



OUR BODIES OURSELVES

A Member Agency
of Community Works

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www.ourbodiesourselves.org

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16 May 2017.

Dr. Robert McMaster, Associate Dean, Research
Vancouver Coastal Health Research Institute
Interim Executive Associate Dean, Research, UBC Faculty of Medicine
Room 3665, 910 West 10th Avenue
Vancouver, BC V5Z 1M9 Canada

Sent via email to robert.mcmaster@vch.ca

Cc: Faydra.Aldridge@vch.ca

Dear Dr. McMaster:

We are writing about the Centre for Menstrual Cycle and Ovulation Research (CeMCOR), which has never been supported as a Vancouver Coastal Health Research Institute Program despite applications in 2014 and 2016. We understand that CeMCOR did not meet the VCHRI criterion for having a million dollars in infrastructure money, but we urge you to waive this requirement given CeMCOR's outstanding performance on so many fronts.

CeMCOR's research and writings have been used widely in the United States by academics, clinicians and educational/advocacy organizations like our own. For example, its most recent findings were incorporated into the latest edition of "Our Bodies, Ourselves" (named in 2012 by the U.S. Library of Congress as "one of 88 books that shaped America). Its small size should not deter you from recognizing the immense importance of its work, now recognized by many endocrinologists as well as gynecologists serving women during the perimenopause.

Please let us know if it would be of value to secure additional testimonials from leaders in the U.S. academic community, including officials at our NIH Office of Research on Women's Health and other federal agencies. We have all benefited so much from this work, and VCHRI's continued support is critical to CeMCOR's ongoing success.

Along with CeMCOR, Our Bodies Ourselves is committed to effective knowledge translation in this field, where few organizations can boast the kind of track record CeMCOR has demonstrated. Its website traffic alone (thousands of page views per day from dozens of countries) shows the kind of interest there is in this subject matter, and we frequently hear feedback about the clarity and reliability of the content CeMCOR makes available.

Please remember that there are some organizations able to carry out an ambitious agenda even with less than ideal funding. In part, this results from such a strong commitment to a vital mission that is not yet shared that widely. VCHRI's renewed support of CeMCOR could have a significant impact in advancing the whole field, and we urge you to support CeMCOR as soon as possible.

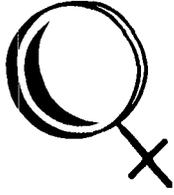
Sincerely,

A handwritten signature in black ink, reading "Julie Childers". The signature is written in a cursive style with a long horizontal flourish at the end.

Julie Childers, Executive Director, Our Bodies Ourselves

A handwritten signature in black ink, reading "Judy Norsigian". The signature is written in a cursive style with a long horizontal flourish at the end.

Judy Norsigian, Our Bodies Ourselves co-founder and past executive director



Society for Menstrual Cycle Research

Society for Menstrual Cycle Research

Department of Psychology
Colorado College
14 E Cache La Poudre
Colorado Springs, CO 80903
info@menstruationresearch.org

October 3, 2017

Dr. Robert McMaster
VP Research, Vancouver Coastal Health Research Institute
Executive Director, VCH Research Institute
Interim Executive Associate Dean, Research, UBC Faculty of Medicine
6th Floor, 2635 Laurel Street
Vancouver, BC V5Z 1M9

Re: Relationship of the Centre for Menstrual Cycle and Ovulation Research (CeMCOR) with the Vancouver Coastal Health Research Institute

Dear Dr. McMaster,

I write representing the Society for Menstrual Cycle Research (SMCR) to request that the VCHRI provide CeMCOR appropriate, ongoing support given the value that VCHRI and women everywhere receive from CeMCOR.

Founded in 1977, SMCR is a multidisciplinary group of researchers in the social sciences, natural sciences and the humanities, health care providers, policy makers, and advocates from a wide range of fields with shared interests in the role of menstrual and ovulatory health across the lifespan. Our organization publishes a journal, *Women's Reproductive Health*, a blog "Menstruation Matters" (founded in 2009 to increase visibility of menstrual health research and advocacy), organizes a biennial international conference, issues position statements, offers expert testimony, and provides regular commentary to media outlets regarding menstrual and women's reproductive health issues.

