

OUR BODIES
SELVES
information inspires action

**Advancing the Health
and Human Rights of
Women and Girls
Globally since 1971
(www.ourbodiesourselves.org)**

OUR BODIES OUR SELVES

A COURSE BY AND FOR WOMEN



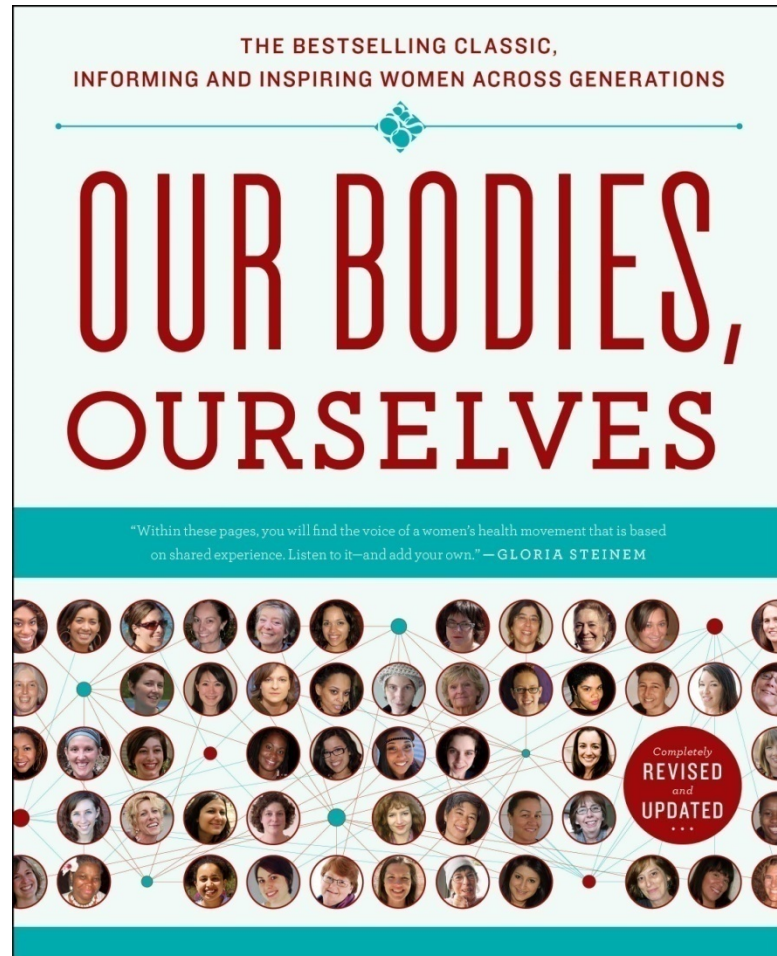
NEW PRINTING OF
WOMEN & THEIR BODIES

40¢

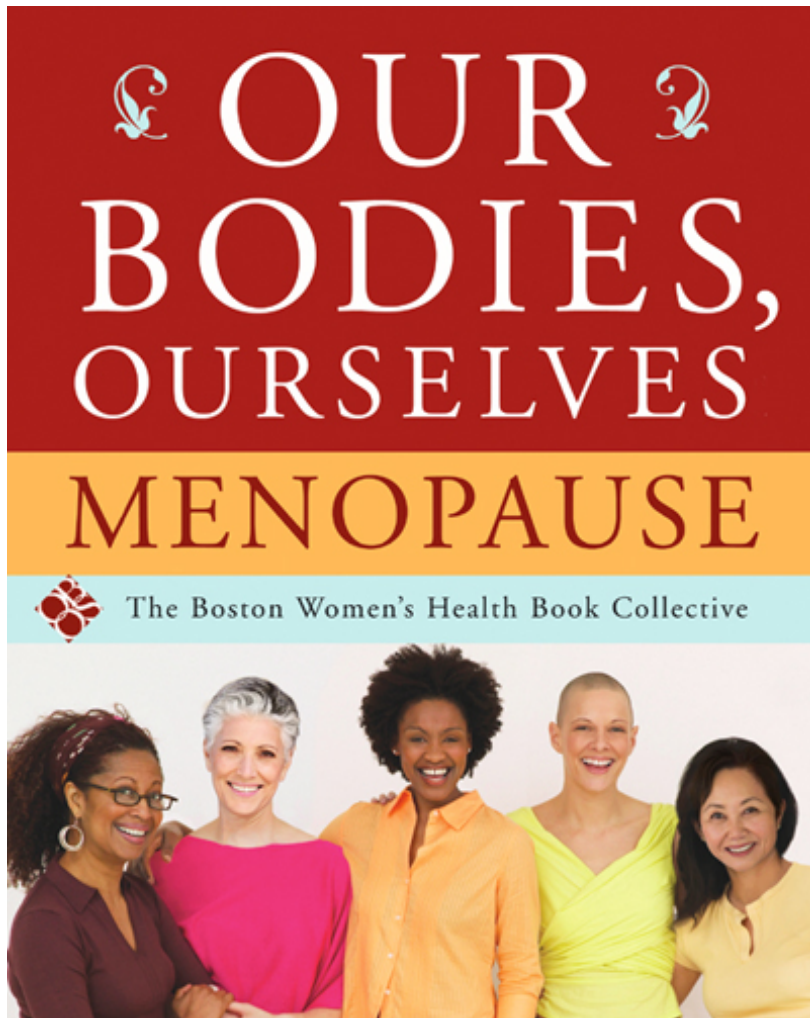
**1971
edition**

www.ourbodiesourselves.org

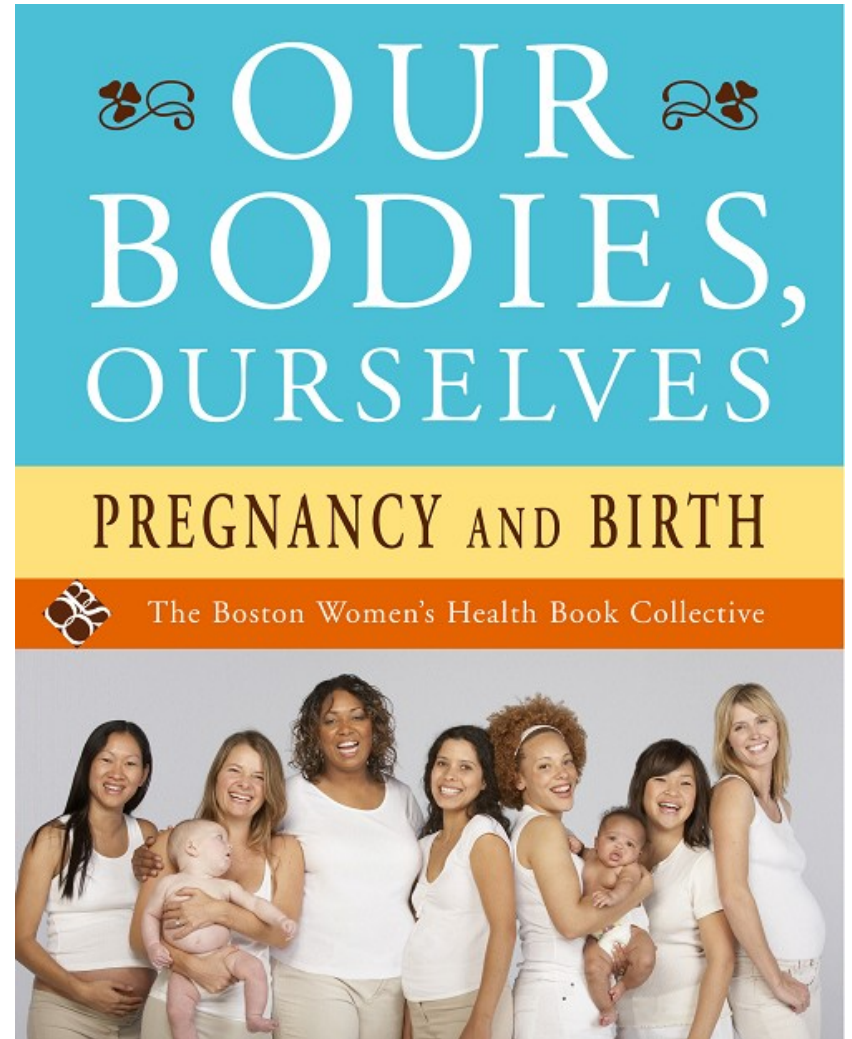
