



MISSOURI HOUSE OF REPRESENTATIVES
WITNESS APPEARANCE FORM

BILL NUMBER: HB 885		DATE: 3/21/2023	
COMMITTEE: Healthcare Reform			
TESTIFYING: <input checked="" type="checkbox"/> IN SUPPORT OF <input type="checkbox"/> IN OPPOSITION TO <input type="checkbox"/> FOR INFORMATIONAL PURPOSES			
WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: ARNIE C. "HONEST-ABE" DIENOFF-STATE PUBLIC ADVOCATE		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL: arniedienoff@yahoo.com		ATTENDANCE: Written	SUBMIT DATE: 3/21/2023 11:56 PM
THE INFORMATION ON THIS FORM IS PUBLIC RECORD UNDER CHAPTER 610, RSMo.			

I Support this Bill on its face.



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WITNESS NAME			
INDIVIDUAL:			
WITNESS NAME: MARYBETH BOHN		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME:		TITLE:	
ADDRESS:			
CITY:		STATE:	ZIP:
EMAIL:	ATTENDANCE:		SUBMIT DATE: 3/21/2023 12:00 AM
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WITNESS NAME			
BUSINESS/ORGANIZATION:			
WITNESS NAME: SANDI MACDONALD		PHONE NUMBER:	
BUSINESS/ORGANIZATION NAME: IAPMD		TITLE: EXECUTIVE DIRECTOR	
ADDRESS: 6 LIBERTY SQUARE #2077			
CITY: BOSTON		STATE: MA	ZIP: 02109
EMAIL: sandi@iapmd.org	ATTENDANCE: Written	SUBMIT DATE: 3/21/2023 10:19 AM	

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My name is Sandi MacDonald, and I am the co-founder and Executive Director of the International Association for Premenstrual Disorders (IAPMD). IAPMD is a 501c3 non-profit organization dedicated to education, awareness, support, and advocacy for women with Premenstrual Dysphoric Disorder (PMDD) and Premenstrual Exacerbation (PME) of underlying disorders. Premenstrual Dysphoric Disorder is a cyclical, hormone-based mood disorder with symptoms arising during the premenstrual, or luteal phase of the menstrual cycle and lasting until the onset of menstrual flow. It affects an estimated 1 in 20 women of reproductive age. While PMDD is directly connected to the menstrual cycle, it is not a hormone imbalance. PMDD is a severe negative reaction to the natural rise and fall of estrogen and progesterone. This number does not account for missed or misdiagnosed nor women whose ovulatory cycle is suppressed by hormonal, chemical, or surgical means. Suicide represents one of the ten leading causes of death worldwide among reproductive-age women. Studies also show that approximately 34% of women with PMDD will attempt suicide in their lifetime while a larger percentage experience suicidal thoughts and self-harm. For every man that dies by suicide, four women will attempt it. PMDD can cause severe emotional, professional, and personal harm to those who have it. Sufferers of PMDD report damaging and impulsive behaviours that may include suddenly leaving a job or a relationship. Others report sudden and increased thoughts about self-harm. PMDD can feel like a "half-life". PMDD can feel like "one week of hell and three weeks of cleaning up". As women today have an estimated 450 periods during their lifetime, PMDD is a long-term diagnosis. Providing sufferers with compassion and understanding is the first step in improving patient outcomes. IAPMD provides free tools, resources, information, and support to help women on this journey. Education is key for prevention. When you read this, you have to see the impact that this disorder has on so many lives. Not only patients but their families and friends. This is a societal issue that needs to be addressed. IAPMD fully supports this bill and is willing to assist with anything needed to make it come to fruition. Please feel free to contact me at any time. Sandi MacDonald, BACS, CPSCo-founder & Executive Director <http://www.iapmd.org> sandi@iapmd.org



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WITNESS NAME			
BUSINESS/ORGANIZATION:			
WITNESS NAME: SHEILA H BUCHERT		PHONE NUMBER: 727-421-1489	
BUSINESS/ORGANIZATION NAME: INTERNATIONAL ASSOCIATION FOR PREMENSTRUAL DISORDERS		TITLE: PRESIDENT, INTERNATIONAL ASSOCIATION FOR PREMENSTR	
ADDRESS: 6 LIBERTY SQUARE #2077			
CITY: BOSTON		STATE: MA	ZIP: 02109
EMAIL: sheila@iapmd.org	ATTENDANCE: Written	SUBMIT DATE: 3/21/2023 9:11 AM	

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I'm writing as president of the Board of Directors of the International Association for Premenstrual Disorders in support of this Bill 885. Health – including menstrual health – is a basic human right. School-based health education helps adolescents acquire functional health knowledge, and strengthens attitudes, beliefs, and practice skills needed to adopt and maintain healthy behaviors throughout their lives. For those who menstruate, this means a right to menstrual health literacy, along with awareness and education about the myriad menstrual and reproductive health disorders, including Premenstrual Disorders, like Premenstrual Dysphoric Disorder (PMDD). This bill will help begin to fill the gap that exists in Missouri regarding adequate education around puberty and menstruation for young people.