

PUBLIC COMMENTS

HB 1966

HOUSE COMMITTEE ON PUBLIC HEALTH

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Hearing Date: April 21, 2021 8:00 AM

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Andrea Ramos

self, student

Harlingen, TX

Dear Chairwoman Klick, Vice Chairman Guerra, and Committee Members,

My name is Andrea Ramos, and I am providing comments in support of HB 1996. I live in House District 35, which includes Harlingen, Texas. I am representing myself. Thank you for the opportunity to provide public comments. Although I do not suffer from fibroids, it is in my family history. My mother has been suffering from fibroids for almost 10 years. Every month, they cause her debilitating pain and excessive bleeding, to the point that she is anemic. She is forced to take pills of iron to prevent becoming fatally anemic and needing a blood transfusion. My family is from the Rio Grande Valley, where the latest medical technology is not available, and even though my mother is a Navy veteran, she has not been able to get the proper treatment. My cousin, as well, suffers from fibroids, which made it very difficult for her to start a family. Although my mother and cousin manage their symptoms, like many other women with fibroids do, it would be very meaningful for a month to be dedicated to uterine fibroids.

Texas should join the 7 other states that have designated July as Uterine Fibroids Awareness Month. This would be extremely meaningful to the women who are (or have) suffering from fibroids. Making this designation is a great start for bringing more awareness to fibroids since it is frequently overlooked. Fibroids is a common menstrual disorder that lacks general awareness from the public. According to the Fibroids Foundation, 1 in 3 women are diagnosed with fibroids at some point in their lives. Bringing awareness to a very important women's health issue can help promote awareness and possibly making it easier for these women to get the medical attention they need.

I strongly urge you to support this bill and vote it out of committee soon. Thank you.

Andrea Elizondo

Self

Austin, TX

Dear Chairwoman Klick, Vice Chairman Guerra, and Committee Members,

My name is Andrea Elizondo and I am providing public comments in support of HB 1966. I live in TX House District 50, which is in Travis County. I am representing myself. Thank you for the opportunity to provide public comments.

Texas should join the 7 other states that have designated July as Uterine Fibroids Awareness Month. Making this designation is a great start for bringing more awareness on this menstrual disorder. There needs to be more educational information on fibroids, which is often overlooked and ignored. Fibroids is a common menstrual disorder that lacks general awareness from the public. It is so common in the United States that about 1 in 3 women will be diagnosed with fibroids (The Fibroids Foundation).

Public health awareness is an effective strategy for educating the public. Awareness Awareness also plays a role in healthcare prevention. Providing awareness on fibroids can help people get appropriate treatment while also destigmatizing menstruation especially for vulnerable communities.

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Please help fibroids get more awareness by passing HB 1966 out of committee. I strongly urge you to support this bill and vote it out of committee soon.

Thank you for the opportunity to provide public comment.

Tiy Jones

Myself

Houston, TX

Dear Chairwoman Klick, Vice Chairman Guerra, and Committee Members,

My name is Tiy Jones and I am providing public comments in support of HB 1966. I live in TX House District 2, which is in Houston Tx, Harris County. I am representing myself. Thank you for the opportunity to provide public comments.

I am one of the 80% of African American Women who suffered from fibroids. My periods were debilitating to the point of missing out on social activities to not wearing white anymore to painful sexual intercourse. My menstrual every month was unpredictable and was so heavy to the point that I was changing my extra heavy pad every hour. My cramps felt like labor pains.

Yes, Fibroids can cause this agony. I share this same experience with thousands of the other women and girls. I found out about the fibroids in my uterus in 2013; I was diagnosed with 3 fibroids ranging from golf ball size to strawberries. Come to find out my mom, grandmother and aunt had fibroids but they all had surgery because they were not giving a Natural Alternative Option. It's nothing we can do. My heart was broken; no one can help me from this pain. I knew there was another way to heal myself, I was not going to be a static, by having surgery. My healing was not overnight; it took time to be consistent with a holistic new healthy diet and living. Out of my experience I created My Womb Wellness to provide a natural alternative solution for women and girls who feel like me, to know that there is another option instead of surgery.

I have my Detox Spa Retreat in the month of July; for Fibroid Awareness Month; Detoxing is the foundation addressing the fibroids to start shrinking and dissolving.

Fibroids and periods have been silenced enough in society. It's time to talk about it.

Please help fibroids get more awareness by passing HB 1966 out of committee. I strongly urge you to support this bill and vote it out of committee soon.

Thank you for the opportunity to provide public comment.

Tiy Jones

Sent from my iPhone

TWYMEIKA HILL-JONES

HONEY COMB SUITE, LLC dba Empower You, PERIOD

DALLAS, TX

Dear Chairwoman Klick, Vice Chairman Guerra, and Committee Members,

My name is Twymeika Hill-Jones and I am providing public comments in support of HB 1967. I live in TX House District 109 which is in Dallas. I am representing myself. Thank you for the opportunity to provide public comments. Uterine fibroids is a health condition that is overlooked and ignored. Even though this specific health condition is ignored, about 1 in 3 women will be diagnosed with fibroids (The Fibroids Foundation). I was one of the women affected by them in my early 20s. Due to having medicaid at the time, I was given misinformation about the threat they could cause to my body, especially, if I decided to have children. Although, I had 3 the size of golf balls, I was told I could use birth control to dissolve them, which I was already taking when they came into existence. I was also told no need to surgically remove them because they were harmless, but i wasn't told

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they could cause complications during pregnancy, heavy bleeding, horrific cramps, blood loss and exhaustion.

Menstrual disorders, like fibroids, have a history of being dismissed because menstruation is stigmatized, and heavy bleeding and serious painful cramping are not taken seriously.

There are health disparities in menstrual disorders including fibroids. According to the Fibroids Foundation, 80% of African American women are diagnosed with fibroids. To learn more about this health disparity, it is crucial to collect demographic data.

Due to lack of general awareness about fibroids, creating a database to collect prevalence data and treatment data will bring the road to success in getting more access to treatment for uterine fibroids. The campaign awareness on fibroids can help people get appropriate treatment while also destigmatizing menstruation especially for vulnerable communities.

Please help fibroids get more awareness by passing HB 1967 out of committee. I strongly urge you to support this bill and vote it out of committee soon.

Thank you for the opportunity to provide public comment.