and releasing the body's supply of calcium. Yet, bone health isn't something that's top of mind for most people, especially early in life.

Taking proactive measures to support bone health early, especially while bones are still developing, can help build bone and reduce fracture risk later in life.

This is especially important for women, who are more prone to developing osteoporosis, the most common form of bone disease. Osteoporosis is characterized by low bone mass and the deterioration of bone tissue and is the major cause of fractures in postmenopausal women and in older men.

Osteoporotic fractures can lead to decreased mobility, physical function, independence, and quality of life – all of which can worsen with a subsequent fracture (subsequent fractures are associated with an 88% increased risk of another fracture). They can also cause post-traumatic stress disorder (PTSD), depression, and anxiety, and some fractures are associated with increased mortality, one in three adults ages 50 and older die within 12 months of suffering a hip fracture.

The Cost of Bone Health

Bone fractures are costly, taking a toll on patients and their families.

\$44.31B	Average annual health care costs among patients with fragility fractures
\$22 billion	Estimated national cost of osteoporosis and related fractures
>\$95 billion	Amount by which the national cost is expected to increase by 2040

Fast Facts: Women's Bone Health

- U.S. women have a 50% lifetime risk of fracture starting at age 50
- Age and sex are the greatest risk factors for fractures
- For women, up to 90% of peak bone mass is acquired by the age of 18
- 88% of Americans are not tested or treated for osteoporosis
- Estimates suggest that a 10% increase in the peak bone mass of children and adolescents can reduce osteoporotic fracture risk in adulthood by 50%

Society for Women's Health Research

Woman's Approach to Addressing Endometriosis and Heart Disease in Women

From the Society for Women's Health Research

Endometriosis (Endo), also known as pelvic pain, is a leading cause of infertility in the United States, yet long women waits behind and symptoms of Endo include pelvic pain, discomfort, weakness, and fatigue. Many of the symptoms are similar to those of heart disease, such as chest pain, shortness of breath, and fatigue. Many of the symptoms are similar to those of heart disease, such as chest pain, shortness of breath, and fatigue. Many of the symptoms are similar to those of heart disease, such as chest pain, shortness of breath, and fatigue.

Society for Women's Health Research

Menopause Workplace Resource Guide for Managers

Society for Women's Health Research

KIT DE HERRAMIENTAS PARA LA ENDOMETRIOSIS

GUÍA PARA ADOLESCENTES

Society for Women's Health Research

Menopause Workplace Resource Guide for Women

Society for Women's Health Research

Find all of SWHR's resources at [swhr.org](https://www.swhr.org)



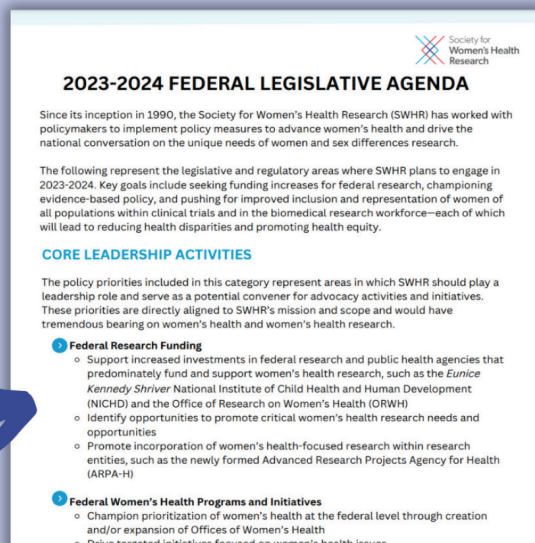
SWHR LEADS ON WOMEN'S HEALTH POLICY

Find all of SWHR's policy resources at [swhr.org](https://www.swhr.org)

▶ SWHR responds to news of the White House Initiative on Women's Health Research

▶ SWHR publishes issue-specific policy agendas in heart health, Alzheimer's disease, and more

▶ SWHR launches 2023-2024 Federal Legislative Agenda



Bayer is a proud supporter of the Society for Women's Health Research (SWHR) and wants to congratulate all the SWHR's 2024 Annual Awards Recipients.

