

## EMRA WOMEN'S HEALTH COMMITTEE

*Monthly Newsletter*


## Welcome to Women's Health!

We are excited to welcome you to this month's edition of the Women's Health Committee Newsletter. As we continue building momentum as a newly established committee within EMRA, we remain committed to advancing women's health in emergency medicine through education, research, mentorship, and meaningful collaboration. This month, we also recognize Endometriosis Awareness Month and Ovarian Cancer Awareness Month—two important observances that directly intersect with the work we do every day in the emergency department.

For emergency medicine residents, these awareness campaigns serve as an important clinical reminder. The ED is often the first point of contact for patients with undifferentiated pelvic pain, abnormal uterine bleeding, abdominal distension, or vague gastrointestinal complaints. Endometriosis may present as acute-on-chronic pelvic pain or severe dysmenorrhea that has historically been dismissed or minimized, while ovarian cancer frequently manifests with subtle symptoms such as bloating, early satiety, or nonspecific abdominal discomfort.

As frontline physicians, our responsibility extends beyond stabilization—we must validate patients' experiences, maintain a thoughtful and inclusive differential, and ensure appropriate follow-up and referral when red flags arise.

Through partnerships with organizations such as Women in Emergency Medicine (WHEM), we continue working to create opportunities for residents to engage in scholarship, advocacy, and leadership that drive meaningful change. Most importantly, this committee exists for you. We encourage you to share your goals, interests, and ideas so that together we can build a dynamic, action-oriented community dedicated to improving the care of women in emergency medicine. Thank you for your dedication, engagement, and commitment to advancing women's health within our specialty.

Until next month,

*the women's health team*

### NATIONALLY RECOGNIZED OBSERVANCES

Endometriosis Awareness Month

Ovarian Cancer Awareness Month

### IMPORTANT DATES

National Women and Girls HIV/AIDS Awareness Day:  
 March 10th

### ABOUT HOW MANY WOMEN ARE DIAGNOSED WITH CERVICAL CANCER EVERY YEAR?

- A. 1,500    B. 5,000  
 C. 13,000    D. 50,000

ANSWER ON NEXT PAGE

## Women's Health Leadership Team

**CHAIR**



**Ashley Huynh DO**  
 PGY-1 FSU Sarasota Memorial

**CHAIR ELECT**



**Miranda Kennedy**  
 MS3 KCU-Kansas City

**VICE CHAIR**



**Samantha Crowley MD**  
 PGY-1 UW Health

**VICE CHAIR**



**Molly Mann**  
 MS4 Tufts

**ASST. VICE CHAIR**



**Bethany Bucciarelli**  
 MS4 AUC

## UPCOMING CONFERENCE: WHEM

The Women in Emergency Medicine (WHEM) is a leading voice dedicated to advancing the recruitment, retention, and leadership of women in emergency medicine through mentorship, advocacy, education, and research. WHEM aims to close gender gaps in clinical practice, academic advancement, and wellness, building a national community of support that connects trainees and established leaders alike. With a focus on equity and empowerment, WHEM amplifies women's contributions across all stages of their careers and champions culturally competent care for diverse patient populations.

This spring, WHEM will host its Women's Health in Emergency Medicine Conference on April 29 in Manhasset, NY, focusing on sex-specific strategies in emergency department cardiac care — spotlighting the unique cardiovascular health challenges women face and the role of gender-specific research and treatment in improving outcomes. Registration can be completed on their website.



### SANE/SART Presentation

In recognition of Sexual Assault Awareness Month, the Women's Health Committee will host a virtual educational session this April for EMRA members focused on SANE/SART programs and the emergency department approach to caring for survivors of sexual assault. King's County Forensic 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. Join us as we work to strengthen education and advocacy for survivors within emergency medicine.

### ANSWER: C. 13,000

According to the American Cancer Society, about 13,000 women in the United States are diagnosed with cervical cancer each year. Most cases are preventable through routine screening and HPV vaccination, making early detection and prevention critical.

American Cancer Society Cancer Hotline: 1-800-227-2345

### Pain Management in Endometriosis

- **Rule out OBGYN based emergencies** with initial evaluation and transvaginal ultrasound.
- Provide **multimodal pain management**
  - First-line
    - NSAIDs (e.g., ketorolac or ibuprofen)
    - Acetaminophen
    - Antiemetics if nausea present
  - Second-line for severe pain
    - Short-acting opioid for breakthrough
    - IV fluids if dehydrated
- **Gynecology follow up** and outpatient pain management with NSAIDs

## 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.