



OUR BODIES OURSELVES

Thankfulness Fall 2025

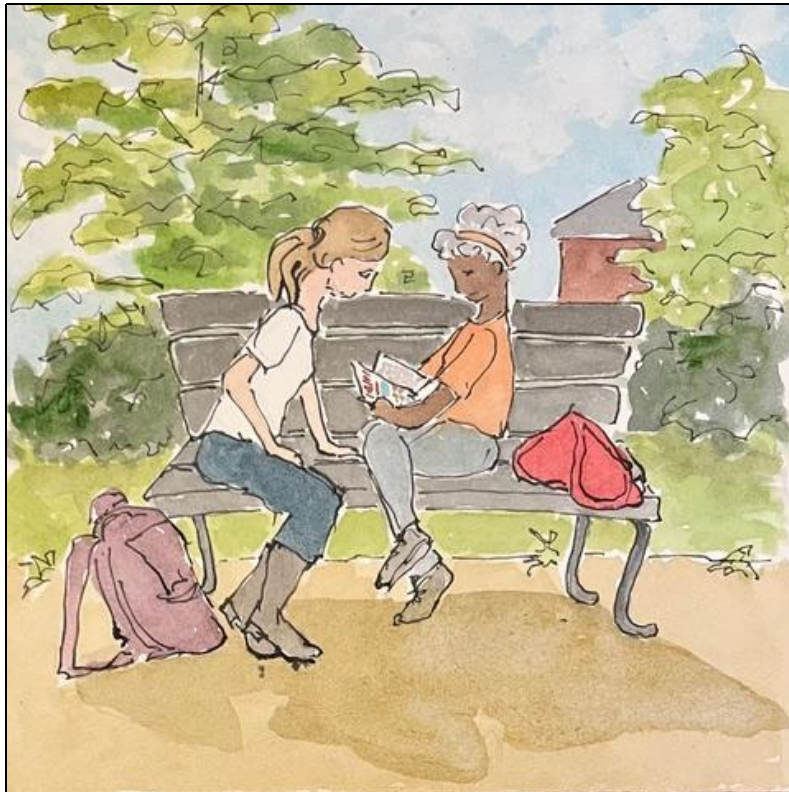


Image: "Our Bodies Ourselves," Susi Remold, Gratitude Project. 2025.

A Note From Our Program Director

Dear Friends,

It's one thing to be told to give thanks. "You should be grateful" smacks of smug superiority, as if we don't really deserve to be employed, safe, or healthy. But a freely volunteered expression of appreciation is a real gift. We felt moved when artist and scientist Susi Remold included Our Bodies Ourselves in her **Gratitude Project**. She wrote:



I am grateful to be one of countless people whose understanding of her body and her possible futures have been changed for the

better by this organization. Fifty-five years after the first edition of the book was published, its volunteers serve as leaders in the women's health movement their work gave rise to, and they continue to change how we talk about and think about women's health. Thanks Our Bodies Ourselves, for what you do!

We're genuinely thankful to Susi in turn, as we are for all of you who value and support us day after day. Our Bodies Ourselves has always been a community at its core. We are still learning together, from one another. And we treasure your fierce partnership against the many things we're not grateful for – like intolerance, ignorance, and injustice.

In this issue we spotlight new resources that demystify high tech censorship of abortion info, how racism affects PCOS, what a new survey concluded about LGBTQ health, and how art helps us heal. We listen to OBOS founder Joan Ditzion and other second-wave feminists reflect on aging, while a younger reader revisits the “lesbian chapter” published in the 1973 edition. We celebrate a new guide to abortion and reproductive justice. We interview longtime OBOS contributor Amie Newman, who is editing an upcoming essay collection about eating disorders at midlife. We also share news about our advocacy and public programs, including the ongoing Our Bodies Our Quilt project.

Our gratitude abounds as we continue this important, meaningful work, alongside you.

In solidarity,



Laura R. Prieto (she/her/ella)
Our Bodies Ourselves Program Director

[Donate to Our Bodies Ourselves](#)

Spotlight: How Big Tech Censors Abortion Information

Our Bodies Ourselves content expert **Erin Matson** speaks with program associate **Grace Koch** about the ways media platforms practice censorship online, and how misinformation campaigns spread harmful messaging. How does this affect providers and people seeking quality abortion care,

and where we can go to find accurate, reliable info on abortion?

□ [Watch the video](#)



Explore Our Website: New Resources

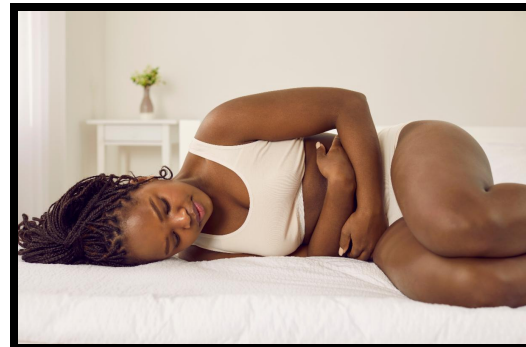
We are always adding new resources to our website, reviewed by our content experts and put into context by the editorial team at Our Bodies Ourselves.