It is a pleasure to partner with the SWHR as we honor leaders who have significantly advanced women's health throughout their careers and celebrate the reopening of National Museum of Women in the Arts (NMWA).

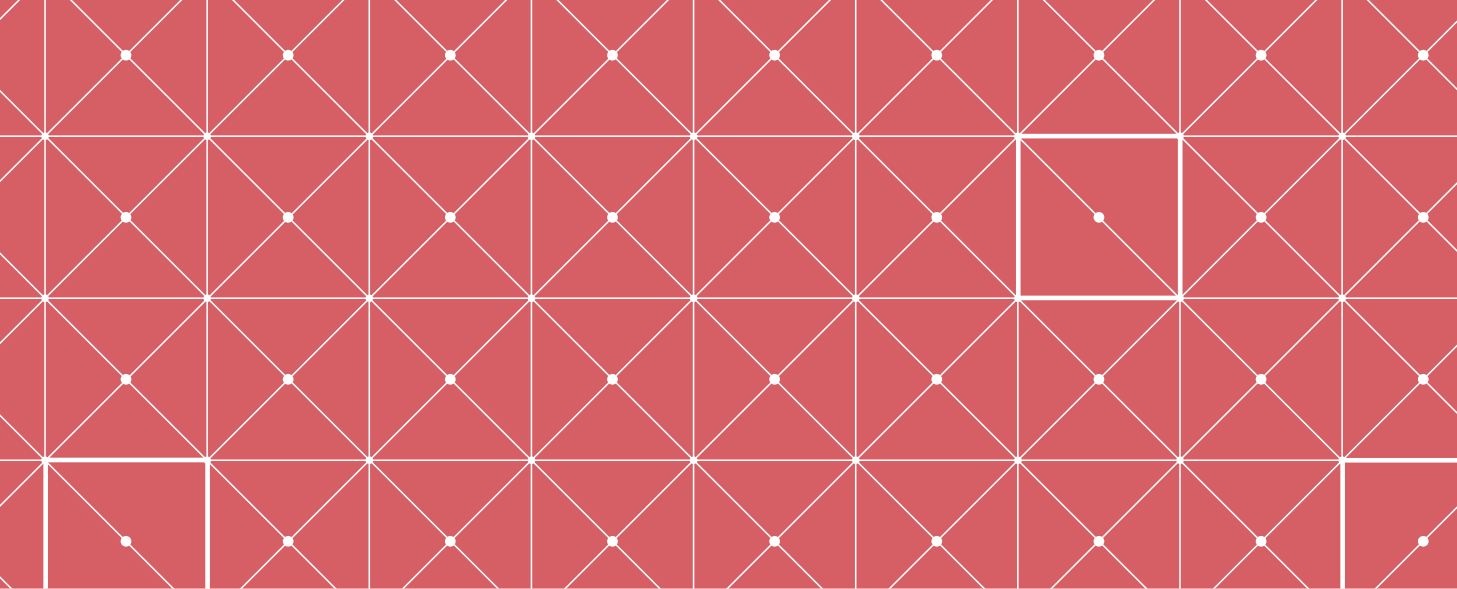
Women's Health is in Bayer's DNA.

As a global leader in women's healthcare Bayer has a long-standing commitment to delivering science for a better life by advancing a portfolio of innovative treatments. Bayer offers a wide range of effective short- and long-acting birth control methods as well as therapies for menopause management and gynecological diseases. Bayer is also focusing on innovative options to address the unmet medical needs of women worldwide.



*Health for All,
Hunger for None*

Bayer is a global enterprise with core competencies in the life science fields of health care and nutrition. In line with its mission, "Health for all, Hunger for none," the company's products and services are designed to help people and the planet to thrive.



Society for
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