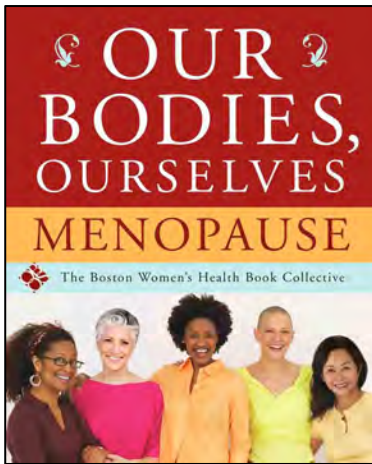


2006 Year-End Highlights

Check Out Our Newest Book!



Touchstone • 0-7432-7487-3

Our Bodies, Ourselves: Menopause recently appeared in bookstores across the country and has drawn praise from many corners (see box at right).

The consumer-oriented and feminist perspective is coupled with the rich and varied life experiences of women from diverse backgrounds. And the evidence-based content challenges much of the misleading drug company advertising that now influences the decisions of

both women and their doctors. As always, our books emphasize self-care and prevention strategies, such as good nutrition and exercise.

To order this book, please visit our website, www.ourbodiesourselves.org, and click on "Buy the Book."

Praise for the new *Our Bodies, Ourselves: Menopause*

"The information is responsibly up to date, the explanations reader friendly, the advice coolly wise, the mood sympathetically upbeat. *Our Bodies, Ourselves: Menopause* is a worthy companion to the classic pathfinder book by the same organization."

-- Isaac Schiff, MD, Chief of Obstetrics and Gynecology Service at Massachusetts General Hospital

"If you're a woman over fifty, this is the book to keep on your bedside table."
-- Nancy Thayer, author of *Hot Flash Club*

"A first choice for women seeking trustworthy information about menopause."
-- Margery Gass, MD, former president of the North American Menopause Society

Our Bodies Ourselves: Transformed Worldwide

The Global Translation/Adaptation Program grew substantially this past year. In 2006 our Albanian colleagues released their new edition of *Our Bodies, Ourselves*.

We are also currently supporting women's groups in East Africa, India, Israel, Jordan, Nepal, Nigeria, Turkey, and Vietnam as they culturally adapt *Our Bodies, Ourselves* into book or other formats. Additionally, in a pilot initiative that will make evidence-based health and sexuality information accessible to a wider audience, selections from the Polish and Albanian cultural adaptations are available on our website.

In the coming year, selections from the Russian, Nepali, Turkish, and French (for francophone Africa) editions will be available online, bringing this information to women living around the world.



After speaking about embryo cloning research and the risks of multiple egg extraction procedures, *Our Bodies Ourselves* staff member Elana Hayasaka (second from left) met with members of Alternative Culture Publishing, which produced the Korean adaptation of *Our Bodies, Ourselves* in 2005.

Our Bodies, Our Blog: News and Voices on Women's Health



Christine Cupaiuolo writes *Our Bodies, Our Blog* from her home in Chicago.

Our Bodies, Our Blog is our newest project, written by the talented Christine Cupaiuolo, who developed a loyal following after writing the Ms. magazine blog, *ms.musings*, as well as other online features.

This daily source of the latest news and controversies about women's health will make you laugh or move you to take action on a critical health concern. The blog is also a place for women to voice their own opinions and ideas. Do send us your suggestions for new topics.

Visit our new blog at:

www.ourbodiesourblog.org.

Empowering Women Through Education and Advocacy

The 2005 edition of *Our Bodies, Ourselves* continues to be an essential resource for women of all ages, and we continue to assist low-income communities in making the book more widely available.

A central feature of our ongoing **Public Education and Advocacy** work is the dozens of presentations to community groups, college audiences, and professional groups that we make each year. These alert the public to important new concerns about women and health and foster activism locally and globally.

As one of a small number of women's health groups that do not accept pharmaceutical industry funding, we continue to gather our information from non-commercial statistical reviews like those prepared by members of the Cochrane Collaboration.

We address such issues as breast implants, misleading advertising by the pharmaceutical industry, stem cell research and risks of multiple egg extraction procedures, reproductive rights, microbicides research, environmental threats to women's health, health care reform, hormone therapy, and the media's impact on women's health, especially through shaping norms about ideal body types.