SMCR and CeMCOR have a long and rich history of collaboration. CeMCOR's founder, Dr. Jerilynn Prior, has been an active member of our organization since the 1980's. She has served on our Board of Directors, led our organization as president from 2007-2009 and organized and hosted (at UBC and CeMCOR) our 2007 biennial conference, "Ovulation:

Bellwether or Women's Health." Furthermore, the services that CeMCOR provides via its website and resources are invaluable to individuals seeking information about their own reproductive health, and so we at SMCR direct many to it. As well, the research CeMCOR has put out in recent years is innovative, practical and excellent science that our organization believes must continue.

There is solid evidence that CeMCOR, despite its small size and infrastructure of \$50,000-\$75,000 per year, is very productive and also effective in sharing the knowledge generated by the research it produces on such a tight budget. Indeed 3,500-7,000 page views per day on CeMCOR's website from over 180 different countries around the globe is surely a testament to this little Centre's tremendous reach and importance.

SMCR urges you to support women's health-focused research by finding a way to facilitate CeMCOR's work under the auspices of the Vancouver Coastal Health Research Institute.

Sincerely,

A handwritten signature in black ink, appearing to read "Tomi-Ann Roberts". The signature is fluid and cursive, with a large initial 'T' and 'R'.

Tomi-Ann Roberts, PhD
Professor of Psychology
Colorado College

President, Society for Menstrual Cycle Research



Women's International Pharmacy

Custom Compounded Prescriptions for Men and Women

5/16/17

Dr. Robert McMaster, Associate Dean, Research
Vancouver Coastal Health Research Institute
Interim Executive Associate Dean, Research, UBC Faculty of Medicine
Room 3665, 910 West 10th Avenue
Vancouver, BC V5Z 1M9
604.875.5641 robert.mcmaster@vch.ca
Faydra.Aldridge@vch.ca

Dear Dr. McMaster:

Re: 2014 and 2016 Rejections of the Centre for Menstrual Cycle and Ovulation Research as a Vancouver Coastal Health Research Institute Program

I am writing as a pharmacist working with hundreds of thousands of practitioners and their patients over the last 25 years. Dr. Jerilynn Prior's work on the menstrual cycle and the importance of progesterone has trickled down to many women who have received safe and effective help with hormone dysfunctions.

This meticulous body of work is showcased elegantly and practically at CeMCOR. Just recently, I referred a physician to CeMCOR. He spent the next 3 hours reviewing the material and called me back to thank me profusely for directing him to this incredible resource. CeMCOR needs VCHRI support to continue to provide this service. How often are research dollars spent with very little impact on the very people whose tax dollars are being used? Instead of rejection, CeMCOR should be showcased as shining example of a proudly Canadian program that works.

CeMCOR is extremely productive and cost effective and actually reaches people. A company in the private sector would be considered extremely successful in their marketing if they would attract 5-7000 page views per day. This not only speaks to the quality of the resource but also to the large numbers of people seeking and potentially using this information.

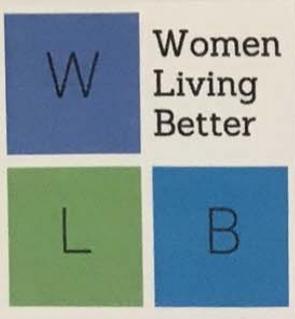
Women's **health**-focused research is sadly underfunded. Practitioners continue to apply to women the results of studies done only in men and not surprisingly have different results.

Rather than being penalized for not having a million dollars in infrastructure, CeMCOR should be supported by VCHRI and commended for its efficiency. This criterion for infrastructure is not a pillar for the quality of research that can be and has been done.

I will be pleased to hear that VCHRI has reconsidered and will cherish this program so we may all continue to benefit.

Sincerely,

Carol Petersen, RPh, CNP



May 16, 2017

Dr. Robert McMaster, Associate Dean, Research
Vancouver Coastal Health Research Institute
Interim Executive Associate Dean, Research, UBC Faculty of Medicine
Room 3665, 910 West 10th Avenue
Vancouver, BC V5Z 1M9
604.875.5641 robert.mcmaster@vch.ca
Cc: Faydra.Aldridge@vch.ca

Re: 2014 and 2016 Rejections of the Centre for Menstrual Cycle and Ovulation Research as a Vancouver Coastal Health Research Institute Program

Dear Dr. McMaster:

We are writing to express our support of the Centre for Menstrual Cycle and Ovulation Research. We are two US-based women who have spent several years delving into the information available for women about perimenopause for both personal and professional reasons. We feel that the information provided by CeMCOR is invaluable and is more thorough than other resources we have encountered. CeMCOR provides women with evidence-based information that is not available elsewhere and it is an extremely valuable resource and research organization.