In 2011, this ninth edition was produced in the book's 40th anniversary year, with a focus on reproductive and sexual health across the life span



2008



2006



SAMPLE TRANSLATION/ADAPTATION PROJECTS

of

“Our Bodies, Ourselves”

**(Women’s groups have used
different formats and often
sought technical assistance
from OBOS staff)**

**Japanese
1975, 1988**

からだ・私たち自身

ボストン女の健康の本集団 著

監修／藤枝滯子

校閲／河野美代子・荻野美穂

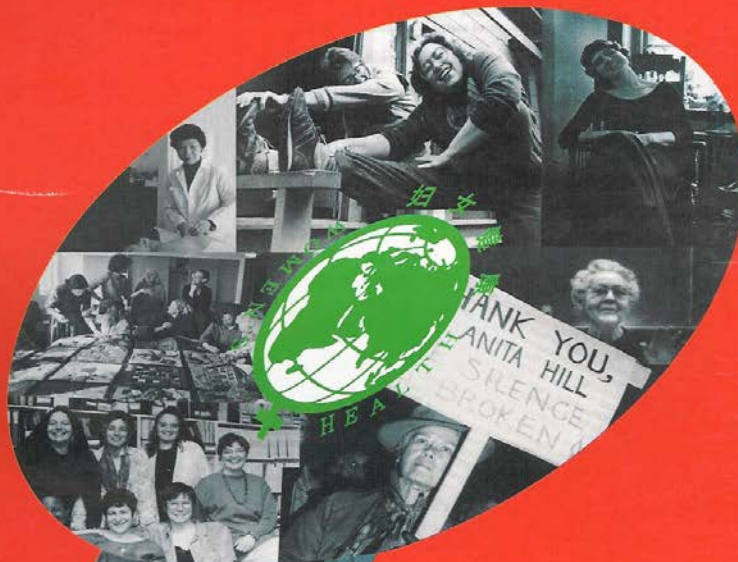
「からだ・私たち自身」日本語版翻訳グループ 「からだ・私たち自身」日本語版編集グループ



