

### Fresh air, warmer weather, and blooming flowers...

We have the Spring / Summer newsletter ready for you, and our top goal is to keep you connected and informed. Thank you for being a member of our W.O.R.K. community!

In the upcoming months we are excited to:

- See what continues to bloom from the data collected and the feedback we've received
- Continue to build relationships with study participants and community partners
- Create safe spaces for girls and young women to share their experiences with pain

We look forward to sharing what we learn from our study, so please stay tuned!

### Thank you to all who completed the COVID-19 surveys!

We're still diving into what we can learn from all of your responses, but here is what we know so far from more than 900 of you who answered the survey:

- 51% reported having COVID-19 at least once
- 30% reported having symptoms for at least 4 weeks\*  
\*Symptoms lasting 4 weeks or more is now often called, "Long Covid."
- 82% had at least one vaccine

We will continue looking into the survey responses and what we can discover about COVID-19 in relation to pain symptoms, menstrual health, and impact on recovery.

There is so much more to learn, and we couldn't without you!



## Here's what we are hearing from our W.O.R.K. participants:

Thank you for asking these questions – it makes me feel like someone cares.

I LOVE that this survey asked about diet aspects because it's something I think affects my menstrual cramps and pelvic pain from month to month.

Thank you so much for doing this study. I feel like very few people are researching this topic, and I feel like historically nobody has cared about or recognized the pain associated with periods. Your work is helping us solve this!

### Why did we add the COVID-19 surveys?



With your help, we're staying at the front of science for women's health. Understanding COVID-19 and vaccinations for women is **important**.

For example, check out this link from the National Institutes of Health (NIH) on the effects on menstrual periods:

[Science Update: Women report small, temporary increase in menstrual flow after COVID-19 vaccination, NIH-funded study suggests | NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development](#)

## QUICK TIPS & REMINDERS

### New Email Address?

### New Phone Number?

We need to stay in touch, so please update your contact information to help us to better serve you in the future.

### Gift Cards

Your time is valuable! Don't forget, you will receive a total of \$105.00 in Amazon.com claim codes if you complete all 8 study surveys. And, **don't forget** to redeem your codes!

### Happy Birthday!

Having an 18th birthday? As a reminder, an updated study consent form will pop-up for you to review and sign before you complete your next study survey.



## Get Connected & Stay Connected

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Let's Get To  
**W.O.R.K.**  
Women's Outcomes Research & Knowledge