We respectfully ask that you reverse the decision to no longer support VCHI CeMCOR as a program.

We look forward to your response.

Sincerely,

A handwritten signature in black ink, appearing to read 'Nina Coslov Johanna McChesney'. The signature is written in a cursive, flowing style.

Nina Coslov and Johanna McChesney
Co-Founders, Women Living Better
ninacoslov@gmail.com
jomcchesney@gmail.com



Montreal, September 14 , 2017

Dr. Robert McMaster,
VP Research, Vancouver Coastal Health Research Institute
Executive Director, VCH Research Institute
Interim Executive Associate Dean, Research, UBC Faculty of Medicine
6th Floor, 2635 Laurel Street
Vancouver, BC V5Z 1M9
604.875.5641
robert.mcmaster@vch.ca

Re: Rejection of the Centre for Menstrual Cycle and Ovulation Research as a Vancouver Coastal Health Research Institute Program

Dear Dr. McMaster:

I am writing as the director of the Quebec' largest feminist women health network , the Quebec Women Health network (RQASF) www.rqasf.qc.ca to request that VCHRI reverse the rejection of CeMCOR as a Program. Through our members we reach 340 000 women. We are also menopause specialists and have studied and published on the subject for the last 20 years. In 2015, we were awarded the Ministry of Health Prize of excellence for our work on the matter.

Menstrual cycle have a significant impact on women's health and on their own image. Unfortunately, it is still an unfamiliar and unknown medical field for most health professionals and for the women themselves. Strangely enough, still in 2017, menstrual cycle needs much scientific attention. This situation creates unnecessary suffering, wrong diagnostic, unnecessary treatments and mostly, women's need not to be addressed. This is why it makes the CeMCOR website and resources so unique and so precious. Both practical and science based, they offer valuable information that needs to be accessible to our members.

Why deprive half the population from such a vital service at such low cost?

To be able to keep this service going, CeMCOR needs VCHRI support.

There is solid evidence that CeMCOR, despite its small size and infrastructure of \$50-75,000/year is very productive in creating innovative and practical science and excellent at sharing of this new knowledge. There is also objective evidence of the knowledge translation effectiveness of CeMCOR's website that receives >3,500-7,000 page views/day from >180 countries

It doesn't seem fair that this women's health-focused research should be unsupported while many disease-focused and general or men's health related programs and centres are provided funding.

It also doesn't seem appropriate that federal (taxpayer) money from the Treasury to support infrastructure in research be earned by CeMCOR but allocated instead to other entities given that CeMCOR is too poor to meet the VCHRI criteria for having a million dollars in infrastructure money. Specifically, a portion (approximately \$150,000) of what CeMCOR has earned from TriCouncil grants over the last 15 years has gone to VCHRI. Over the same time period CeMCOR has received \$59,729 in support from VCHRI.

I am sure that you care for women's health as much as we do.
I am looking forward to your constructive response to these concerns.

Sincerely,

Lydia Assayag, RQASF Director
4245 Laval av. Montreal, Quebec
H2W 2J6
lydia.assaya@rqasf.qc.ca

cc: Faydra.Aldridge@vch.ca



September 15, 2017

Dr. Robert McMaster,
VP Research, Vancouver Coastal Health Research Institute
Executive Director, VCH Research Institute
Interim Executive Associate Dean, Research, UBC Faculty of Medicine
6th Floor, 2635 Laurel Street
Vancouver, BC V5Z 1M9
604.875.5641
robert.mcmaster@vch.ca;
cc: Faydra.Aldridge@vch.ca

Dear Dr. McMaster,

Re: Rejection of the Centre for Menstrual Cycle and Ovulation Research as a Vancouver Coastal Health Research Institute Program

I am writing as a woman's health advocate representing the thousands of women in the Menopause Chicks online community. We empower women to navigate perimenopause and menopause with confidence and ease. One of the key ways we do this is by connecting women to trustworthy information, and as such, we rely heavily on the research-based data on the CeMCOR website.

