



The Monthly PERIODical

Welcome to June's Monthly PERIODical Newsletter, written specifically for women, girls, and people with the potential to menstruate.



Happy Pride!

Human Rights Campaign Foundation Joins

U=U National HIV Task Force as Inaugural Member

Earlier this month, the Human Rights Campaign Foundation, the educational arm of the nation's largest lesbian, gay, bisexual, transgender and queer (LGBTQ+) civil rights organization, announced its inaugural membership in the first-ever U=U National Task Force organized by the Prevention Access Campaign (PAC), alongside partner organizations in the HIV and health equity space.

Undetectable=Untransmittable, or U=U, is a global health and human rights movement with over 1,000 official partners in more than 100 countries, sharing the message that people on HIV medication with an undetectable viral load cannot transmit the virus through sex.

While their focus is on the gay community, we know that there are many people in the bleeding disorders community still living with the effects of receiving tainted blood in the 80's who will also benefit from this initiative.

For more info on the task force and its goals, click [HERE](#).

What are Sustainable Period Products?



And Do They Work When You Have a Bleeding Disorder?

Sustainability has become a hot topic within the period movement as we begin to explore non-plastic and biodegradable alternatives to our conventional period products. There are so many options for sustainable period products available and a lot of them work for women who have heavy periods.

Earlier this month, Victory for Women put out a great article that talks about what's available- all through the lens of having a bleeding disorder. Read the article to learn more [HERE](#).



It is Family: A Conversation with Saylor Behrens

When Saylor Behrens' biology professor told her class that hemophilia is the result of incest, she grew angry. She knew better. Her younger brother, Wyatt, has hemophilia A.

It wasn't just the false narrative being spread that made her indignant- it was the sheer lack of awareness about hemophilia that morphed her brother's bleeding disorder into a scary, incredibly rare condition that could be brushed off.

She set the record straight in an open letter titled "Hemophilia is not 'rare' to us," which was published this year on World Hemophilia Day and did a follow up interview with NHF.

Read the Letter she wrote [HERE](#) and check out her interview [HERE](#).

NHF Resources

As always don't forget about the great NHF resources available to help you get a diagnosis and share your story.

[Better You Know](#): Guidance on symptoms, testing, and getting diagnosed.

[Victory for Women](#): A place to share your story and get questions answered