

TIME TO OVARY-ACT

by

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A Senior Honors Project Presented to the

Honors College

East Carolina University

In Partial Fulfillment of the

Requirements for

Graduation with Honors

by

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## Abstract

The “Time to Ovary-Act” project creates opportunities for East Carolina University’s student population to gain understanding of women’s reproductive health, especially Polycystic Ovarian Syndrome, or PCOS. A group of Honors students from ECU observed the lack of general knowledge in women’s reproductive health. If the student community is unaware of these health issues or the resources available for them, the resources will not be used and students may never have the opportunity to be diagnosed or treated, which could cause many long-term effects regarding their health. Student Health Services at East Carolina University has many available resources in addition to the numerous medical practices in the Greenville area that can be utilized by students. This project seeks to make students aware of these resources in order to keep students and their peers healthy.

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## Project History

In Honors 2000, the freshman in East Carolina University's Honors College began a several year project that embodies ideals of innovation and entrepreneurship reflective of the university and program. After studying the book "Designing Your Life" by Bill Burnett and Dave Evans, students had discussed solutions to issues or circumstances they may encounter while pursuing goals they had set for themselves. Students were then divided into randomized groups and delegated the task of brainstorming a solution to a "wicked problem" of their choosing. A wicked problem, as presented to these students, is a problem or idea that does not have a definite solution. Solutions are never really "complete", as the issue is one that is not solved, but lessened or decreased. There can be multiple solutions to each wicked problem since they are unique and not all solutions can be tested before they are applied.

For this group, the initial issue of reproductive health was discussed among the students. While both men and women's reproductive health were the ideal topic, it was noted that having a specific focus would be beneficial for finding more direct and detailed interventions. With this in mind, students discussed common reproductive health maladies that affect the population of college-aged females and have potential to cause major health concerns later in life if not addressed and treated at a young age. Conditions in women that are known to have these major effects on women are Polycystic Ovarian Syndrome (PCOS) and Endometriosis. The Office on Women's Health states that PCOS "is a common health problem caused by an imbalance of reproductive hormones. The hormonal imbalance creates problems in the ovaries" (Polycystic Ovary Syndrome). It was also found that these conditions are commonly

found in college-aged women, and if left untreated, women with these conditions could potentially face infertility and other health issues. After thoughtfulness of the group and interviewing of peers, PCOS and Endometriosis were chosen as the specific focus of the team “Time to Ovary-Act.” The poster presentation for the end of the Honors 2000 class is seen in *Image 1*.

**Image 1:** Final poster presentation of the original members of the Ovary-Act team. Current members still include Brooke

**THE PROCESS**

Originally, our group wanted to focus on informing the female population solely on the symptoms and treatment of Ovarian Cancer. After pivoting though, we decided to expand the focus on other female reproductive disorders including Endometriosis and Polycystic Ovarian Syndrome. These disorders, being way more common than most women initially think, can be sneaky in presenting themselves and if our group can educate the population, maybe more women can receive treatment before irreversible consequences have occurred.

**RESEARCH**

**Interviews**

Our interviews with ECU students supported that many people don't know the early symptoms and potential severity of the female reproductive illnesses we're targeting. Many of those interviewed also didn't feel confident in describing the illnesses or how they could get tested for them.

**Sources**

American Cancer Society  
Endometriosis Foundation of America  
Office on Women's Health

<https://www.youtube.com/watch?v=x0Ujs00j2ic>

**PROBLEM STATEMENT**

*In a perfect world, all women would have the access and initiative to go to the gynecologists for annual checkups. However, this is not the case for most women in America. Not all women are aware of the severity of certain reproductive issues, such as PCOS, endometriosis, and ovarian cancer. Our goal is to give women the knowledge they need to recognize the different types of reproductive issues and to educate them on the many ways they can receive help and treatment. Half of women with PCOS go undiagnosed.*

**STATISTICS**

Condition	Approximate Number of Women
Endometriosis	8 million
PCOS	10 million
Ovarian Cancer	14 million

**IMMERSION EXPERIENCES**

**Brooke's:**  
I went to the Student Health Center and asked several workers about available resources for females with reproductive issues. Two workers fumbled around trying to think of people to contact, but one of them finally handed me an outdated pamphlet that contained basic information that one could gather from a quick Google search. However, it did not cover information about local treatment options for both those with and without insurance. I realized that our solution needs to include information for locals to Greenville and East Carolina.

