

EMRA WOMEN'S HEALTH COMMITTEE

Monthly Newsletter



Welcome to Women's Health!

We're excited to welcome you to this month's edition of the Women's Health Committee Newsletter. As we continue to grow within EMRA, our mission remains centered on advancing women's health in emergency medicine through education, advocacy, research, and collaboration.

May marks National Women's Health Month, highlighting the importance of preventive care, health equity, and the unique challenges women face across the lifespan. In the emergency department, we often serve as both a safety net and an entry point into care—placing us in a key position to identify gaps, provide counseling, and connect patients with needed resources.

This month also features several important observances. National Women's Health Week (May 11–17, 2026) focuses on "Caring for Mind and Body" and encourages preventive screenings. National Women's Check-Up Day (May 12, 2026) reinforces the importance of routine visits and age-appropriate screening, while the International Day of Action for Women's Health (May 28) highlights global efforts toward reproductive rights and health equity.

In the emergency department, these themes translate into daily practice. From identifying missed opportunities for preventive care to recognizing conditions that may present differently in women such as cardiovascular disease, mental health conditions, and complications related to reproductive health, emergency physicians are uniquely positioned to make a meaningful impact. Even brief interventions, counseling, and appropriate referrals can help bridge gaps in care and improve long-term outcomes.

Through continued partnerships with organizations like Women's Health in Emergency Medicine (WHEM), we aim to expand opportunities for resident involvement in leadership, scholarship, and advocacy. Most importantly, this committee exists for you. We encourage you to share your ideas and interests as we continue building a supportive, engaged community dedicated to improving care for women in emergency medicine.

Until next month,

the women's health team

NATIONALLY RECOGNIZED OBSERVANCES

National Women's Health Month

National Women's Health Week (May 11-17, 2026)

National Women's Check-Up Day (May 11, 2026)

International Day of Action for Women's Health (May 28)

Which of the following is the leading cause of death among women in the United States?

- A. Breast CA
- B. Stroke
- C. Cardiac
- D. Lung CA

ANSWER ON NEXT PAGE

Women's Health Leadership Team

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International Day of Action for Women's Health (May 28)

The International Day of Action for Women's Health is a global observance dedicated to advocating for women's rights to health and well-being across the lifespan. Established in 1987 through grassroots feminist and public health movements, the day emerged from a recognition that women worldwide continue to face systemic barriers to accessing safe, equitable, and comprehensive healthcare. These include disparities in reproductive health services, lack of access to education and contraception, gender-based violence, and inequities in healthcare delivery. Over time, the observance has grown into a coordinated international effort led by advocacy organizations working to center women's health as a fundamental human right.



May 28 serves as a platform to highlight persistent gaps in care and to call for policy change that advances reproductive justice, health equity, and autonomy for women globally. The day emphasizes that women's health is not limited to reproductive outcomes, but includes mental health, chronic disease prevention, and access to safe, respectful care systems. For emergency physicians, it is a reminder that many patients we encounter are directly affected by these broader structural inequities. Whether addressing complications of delayed care, responding to sexual and reproductive health needs, or recognizing the impact of violence and social determinants of health, the ED plays a critical role in advancing the principles at the heart of this global movement.



SANE/SART Presentation

In recognition of Sexual Assault Awareness Month, the Women's Health Committee will host a virtual educational session May 6th at 6pm CST for EMRA members focused on SANE/SART programs and the emergency department approach to caring for survivors of sexual assault. Dr. Jessica Army, the program director for the WHEM Women's Health Fellowship, will be leading the discussion. This session will highlight trauma-informed care, the role of multidisciplinary teams, and practical guidance for emergency medicine residents managing these cases in both resource-rich and resource-limited settings. If you are interested in the Fellowship this is a great way to ask questions and gain more information. Join us as we work to strengthen education and advocacy for survivors within emergency medicine.

ANSWER: C.

Cardiovascular Disease

Cardiovascular disease remains the leading cause of death in women, yet it is often under recognized and under treated. National Women's Health Month emphasizes improving awareness, screening, and prevention of cardiovascular risk factors. American Heart Association (Go Red for Women (Cardiovascular Disease in Women) <https://www.goredforwomen.org>)

Women's Check up Day

- Encourage completion of **annual well-woman visits**, even for patients who feel "healthy" or asymptomatic
- Review **age-appropriate cancer screenings**
- Assess and counsel on **cardiovascular risk factors**, including blood pressure, diabetes screening, cholesterol, diet, and exercise
- Screen for **mental health concerns**, including depression, anxiety, and postpartum mood disorders when relevant
- Ensure **reproductive and sexual health care** is addressed, including contraception counseling and STI screening when appropriate

Join the Movement and Stay Updated

Stay connected with the Women's Health Committee by joining our WhatsApp group through the EMRA Women's Health page. This is a great way to receive updates on upcoming speakers, educational events, opportunities for involvement, and resources related to women's health in emergency medicine.