



WHY (Women's Health & You).... Because Sex Matters in Improving Women's Health!

In recognition of National Women's Health Week, May 14-20, the University of Kentucky Center for Clinical and Translational Science announces the launch of **Women's Health & You** for all women in Kentucky who are at least 18 years old. Women's Health & You (WHY) is the new name for the Kentucky Women's Health Registry, and provides women the opportunity to participate in medical research and help us reduce the gap for women in medical research. Since 2006, more than 17,000 women across Kentucky have joined.

Dr. Ann Coker, a UK epidemiologist who specializes in women's health, is a WHY co-founder.

“This week is National Women's Health Week, when women all across the USA are encouraged to make our health an ongoing priority. We are offering new memberships in Women's Health & You (WHY) as a way to help make women actively engage with their own health,” Coker said. “While our name has changed, our mission remains the same – improving women's health through research.”

Dr. Heather Bush, a UK biostatistician and WHY co-founder, emphasizes that the program incorporates many aspects of women's wellbeing throughout the lifespan.

“It's not just about physical health, but how life experiences influence our wellbeing across our lifespan. Our health changes over time and by domains including physical, emotional, social, sexual and intellectual health. Women's Health & You (WHY) is unique in measuring changes in health over time and across this range of health domains.”

WHY (Women's Health & You) needs you—women over the age of 18 years old—to help us improve women's health and reduce the gap of women's participation in health research that affects them.

Becoming a member of Women's Health & You (WHY) is simple. Initial participation takes only 5-10 minutes to complete a confidential electronic survey and become a part of a group of women who are changing the way we approach the female-centric health issues.

Check out <https://drive.google.com/open?id=0B7PIVbNIEk45U3VsN1BoX2hQYnc> to see how membership in Women's Health & You changed one woman's life and health.

Please consider joining WHY. Why not!

Go to www.womenshealthandyou.org to become a member of WHY, Women's Health & You. Thank you for “doing your part” for the future of women's health. If you have any questions, please call 859-218-4869 or email us at WHY@uky.edu.



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