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Our Bodies Ourselves staff and contributors at a local event to raise awareness of women's health and menopause issues and to celebrate the release of the new book, *Our Bodies, Ourselves: Menopause*. (Left to right: Elana Hayasaka, Heather Stephenson, Dr. Marcie Richardson, Judy Norsigian, and Dr. Karen Carlson)

Visit our online store:

www.cafepress.com/obos

Purchase Our Bodies Ourselves T-shirts, hoodies, mugs, tote bags, caps and more. Proceeds help support Our Bodies Ourselves programs and activities.



OBOS Provides Free Spanish-Language Resources

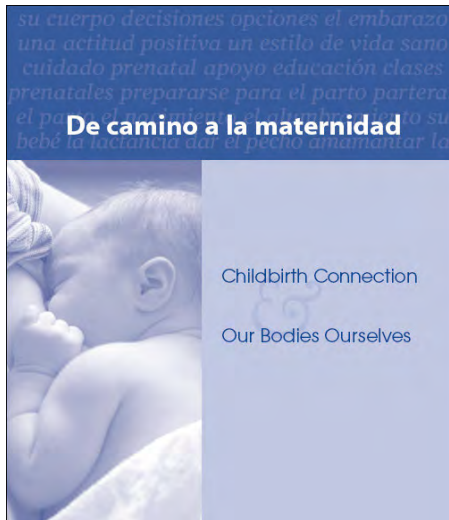
De Camino a la Maternidad, the Spanish-language version of *Journey to Parenthood*, has been distributed free to groups, clinics, and hospitals across the country, thanks to a grant from MetLife to the Childbirth Connection.

Your support will enable another printing of 1,000 copies that will reach both caregivers and laywomen in Latino communities.

Since completing this unique resource about pregnancy and birth for Latinas, we have begun the new update of *Guía de Capacitación para Promotoras de Salud*, our Health Promoters Training Guide that transforms *Nuestros Cuerpos, Nuestras Vidas* into a workshop format.

Both *De Camino* and *Guía de Capacitación* are available at our website as a free download.

Download these free resources at
www.ourbodiesourselves.org/programs/lhi



Our Bun in the Oven for Spring 2008

Our next book, *Our Bodies, Ourselves: Childbirth* is currently being written and edited, with an expected publication date of spring 2008.

This book will provide an evidence-based critique of the mainstream medical model in obstetrics, coupled with many stories of women's births.

Our Bodies, Ourselves: Childbirth will help women make better informed choices about pregnancy and birth.

Learn more about this book at
www.ourbodiesourselves.org/childbirth.

Instant Health Information for Women Everywhere

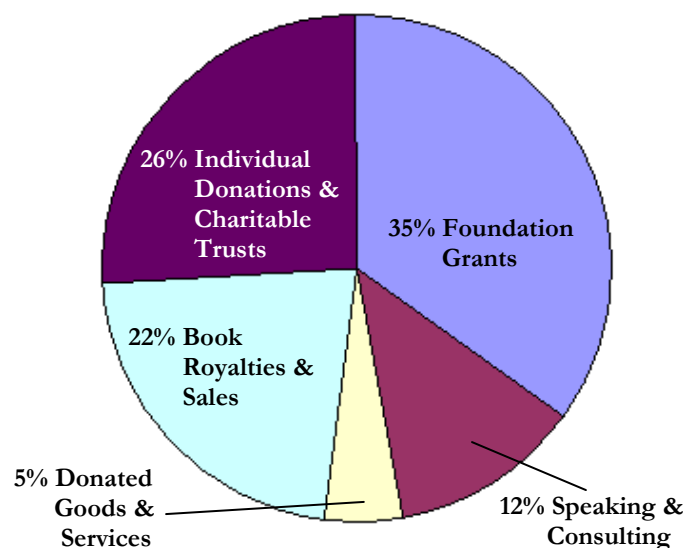
Our website continues to provide accurate, up-to-date information on women's health.

New content this year includes the blog; excerpts from *Our Bodies, Ourselves: Menopause*; selections from the Polish and Albanian editions of *Our Bodies, Ourselves*; the complete PDF file for *De Camino a la Maternidad*; and Spanish-language resources on breast implants.

The number of visitors at our site has more than doubled during the past year. We now average more than 70,000 visitors each month, with many of them visiting multiple pages.

Visit our website at:
www.ourbodiesourselves.org.

Funding Sources for Our Bodies Ourselves, FY 2006



Our Bodies Ourselves relies heavily on individual charitable donations to fund all project activities. Please consider sending in your tax-deductible gift today!