**Briana:**  
I went to the Student Health Center booth outside of Dowdy. I talked to the nurse running the booth about the process of making an appointment, what you can go to the center for, and what kind of insurances are accepted. She was very helpful in explaining what could be expected when making an appointment and what the appointment might consist of.

**THE SOLUTION**

- In order to diagnose at-risk women with reproductive issues, we plan to create a website with a diagnostic quiz that asks women about potential symptoms that they have. Based on these symptoms, the quiz will then compile the symptoms, generate possible diagnoses and recommend the woman a list of sources that she can contact for more help.

## Team Contract

Before beginning planning any events or outreach, the team made a contract amongst the initial members that established weekly meeting times with their mentor and weekly team meetings. During these meetings, student interviews were discussed, and data compiled. Additionally, team meeting minutes were recorded and submitted. The team kept this information compiled as to review strategies that were successful or

not. The team established and all signed a team agreement, which discussed their communication techniques and habits, shared decision making, delegation of responsibilities, leadership roles, conflict resolution, and consequences. In general, it was maintained that team members were required to attend team meetings unless the team was aware of an excuse beforehand. Decision making was a group discussion, which meant that the team would communicate and brainstorm the positive and negative aspects of every decision before choosing a response. Responsibility was delegated among initial members of the group. Among those remaining after the pandemic, Rebecca was delegated to manage event reflection and meeting minutes. Brooke handled communication with mentors, partners, and contacts. Brooke created the poster for a tabling event with the Student Health Services and both members created graphics for the bathroom stall flyers, which are discussed in a later section. It was acknowledged that lack of communication, attendance, or participation is unacceptable and would lead to group discussion and mature confrontation. After establishing effective and agreed upon guidelines for the group, the first official team meeting was held, and the group began implementation.

## Preparation Phase

During the initial planning and brainstorming phase of the project, interviews were conducted with peers and the target population. These interviews showed that there is a severe lack of knowledge of these medical conditions and their effects on the female body in the population around Greenville in both men and women, especially on ECU's campus. The group acknowledged the disparities between men and women and

educational differences about these topics. However, it was noted that men can be involved in recognizing the symptoms of these conditions. By having knowledge of these conditions, they can recognize any red flags that women in their life are having including mothers, sisters, friends, girlfriends, spouses, or even co-workers. This helped the group realize that their target audience was not only women, but also men. Therefore, all of East Carolina University's students need to be educated on this topic, along with the symptoms that may arise, and proactive measures they can take.

The first plan that was organized and presented by the group was for an application for mobile devices and, similarly, a website. Both of these interfaces would have a survey that would ask females about certain symptoms involving their menstrual cycle. Once screened, the test-takers would be presented with resources available in the direct and local area of Greenville, NC that are qualified to evaluate and medically examine patients for PCOS or endometriosis. This plan had several legal pitfalls, including the survey which could potentially mislead women into thinking they were being diagnosed with different reproductive system conditions, instead of educated on the desired issues. Additionally, advertising the resources available to students or women in the Greenville area could become tedious. For this reason, the group made a commitment to focus on the student population and partner with on campus resources to provide informative sources to students.

After deciding who the target population would be for this project, the group began reaching out to on-campus organizations and resources to work with for their solution. Several points of contact were established with the Student Recreational Center, Equity and Diversity Office, Women and Gender Office, and Student Health

Services. Team Ovary-Act decided that they would work specifically with Georgia Childs at Student Health Services. There were several events that were set up with Georgia's help, which aided the team in the pursuit of their goal to educate both males and females on campus at ECU.

At this time, Georgia suggested that the team focus more specifically on one particular reproductive issue. By doing this, the team was able to make informational cards in partnership with the Student Health Center. These cards are featured in *Image 2*. The team handed these cards out to individuals at several events on campus (discussed later) and left them in various places on campus. Specifically, these cards were left in the Student Health Center waiting room, main campus student center, and in library study rooms.

