



Helping Women Bleed with Dignity

Student Interns: Sarah Mathew, Penn Dental Medicine and Bethany Sacks, PennVet
Academic Preceptors: Joan I Gluch, PhD, RDH, PHDHP, Penn Dental Medicine and Brittany Watson, MS, VMD, PhD, DACVPM PennVet
Community Preceptors: Nya McGlone, M.S., Co-founder and COO and Lynette Medley, M. ED., Co-founder and CEO

COMMUNITY PARTNER

No More Secrets Mind Body Spirit Inc.

They are the world's first menstrual and uterine wellness hub, serving over 600,00 individuals annually at The Spot, located in Germantown Philadelphia, and their several hubs at partnering HBCUs across the East Coast with goals to expand across all fifty states. They currently serve individuals nationwide facing period poverty. They have a goal to help all women, girls and other menstruating individuals bleed with dignity

BACKGROUND/CONTEXT

NMS proudly distribute about 63,000 menstrual and hygiene products every week totaling over 17 million products in the past two years since they opened the Spot. They provide support for women with bleeding disorders, postpartum complications and menstrual insecurities. This not only reduces the need for women and people who menstruate to engage in risky behaviors but also gives these individuals a sense of dignity and a safe place to ask questions



TEAM'S EXPERIENCE

The Bridging the Gaps interns created a resource list to allow alternative sites to refer the community as needed. Additionally, they assisted in daily appointments and instruction on health and wellness for the clients who visited

The Spot. They made this easier by re-organizing both the pad and tampon rooms. Lastly, they assisted with reaching out for grants and community sponsors to help relieve some of the financial pressures that No More Secrets faces.



ACCOMPLISHMENTS/ CHALLENGES/ JOYS

- Created resource/referral page for NMS website
- Reorganized products
- Engaged with community members, addressing health concerns and providing needed menstrual products.
- Taught community members about proper oral hygiene

REFLECTION

This experience was genuinely life-changing for our team. Through our Bridging the Gaps placement at No More Secrets, we have been able to better understand some of the struggles and resiliency that the Philadelphia community lives with on a daily basis. We have learned valuable lessons in empathy, listening, asking questions and putting the community needs first from their point of view. Not only have these been meaningful lessons while we were working at The Spot, but we will take this growth through both our schooling and working as health professionals.