**Chinese
1998**

美国妇女自我保健经典 —我们的身体 我们自己

美国波士顿妇女健康写作集体 著



知識出版社

Serbian 2001

NAŠA TELA, MI



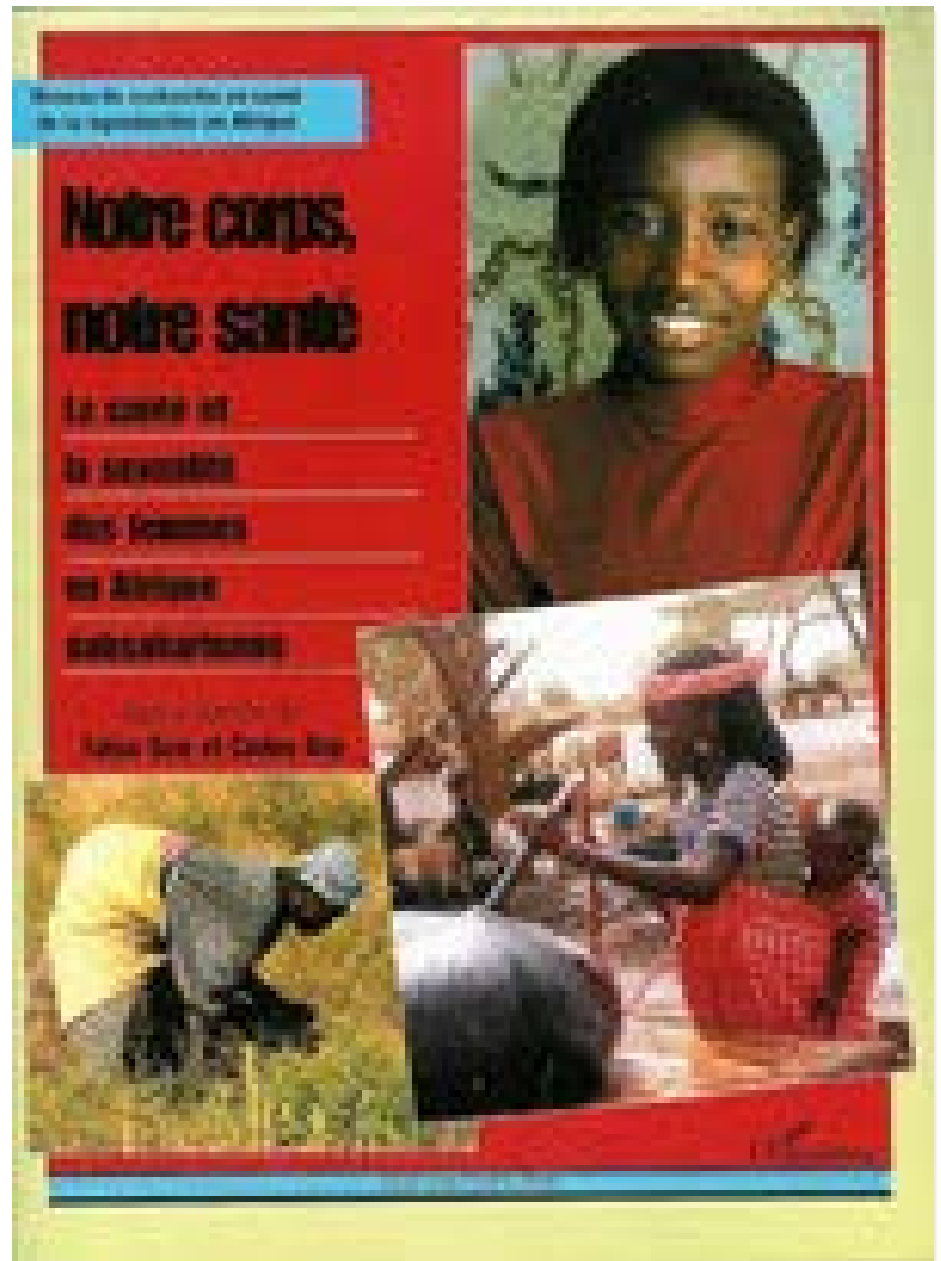
knjiga koju su pisale žene za žene

original je izdao

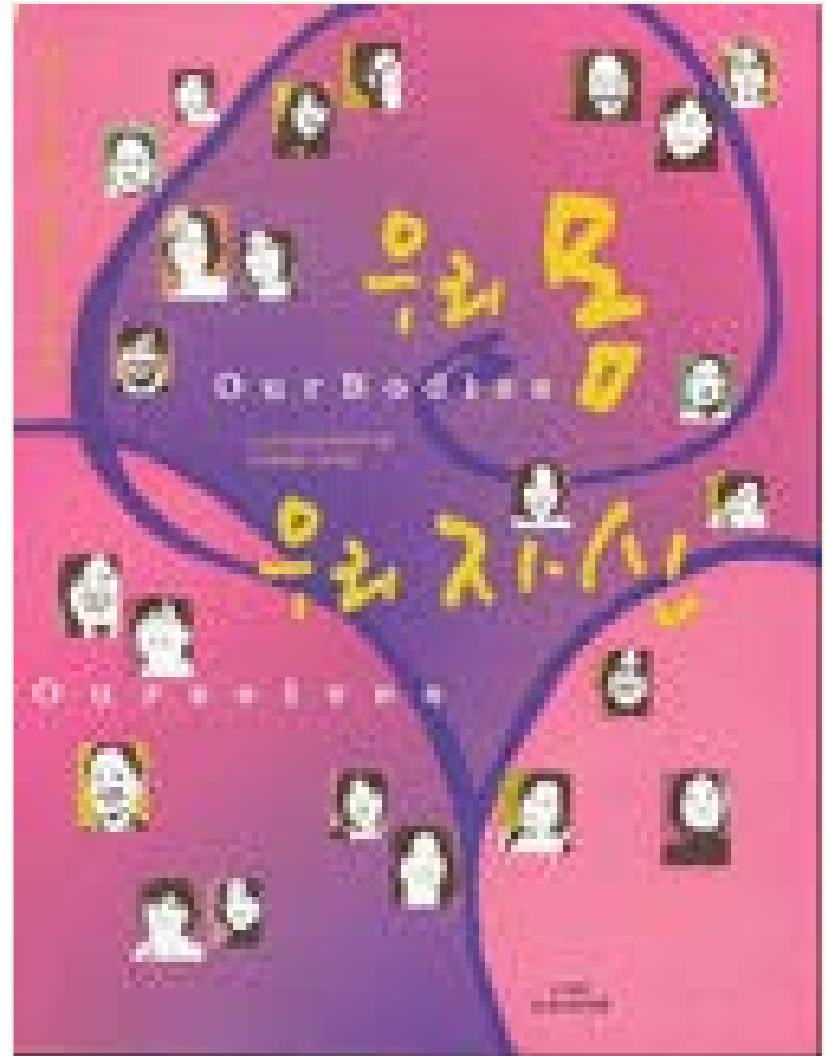
Bostonski kolektiv knjige o ženskom zdravlju

Senegal

(2004, 2007)
for French-Speaking Africa



Korean edition (2005)