There is solid evidence that CeMCOR, despite its small size and infrastructure of \$50-75,000/year is very productive in creating innovative and practical science and excellent at sharing of this new knowledge. There is also objective evidence of the knowledge translation effectiveness of CeMCOR's website that receives up to 7,000 page views/day from more than 180 countries.

I'm writing to question your decision to support disease-focused programming, and men's health programming, while this critical women's health-focused resource remains unsupported.

I'm also curious why federal (taxpayer) money from the Treasury to support infrastructure in research be earned by CeMCOR but allocated instead to other entities given that CeMCOR is too poor to meet the VCHRI criteria for having a million dollars in infrastructure money. Specifically, a portion (approximately \$150,000) of what CeMCOR has earned from TriCouncil grants over the last 15 years has gone to VCHRI. Over the same time period CeMCOR has received \$59,729 in support from VCHRI.

From my perspective, women are being short-changed by the lack of (and often confusing, conflicting) information that exists when it comes to learning about their midlife health. In Canada, this represents more than 6.3 million women between the ages of 35 and 55—a significant portion of our economy and our society. Their health needs to be a key priority if we want thriving communities. When we refer

women to the information on the CeMCOR website, not only are they satisfied with the quality and quantity of resources, but more importantly, it is one of the few places online where smart, savvy, busy women can feel validated. As you know, with clear health information comes empowerment. And ***empowered women are healthy women.***

It is not only women who reply on the CeMCOR research; so do physicians and health care professionals too. **To be able to keep this important research and service going, CeMCOR needs VCHRI support.**

I anxiously await your reply.

Sincerely,

A handwritten signature in black ink, appearing to read 'Shirley', with a long horizontal flourish extending to the right.

Shirley Weir
Founder, MenopauseChicks.com
19 Flavelle Drive
Port Moody, BC
V3H 4L5



P: 612.226.7882
E: moira@activ8-u.com
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1432 Laurel Ave
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55104

09.11.17

Dr. Robert McMaster,
VP Research, Vancouver Coastal Health Research Institute
Executive Director, VCH Research Institute
Interim Executive Associate Dean, Research, UBC Faculty of Medicine
6th Floor, 2635 Laurel Street
Vancouver, BC V5Z 1M9

Dear Dr. McMaster:

Re: In Support of the Centre for Menstrual Cycle and Ovulation Research as a Vancouver Coastal Health Research Institute Program

I was fortunate to receive my PhD from UBC working with Dr. Heather McKay prior to the establishment of the center of Hip Health and Mobility; and completed post-doctoral work with Dr. Jerilynn Prior as CeMCOR was being established. I was a tenured professor at the University of Minnesota prior to founding Activ8 to help bridge the gap between research and actual health practices in organizations and the community.

From my perspective, CeMCOR fills a significant gap to support women's health across the lifespan with a holistic, evidence-based approach - translated in a way that women can understand. Few scientific centers have integrated rigorous scientific approaches with real women's stories and voices. Dr. Prior and colleagues have been pushing the boundaries of women's health for decades. They were the first to view women's menstrual cycles in a real way - rather than simply viewing women as a vestibule for estrogen and progesterone, they created a menstrual cycle diary that allowed them to assess women's emotional and real life experiences along with their quantitative physiologic and clinical data. In the US, we are still struggling to do fully integrated research that CeMCOR has been doing for decades.

There is solid evidence that CeMCOR, despite its small size and infrastructure of \$50-75,000/year is very productive in creating innovative and practical science and excellent at sharing of this new knowledge. There is also objective evidence of the knowledge translation effectiveness of CeMCOR's website that receives >3,500-7,000 page views/day from >180 countries. I personally direct countless clients and friends to the CeMCOR website and resources which have been invaluable to them at various life stages. **The research is innovative, practical and excellent science that needs to continue.** To be able to keep this service going, CeMCOR needs VCHRI support. It would be a significant loss to the scientific, clinical and lay communities if CeMCOR did not receive much deserved support.

I am looking forward to your constructive response to these concerns.

Sincerely,

A handwritten signature in black ink, appearing to read "Moira Petit".

Moira Petit, PhD
Partner and Founder
Activ8 LLC