Here are some recent resources we've published:



This executive summary highlights takeaways from a **report on the lived experiences of LGBTQ+ women**. It included the responses of 5,002 women to questions that addressed discrimination, finances, education, religion, gender and sexuality, sex, and relationships.

□ [Read the report](#)



Five million women of reproductive age have PCOS (polycystic ovary syndrome). How do **racism and sexism contribute to the higher rates of PCOS in Black women**, as well as Black women's disproportionate infertility and the risk of cardiovascular disease?

□ [Read the article](#)

Writer and artist **Chanel Miller** describes **finding support as a survivor of sexual violence** and how central creating art has been central to her journey of healing. She also discusses racism and the need to reform the criminal justice system for the sake of survivors.

□ [Listen to the interview](#)



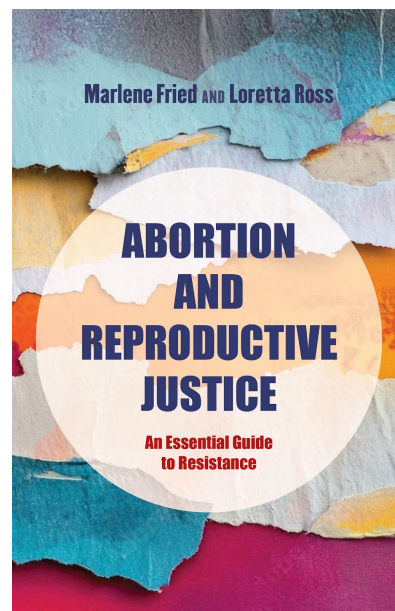
In “On Being an Aging Woman: An Annual Conversation,” Our Bodies Ourselves co-founder Joan Ditzion, Phyllis Mitzen, and Connie Goldman reflect on their **experiences of aging as second-wave feminists**. They also talk about their work to foster intergenerational conversations.

□ [Read the article](#)

New Book - Now Available!

Abortion and Reproductive Justice: An Essential Guide for Resistance
by Marlene Gerber Fried & Loretta J. Ross

Linking abortion rights to broader social justice initiatives, **Marlene Fried** and **Loretta J. Ross** provide a history of abortion politics through a reproductive justice framework that centers those most vulnerable. The book emphasizes that the right to have and raise children is as important for reproductive choice as the right not to. This critical approach—originating in Black feminism—provides grounding for radical abortion advocacy. Calling on us to join in, the book highlights abortion stories from individuals and organizations who are putting this analysis into action on the front lines, in the United States and beyond.



□ [Read more and order the book](#)

Revisiting Our History: The Lesbian Chapter

The Boston Women's Health Book Collective insisted on including a guest-authored chapter, "**In America They Call Us Dykes**" in the 1973 edition of "Our Bodies, Ourselves." Our current intern Inés I. reflects on that chapter, 52 years later:

When I first read the 1973 chapter "In Amerika they Call us Dykes,"

I grinned like a fool, for the title itself captured my heart and soul. 52 years later after its publication, it seems the internal dialogue of begrudging Dykes has been passed on generationally to each carpet muncher and misandrist. There is much to say about its white feminist constraints and lack of inclusion of diverse Dyke perspectives, yet its power of voice is undeniable. In the age of the oxymoron of Lockheed & Martin Pride, it's easy for some to believe that homophobia, or more specifically lesbophobia, is a thing of the past as if public complacency simulates equity. But texts like this remind us of the vulnerabilities and violences that haven't gone anywhere. They show us the wounds that still haven't healed...

[Read the complete reflection](#)

Who We Are: Q&A with Amie Newman

For this issue, we spoke with **Amie Newman**, a lifelong health activist, widely published writer and digital storyteller, and award winning editor. Amie contributed to the last print edition of *Our Bodies, Ourselves* (2011) and was the site's staff blogger, covering topics like racial disparities in maternal mortality and the realities of pelvic organ prolapse. Amie is currently editing an anthology about eating disorders in midlife women. **"This Is Not Your Mother's Eating Disorder"** welcomes submissions through November 30!



What brought you to *Our Bodies Ourselves*?

I have had a wonderful, long, and extremely supportive relationship with OBOS! I remember a friend introducing me to the book when I was in college back in 1989 or so. I was an activist in response to the ways in which women's health, bodies and lives were politicized to such an extreme in this country, literally placing our health and lives in danger. We had to "DIY" when it came to finding and accessing the information we needed about our bodies. In many ways, we still do. *Our Bodies Ourselves* has been ever-present in my life, as a guide, a friend, and a passionate advocate.

