



Dear Congressional Spouse,

In honor of **National Menstrual Health Awareness Month**, we're reaching out on behalf of The Fibroid Foundation and our partners to share how you, and your spouse, can help champion menstrual health equity for millions across the country.

Menstrual health impacts careers, education, relationships, and quality of life. And yet, it's a topic too often overlooked in public discourse and federal legislation.

Did you know that:

- **70% of women will be diagnosed with uterine fibroids by age 50**
- **Only 26 states have eliminated taxes on period products**
- **Rates of new uterine cancer cases have risen 0.6% per year from 2010-2019, and death rates have risen an average of 1.7% per year for the same time frame.**
- **There are over 40 menopause symptoms, and less 5% of women in the U.S. benefit from hormone therapy.**

That's why this year's awareness theme, "**The Impact of Menstrual Health: It's Not Just Women,**" is more than a slogan, it's a call to action.

We are urging support for a slate of federal proposals that aim to advance menstrual health, including:

- **A new combined uterine health bill**, expected to be reintroduced this July, that brings together the goals of the *Stephanie Tubbs Jones Uterine Fibroid Research and Education Act*, the *U-FIGHT Act*, and the *Endometrial Cancer Research and Education Act*. This unified legislation seeks to expand research, increase access to care, and improve education around uterine fibroids and endometrial cancer.
- **The reintroduction of H. Res. 372**, to officially recognize May as **National Menstrual Health Awareness Month**, amplifying the importance of continued conversation and accountability.
- **The Period PROUD Act (H.R. 922)**, promoting menstrual education and equity in schools.

- **Improving Menopause Care for Veterans Act of 2025 (H.R.219)**, directing the Government Accountability Office (GAO) to study and report on the menopause care provided by the Department of Veterans Affairs (VA).
- **The Menstrual Equity for All Act**, to be reintroduced with broad protections across schools, shelters, correctional facilities, and workplaces.
- **The Good Samaritan Menstrual Products Act**, supporting the donation and distribution of menstrual supplies to underserved communities.
- **The STAMP Act**, targeting the elimination of sales tax on period products nationwide.

We also invite you to join us in-person at our [Congressional Briefing on Menstrual Health on Tuesday, May 14th at 3 PM](#) in **Rayburn Room 2044**. The event will feature patient voices, leading experts, and policy champions coming together to discuss solutions and share their experiences.

As a spouse of a Member of Congress, your leadership carries influence that can help break stigma and drive meaningful change. We'd be honored to have your partnership in this work.

With gratitude,
Alliance Partner Signatures Here