Russian

**Electronic adaptation
only: 2007**

www.womenhealth-spb.org/

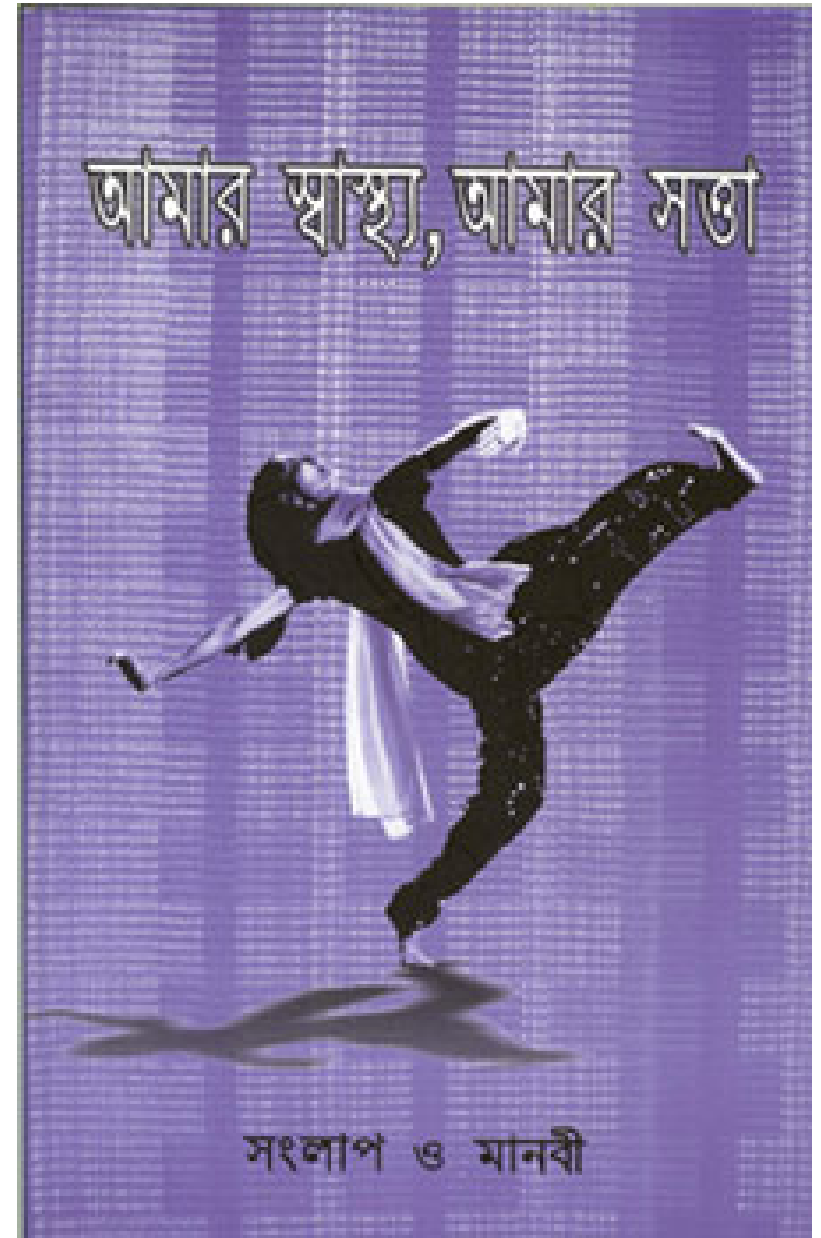
**by Women's Health in
St Petersburg**



***A amar
Shastha,
A amar Satta
(My Health, My
Self)***

**Bangla edition
2010**

**by Sanlaap and
Manavi**



Armenian 2010 (2nd edition)



Women and Their Bodies East Jerusalem (Arabic and Hebrew books in late 2011)

<http://www.ourbodiesourselves.org/programs/network/foreign/israel.asp>



The coordinating group, Mavi Kalem, expects to publish its new edition shortly. Its website is already a key networking and advocacy tool for Turkish women's groups – www.bedenimveben.org



kadın

**FEMİNİST KLASİK “BEDENİM VE BEN”
1973’TE YAYIMLANDI, 12 KEZ GÜNCELLENDİ**

**“Kadınların
başucu kitabı”
nihayet Türkçede**

Dünyada kadın bakış açısıyla yazılmış ilk kitap olarak kabul edilen “Our Bodies, Ourselves” 34 yıl sonra Türkçede. “Bedenim ve Ben” başlığıyla yayımlanacak kitap, orijinalinin güncellenmiş 2005 baskısını esas alıyor. Çeviri ve adaptasyon projesi Mavi Kalem Derneği tarafından yürütülüyor.

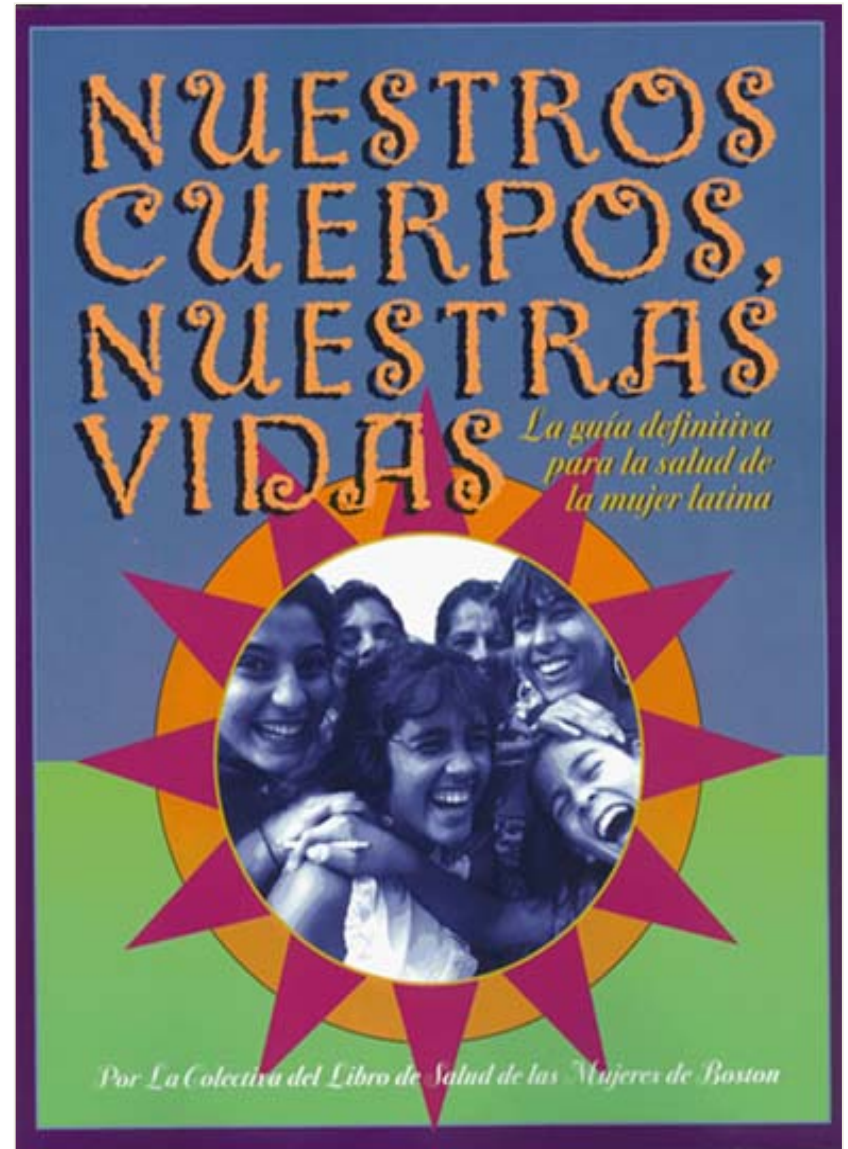
Haber: Mine OLGUN
molgun@noktadergisi.com.tr