## PCOS Background

Polycystic Ovarian Syndrome, or PCOS, is a reproductive health disorder that is common in women of reproductive age. In simple terms, this condition describes the state of hormone imbalance in which a higher level of androgens, or male hormones, are found in a female's body. This hormone imbalance makes a female's cycle very irregular and can also prevent ovulation. If an egg is not able to rupture, or ovulate, from the ovary, a cyst can form, which is where the name PCOS originated. Periods can be very painful for women with PCOS and they also tend to have additional hip pain. It becomes harder to lose weight for these women due to the risk of insulin resistance, which can lead to diabetes. Women with PCOS tend to have male-pattern hair growth (hirsutism), specifically on the chin and around the nipples, which is one of the

diagnosis criteria for PCOS. Additionally, male-pattern baldness can be common as well as skin tags. Infertility concerns are the main reason that women need to get diagnosed, educated, and treated for PCOS while they are young.

It is not clear what the cause of PCOS is, which is why many PCOS advocates are promoting funding to research this condition and improve the diagnosis process. Many women with PCOS are undiagnosed or misdiagnosed. It tends to be prevalent in some families, showing that there is a genetic aspect to the condition. It is commonly diagnosed with ultrasounds to detect any cysts. However, some females may not have cysts, so bloodwork is needed to confirm the diagnosis.

PCOS is commonly treated with birth control pills for females not planning to become pregnant. Practitioners also will commonly use medications to treat symptoms like hair growth and acne, but also medications are used to lessen the risk of diabetes development. If women with PCOS are planning to become pregnant, health care practitioners may use fertility drugs as well as an increase in activity and a change in diet.

Women with PCOS are at a much higher risk for developing diabetes, high blood pressure, heart problems, and endometrial cancer. These reasons are why the Honors team chose to focus on this condition. This information comes from researchers at Johns Hopkins Medicine and is the basis for the informational handouts used by the Honors Team (1).

## Implementation Phase

The Honors team's plan of intervention began with contacting several organizations nationwide to see if they would provide support and advice for the Honors team. Some organizations that were contacted were PCOS Challenge, PCOS Awareness Association, The National Polycystic Ovarian Syndrome Association, and several blogs led by women with PCOS. Several of the blogs responded to our messages and inquiries but the PCOS Challenge was the only organization that reached out with suggestions and encouragement. After hearing back from them, the team was invited to go to Washington D.C. for a PCOS Advocacy Day in March of 2019 over ECU spring break.

During this trip, the team was able to sit in on several seminars and hearings by PCOS Challenge speakers and invited guests. The main project for the weekend was meeting with members and representatives of members of the U.S. Congress to encourage them to increase federal funding and awareness for PCOS research. Additionally, it was being asked that they support more policies to improve the quality of care for PCOS patients. The Honors team was able to participate in these meetings and conducted several meetings with representatives of U.S. Congress members themselves. *Images 3 and 4* all show the team members in Washington D.C. These images were also featured on the PCOS Challenge's weekly email and web page. Throughout this trip, the team noted strategies utilized by the women who supported and spoke for PCOS Challenge. One of the items the team brought back from the trip were informational cards similar to those made in partnership with the Student Health

Services, as shown in *Image 5*. This trip encouraged the team to proceed with several other initiatives.

**Image 2:** Front and back of informational cards handed out by Honors team in partnership with Student Health Services Center on main campus

**Student Health Services**  
**Online Appointment Information**  
Same day appointments available starting at 5am each day!

Via SHS Website:  
<https://studenthealth.ecu.edu>  
Select "Appointments" or "myPIRATEchart" button

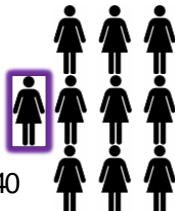
• Log in with your PrateID and passphrase  
• Choose a clinic location (Main or Health Science),  
your visit reason, provider (optional) and click "Submit"  
• If you do not see the reason you need or no available  
times are shown, please give us a call at (252)328-6841

  
STUDENT HEALTH SERVICES

 [ecu\\_shs](#)     [@ECU\\_SHS](#)     [ECU Student Health Services](#)