What's a crucial issue related to eating disorders that we still need to understand better?

According to one study, as many as 9 million women aged 40 and older develop an eating disorder. For women in midlife, the transitions we often experience can trigger or re-trigger an eating disorder. Menopause can wreak havoc on our bodies and minds. Hormonal shifts cause a change in appetite, in our metabolism, and in the way our bodies work. Anxiety and depression may rear their heads for the first time or more intensely if we already struggle with these conditions especially in the face of other common transitions during this period like divorce, a career change, caring for aging parents or grieving the loss of parents. If you're a Black woman, being diagnosed and finding access to treatment becomes even more

difficult. Health care providers receive between 0 and 2 hours of training on eating disorders. If you have a health care provider you trust and you have experienced an eating disorder in the past, or if you feel you might be struggling with one, please let them know your history or your current state. You are not alone!

What gives you hope?

What gives me hope--what always gives me hope--are women who refuse to stay silent. Women who speak our truths about our bodies, health, and lives. Women who waded through the shame or stigma society places upon our health experiences, whether menstruation, abortion, miscarriage, neurodivergence, perimenopause, menopause, or eating disorders, and share their experiences so that others might understand more, so that others know this is all normal, so that others know there is a path forward. We have always needed to be beacons for each other, guiding each other through the experiences of what it means to live in a woman's body in this country, and we see how this collective sharing can lead to greater awareness, more funding, more research, and ultimately my hope is to ensure women are as healthy as we can be! So if you're going to take one action in the realm of eating disorders in midlife, please just choose to tell one or more women in your life that midlife and menopause can be triggers for an eating disorder and we don't need to feel shame or embarrassment. By spreading the word, we can help save lives.

[□ How to submit your writing to the collection](#)

UPCOMING EVENTS

November 15 (Sat.), 1-4pm ET:

Our Bodies Our Quilt

Community Quilting Event

Brookline Public Library – Coolidge
Corner (Brookline, Massachusetts) |
In Person Only

Our Bodies Our Quilt is a national, multi-generational community quilt project that invites people to reflect on survivorship of violence, using craft as a tool for memory, resistance, and care. At this event, we will be creating individual fabric squares for our community quilt. All materials will be provided. The project will then continue into 2026; please consider submitting a square!

[□ For more info and registration](#)





November 20 (Th), 6–7:30pm ET:
Power in the Flow: A Conversation on Menstrual Equity and Reproductive Justice
 Zoom | Virtual Only

Join SisterSong, Mass NOW, and Our Bodies Ourselves for an exciting conversation among leaders in the menstrual health space, on the intersection of menstrual equity and reproductive justice!

□ [For more info and registration](#)

December 6 (Sat.), 9:00am – 4:00pm ET
Menstrual Equity Summit
 at the 2025 Mass NOW State Conference
 Suffolk University | In Person

Join Our Bodies Ourselves and the Massachusetts Menstrual Equity Coalition at Suffolk University for the Massachusetts Menstrual Equity Summit at the 2025 Mass NOW State Conference.

□ [Find out more and register here](#)

Massachusetts
Menstrual Equity Summit
 At the Mass NOW State Conference

Saturday
 December 6
 9:00am – 4:00pm

Suffolk University
 Sargent Hall
 120 Tremont St, Boston

RSVP at massnow.org/events

Hosted by Our Bodies Ourselves, The MA Menstrual Equity Coalition and Mass NOW

Organizing for Change



Our Bodies Ourselves and 27 other organizations including the Bay State Birth Coalition have signed a letter in support of H.1117/S.784, An Act promoting and enhancing the sustainability of birth centers and the midwifery workforce in Massachusetts. We

celebrate – and hope to build on – the passage of a [landmark Midwifery and Maternal Health Omnibus bill](#) in the state last August.

In other recent advocacy, Our Bodies Ourselves joined public health, consumer, municipal, environmental and community organizations urging lawmakers to protect our drinking water, and everyday products, from [toxic per- and polyfluoroalkyl substances PFAS](#). Our Bodies Ourselves also publicly supported the bipartisan [Patients Deserve Price Tags Act](#) and signed a solidarity statement rejecting presidential attacks on nonprofit organizations.

□ [Learn more about Our Bodies Ourselves' advocacy work](#)

Please share this newsletter with a friend!

*Your accurate **and** inclusive
guide to health, sexuality, **and**
reproductive justice*



Our Bodies Ourselves
Center for Women's Health and Human Rights
Suffolk University
Boston, Massachusetts

Our Bodies Ourselves | Suffolk University 8 Ashburton Place | Boston, MA 02108 US

[Unsubscribe](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)