“Our Bodies, Ourselves,” kadın sağlığı ve cinselliği konularında kadınların kendi araştırmalarına, kendi bedenleri ve sağlıklarıyla ilgili deneyimlerine dayanarak kaleme alındı ve ilk kez 1973’te yayımlandı. ABD’deki kadınların kendi deneyimlerini kendi ağzlarından anlattığı kitap, kadın sağlığı üzerine çalışan bir dernek olan Boston Women Health Book Collective (Boston Kadın Sağlığı Kitap Kolektifi) tarafından hazırlandı. Menopoz, doğum kontrolü, doğum süreci, cinsel sağlık, toplumsal cinsiyet ve kimlik, ruh sağlığı gibi başlıklarda bilgileri bir araya getiren kitap, bugüne kadar güncellenerek 12 baskı yaptı. Hazırlıkları yürütülen Türkçeye çeviri içinse kitabın 2005’teki baskısı temel alındı. Kitapta, başka ülke edisyonlarında olduğu

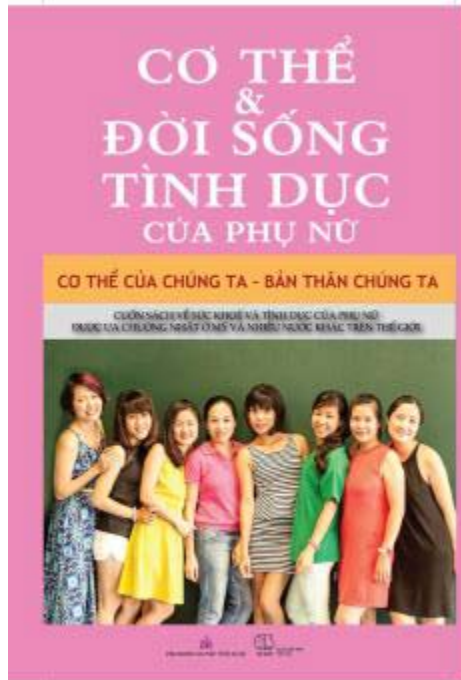


Spanish, USA

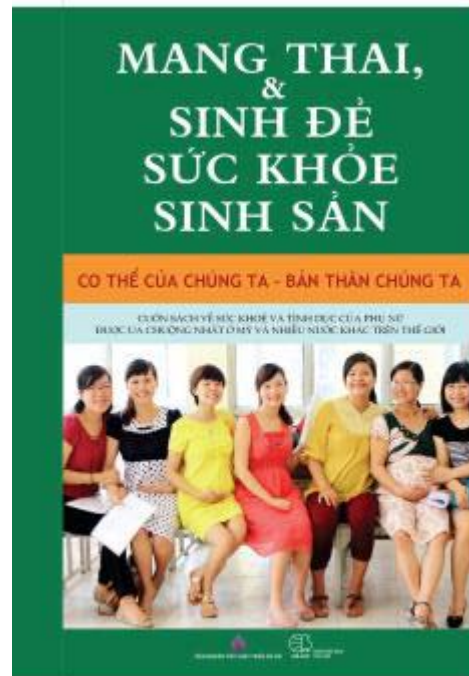
*Nuestros
Cuerpos,
Nuestras Vidas
(2000)*



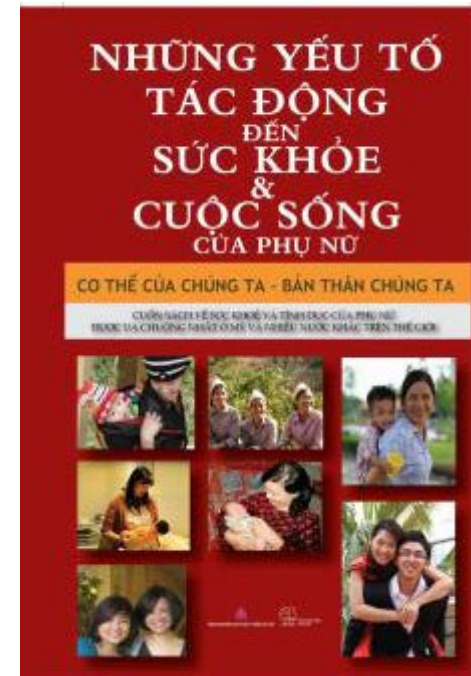
Our Bodies, Ourselves in Vietnamese (three volumes)



449 pages



405 pages



309 pages

Why “Our Bodies, Ourselves”?

It is not just a book, it is a philosophy of life:

- Your Body is yourself,
- Only you have rights on your body
- You love your body, you respect yourself
- Be active in exploring and caring your body

(from OBOS’s Vietnamese colleagues)

Some of the challenges taken on by OBOS's global partners (not a focus for today)

- Increasing sexualization of women and young girls (and the role played by the media)**
- More intensive and sweeping attacks on reproductive rights and justice**
- Violence against women and girls (including sex trafficking)**

Topics for Today

- **HPV infections and the HPV vaccine**
- **The increasing demand for women as gestational mothers and the growth of transnational commercial surrogacy (including an expanding market for women's eggs)**
- **Improving maternal and child health outcomes**
- **Environmental impacts on reproductive health**

Human Papillomavirus (HPV) Infections

- Genital human papillomavirus (HPV) is the most common sexually transmitted virus in the United States. In Armenia, about 1.4 million women are at risk of developing HPV infections, where cervical cancer is the second most common cancer among women 15-44 years of age.
- 90% of HPV infections resolve on their own, but some progress to cervical cancer. In 2012 it was estimated that about 272 new cervical cancer cases were diagnosed in Armenia and that 112 women died from cervical cancer that year. (In the U.S. there are about 13,000 cases and more than 4000 deaths from cervical cancer every year.) <http://www.hpvcentre.net/statistics/reports/ARM.pdf>

- There are about 100 types of HPV, 13 of which are known to be cancer-causing (for ex, HPV types 16, 18, 31, 33, 45, 52, and 58). HPV is spread through intimate skin to skin contact (primarily vaginal or anal sex).
- There are now two HPV vaccines that protect against HPV. One new vaccine (Gardasil 9) protects against 9 types of HPV, and overall, these vaccines have the potential to prevent 70-90% of cervical cancers, as well as other cancers experienced by both women and men.

The Centers for Disease Control in the U.S. now recommend the HPV vaccine for young women through age 26, and young men through age 21. The vaccine is also recommended for the following, if they did not get vaccinated when they were younger:

- young men who have sex with men, including young men who identify as gay or bisexual or who intend to have sex with men (through age 26);
- young adults (through age 26) who are transgender; and
- young adults (through age 26) with certain immunocompromising conditions (including HIV).

Why HPV vaccine mandates are not wise

- This is not a crisis, where we have a highly contagious disease and need to create herd immunity. Transmission requires intimate contact.
- Any HPV vaccine program should be part of a well-planned cervical cancer prevention plan that includes public education and availability of Pap tests (HPV vaccines do not yet protect against all types of cancer-causing HPV types, so continued cervical cancer screening is important). Until the public has a sound understanding of the vaccine's value, any mandate is likely to experience a significant backlash.
- Giving girls and boys this vaccine without thorough counseling and education can confer a false sense of protection from all sexually transmitted infections.

More reading about the opposition to the HPV vaccine in Armenia:

- <https://www.evnreport.com/raw-unfiltered/addressing-the-hpv-vaccine-hysteria>

This article discusses the vaccine's use among girls and young women, but a conversation about including boys and young men would be a good idea as well. Maybe a topic for an AUA student to take on?

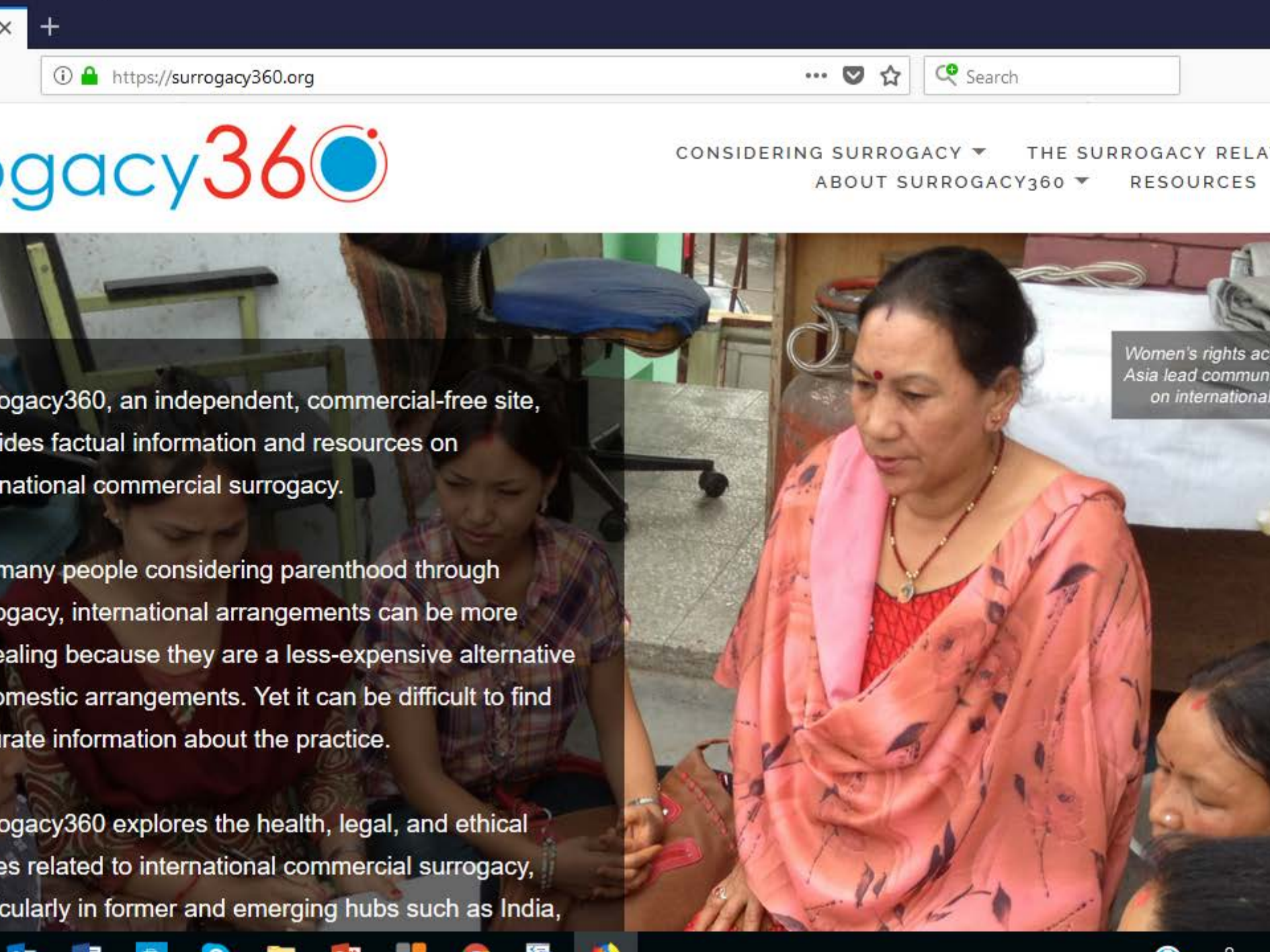
Global Commercial Surrogacy

- A fast-growing, multi-billion dollar market that is largely unregulated and exposes many women to significant harms
- Surrogacy360, an independent, commercial-free site, provides factual information and resources on international commercial surrogacy. It explores the health, legal, and ethical issues related to international commercial surrogacy, particularly in former and emerging hubs such as India, Nepal, Mexico, and South East Asia.

www.surrogacy360.org

www.surrogacy360.org

Our Bodies Ourselves (OBOS), the Center for Genetics and Society, and other allies developed this online resource in an effort to counter industry-sponsored information. By engaging those involved in the “demand” side of such arrangements – the intended parents – and raising their awareness about motivations, living conditions, and the health and human rights of gestational mothers, we hope that more intended parents will critique closely those agencies that facilitate commercial surrogacy agreements.



urrogacy360, an independent, commercial-free site, provides factual information and resources on international commercial surrogacy.

For many people considering parenthood through surrogacy, international arrangements can be more appealing because they are a less-expensive alternative to domestic arrangements. Yet it can be difficult to find accurate information about the practice.

urrogacy360 explores the health, legal, and ethical issues related to international commercial surrogacy, particularly in former and emerging hubs such as India,

Women's rights activists in Asia lead community on international

Selected Health Risks for Gestational Mothers

- Hormone treatments that artificially prepare gestational mothers to carry embryos
- Mandatory and medically unnecessary cesarean sections
- Multiple embryos implanted to increase success rates (carrying and delivering multiple embryos puts women at increased risk of hypertension, preeclampsia, gestational diabetes, and postpartum hemorrhage; this also increases prematurity and low-birth weight for the babies born)

A Call To Action (now being developed)

**Surrogacy providers must adhere to the recommended cap on embryo transfers.

**Surrogacy providers must adopt vaginal birth as the standard care.

**Surrogacy providers must guarantee freedom of movement, access to community, and agency in decisions.

**Surrogacy providers must offer postpartum and longer-term support in recovery and adjustment.
Surrogacy providers must obtain informed consent.

**And other changes to be called for as well....

CAN WE SEE THE BABY BUMP PLEASE?

This is a 43 minute film commissioned by OBOS's partner in New Delhi - Sama Resource Group for Women and Health. It explores commercial surrogacy in India, including important ethical questions, primarily through the experiences of gestational mothers. Because India has since banned ALL commercial surrogacy (it now allows only altruistic surrogacy, as is the case in Canada and Australia), commercial surrogacy businesses have moved on to other countries such as Vietnam.

Gendered bio-responsibilities and travelling egg providers from South Africa by Amrita Pande and Tessa Moll

Abstract: ‘Unsuspecting young South African women are heading overseas to donate their eggs to infertile couples and earn a free international holiday in the process. But, at what cost?’ This was the voice-over during a news show in South Africa in 2016 that described the phenomenon of young white South African women going abroad to ‘donate’ their eggs. Through the media, medical professionals sought to warn ‘naïve girls’ about ‘unscrupulous agencies’ taking advantage of them, and in doing so putting them at grave medical risks in ‘Third World’ clinics. Yet owners of agencies and egg providers themselves countered this imagery; here, the egg provider becomes a far more complex biocitizen who finds an opportunity to combine an act of altruism with an opportunity to earn money and travel.

<https://www.sciencedirect.com/science/article/pii/S2405661818300194?via%3Dihub>

HEALTH RISKS FOR SO-CALLED “EGG DONORS”

- Despite the fact we have no good longitudinal data regarding the health risks for young women who undergo multiple egg extraction procedures (typically to help those seeking IVF – in vitro fertilization – as a path to parenthood), many young women in the United States believe these procedures to be well-studied and safe. Young women who undergo egg extraction for the purpose of freezing their eggs (and using these eggs later for themselves) also face similar risks.
- Currently, there is only one voluntary registry based at Dartmouth-Hitchcock Medical Center in New Hampshire now tracking the health of these young women, but relatively few women are participating in this registry. (Infertility Family Research Registry www.ifrr-registry.org)



ifrrregistry



Infertility Family Research Registry

The **Infertility Family Research Registry (IFRR)** is a growing pool of volunteers interested in helping to improve understanding of the health of people and families that have faced a diagnosis of infertility or dealt with infertility treatments. The registry provides a bridge between these individuals and experienced researchers.



Become a *Volunteer*

We welcome those trying to have a child as well as those who have already completed their families through treatment or adoption. In addition, the registry needs individuals who had no difficulty getting pregnant, to serve as study controls or comparison subjects.

● How does the Infertility Family Research Registry (IFRR) work?

The registry collects ongoing information about your health and that of your family. You enter data when you first register and you can update it periodically. The registry also works by providing you the opportunity to volunteer for additional studies that interest you. Many of the studies involve surveys and interviews or requests for permission to review existing medical records. You are fully in control of when and how you participate. You will provide separate consent for any additional survey, interview, medical record review, or other project in which you participate.

Who can volunteer?

To be part of the Infertility Family Research Registry, volunteers can be:

- Women or men.
- Anyone building a family, regardless of where you are in the family building process.
- People who have had, or are having,

**Earn up to \$10,000
per cycle!**

**Become an
egg donor
today!**

**Help give the
gift of life.**



Looking for
young women and
college students
ages 20-29

Apply Today!

www.gsmoms.com

or call 510-900-3819
for more information



University of California, Berkeley

Help another woman get pregnant.

Become an egg donor

Women between the ages of 22 and 30 can help make a woman's dream come true.

Egg donors are compensated \$8,000

Social security number required

For more information, please call our toll-free number



Columbia University

Columbia University

Make \$6000-\$8000 on your summer break

Reproductive Biology Egg Bank is seeking women between the ages of 21 and 30 who would like to donate their eggs to infertile couples who otherwise could not conceive.

The advantages of donating to the RBA egg bank include:

- Quick compensation of \$6000-\$8000 as no recipient matching is required
- Free annual exams up to age 30
- Completely anonymous process
- Free Medical Screening in accordance with FDA guidelines
- Donation planned around your busy schedule
- Increased compensation with additional donation
- *Giving someone the gift of life!*

For more information about our **EGG DONATION PROGRAM** call 404-843-0579 or visit our website at www.rba-online.com.



Reproductive Biology Associates

NEW HOPE. NEW LIFE.

New hope. New life.

1150 Lake Hearn Drive, Suite 400

Atlanta, GA 30342

404.257.1900 / 888.722.4483

www.rba-online.com

University of Georgia

Considering Egg Donation?

Did you know...

There are significant short term health risks and side effects associated with this medical procedure.

Have you asked...

What kind of care you will receive if there are complications, and who will pay for it?

And, have you been told...

The long-term fertility and health risks to egg donors have not been adequately studied, and poorly understood.



For balanced information about egg donation:
www.ifrr-registry.org and www.ourbodiesourselves.org and
www.weareeggdonors.com

The Absence of Evidence of Harm is not the Same as Proof of Safety

Essential to combine this message with the Precautionary Principle of Public Health in an age of escalating commercialism in all sectors of our lives.

Reproductive Health and the Environment Symposium

December 11, 2015, Northeastern University

This event brought together scholars, advocacy leaders, government agency representatives and community-based organizations working to understand the environment's role in reproductive health, and advocating for the women, men and children affected by environmental contamination.

<https://www.northeastern.edu/environmentalhealth/2015/12/16/december-11-2015-reproductive-health-and-the-environment-symposium/>

Brandeis University Student Project

In order to gain a deeper understanding of exposures in Black women's hair salons, faculty-guided Brandeis students in collaboration with EPA Region 1, the Resilient Sisterhood Project, Clean Water Action, Silent Spring Institute, and other partners conducted a study to assess hair salon workers' exposure to specific volatile organic compounds and fine particulate matter. Students presented their findings and recommendations:

<https://www.youtube.com/watch?v=S0tZdUCB9no>

Julia Brody

Executive Director of Silent Spring Institute
on endocrine disrupting compounds (EDCs)

Because many breast cancers are hormone-driven, Julia Brody and her colleague Ruthann Rudel began Silent Spring Institute's [Household Exposure Study \(HES\)](#) to identify the major sources of women's exposure to endocrine disrupting compounds (EDCs), synthetic chemicals that mimic or disrupt hormones. The study includes over 100 target compounds and was the first to comprehensively show that consumer products used at home are a major source of exposure to EDCs. The HES was also the first to show high levels of flame retardants in California and led to changes in the state's flammability standard for furniture foam.

Elizabeth Hoover

Manning Assistant Professor of American
Studies at Brown University

Her panel addressed environmental health and justice in Native communities. Her recent book, *'The River is In Us: Fighting Toxins in a Mohawk Community'* (2017) explores how the Akwesasne—an indigenous community in upstate New York—created a grassroots effort to fight the contamination of its lands and reclaim its health and culture.


Other presenters:

Dr. Laura Vandenberg, Associate Professor and Graduate Program Director, University of Massachusetts Amherst School of Public Health and Health Sciences. She has served on a number of US and international expert panels to assess endocrine disrupting chemicals, the topic of her presentation:
<https://www.youtube.com/watch?v=Ab-X51i-eIA>

Judy Norsigian, past Executive Director of Our Bodies Ourselves, spoke about several areas where activists made a positive difference:
<https://www.youtube.com/watch?v=A6X21KKvO3Q>

The Blueprint for Advancing High-Value Maternity Care Through Physiologic Childbearing aims to chart an efficient pathway to a maternity care system that reliably enables all women and newborns to experience healthy physiologic processes around the time of birth, to the extent possible given their health needs and informed preferences.

<http://www.nationalpartnership.org/issues/health/reports/maternity-blueprint.html>



SHE'S
BEAUTIFUL
WHEN
SHE'S
ANGRY

"SHE'S BEAUTIFUL WHEN SHE'S ANGRY" DIRECTED BY MARY DORE. PRODUCED BY MARY DORE AND NANCY KENNEDY
EXECUTIVE PRODUCERS PAMELA BOLL AND ELIZABETH DRIEHAUS EDITED BY NANCY KENNEDY AND KATE TAVERNA MUSIC BY MARK DEGLIANTONI
©2014

**Documentary by
Mary Dore that
features
Our Bodies
Ourselves. One of
the best films
about Women's
Movement
activism in the late
1960s and early
1970s.**

Sex and World Peace

by Valerie Hudson et al

A remarkable and well-researched book that documents how the extent of violence committed against females is the major determinant of whether or not a country is violent within itself or more willing to use military violence against those in other countries. It is an indicator more important than poverty, natural resources, or the degree of democracy.



Mothers Out Front Works for Climate Justice:

- In all we do, we keep our mission of a livable climate for all children at the center of our work.
- We lift the voices of those who care for and nurture children so that we are heeded by those in power.
- We focus resources particularly in those communities who suffer the injustices of climate change and fossil fuel use today and have been historically marginalized. <https://www.mothersoutfront.org/>

Contact me at judynorsigian@gmail.com

More recently I have focused my personal volunteer work on climate change, especially as a member of MOTHERS OUR FRONT (<https://www.mothersoutfront.org/>), because I care so much about trying to preserve a livable planet for future generations. Our children need and deserve our activism.