**Polycystic Ovary Syndrome (PCOS)**

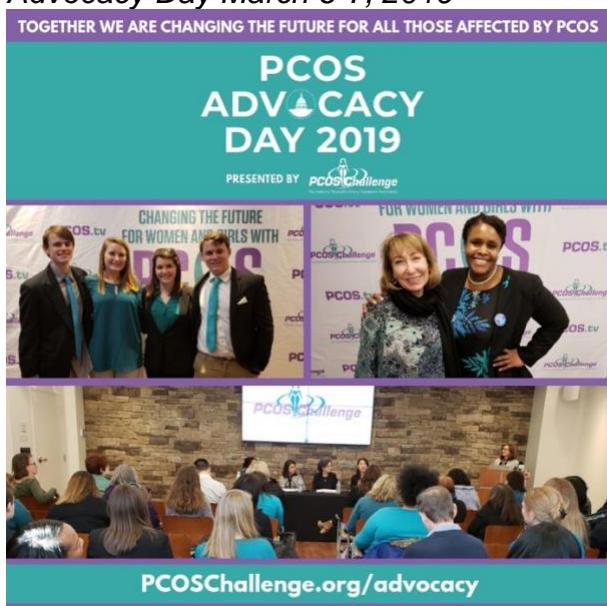
- Polycystic ovarian syndrome, or PCOS is a condition that causes an overproduction of androgens (male hormones) within a female's system, causing:
  - Irregular periods or no periods at all
  - Difficulty getting pregnant
  - Excessive hair growth (hirsutism) – usually on the face, chest, back, or buttocks
  - Weight gain
  - Thinning hair and hair loss from the head
  - oily skin or acne
- PCOS affects 10-15% of women nationwide
- PCOS is the leading cause of infertility in women
- 50% of women with PCOS are undiagnosed/misdiagnosed
- 50% of women with PCOS will be prediabetic/have diabetes by age 40
- Women with PCOS are 3x more likely to develop endometrial cancer
- PCOS can cause problems during pregnancy
- **The key to decreasing your risk is to catch it early!**



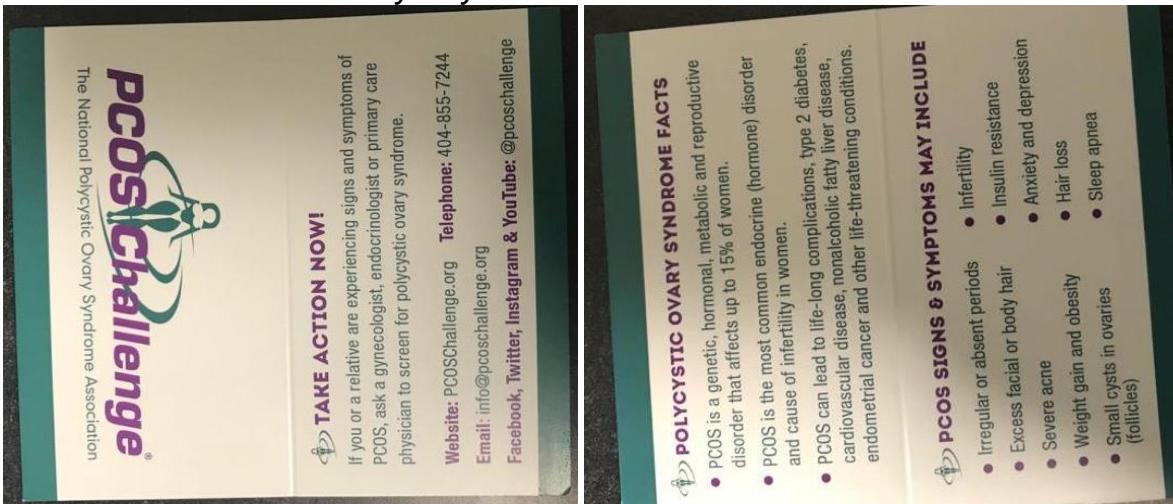
*Image 3: Picture including the Time to Ovary-Act Honors group in Washington D.C. as featured in the PCOS Challenge weekly newsletter and website*



*Image 4: Pictures some members of Ovary-Act Honors group (top left image) at PCOS Advocacy Day March 6-7, 2019*



*Image 5: Front and back of the informational card from the PCOS Challenge acquired by the team at PCOS Advocacy Day*



## On-Campus Events

After returning from the spring break trip to Washington D.C. for the PCOS Challenge Advocacy Day, the Ovary-Act team had exciting new ideas and began to contact various organizations around campus to host events. Several on campus resources were contacted to inquire about participation in events. The equity and diversity office, women and gender office, and student recreational center were the focus since the group already had partnership with the student health center. These offices and contacts were supportive but had already planned their events and informational packets, which meant the team would have to wait for the next semester events to be planned in order to get their information included. The team decided they would work with several contacts to plan for PCOS Awareness Month events. However, the Covid-19 pandemic prevented this from happening, as discussed later.

One of the efforts that the group made in trying to reach and educate students on the topic of PCOS was through tabling. The group created visuals and informational

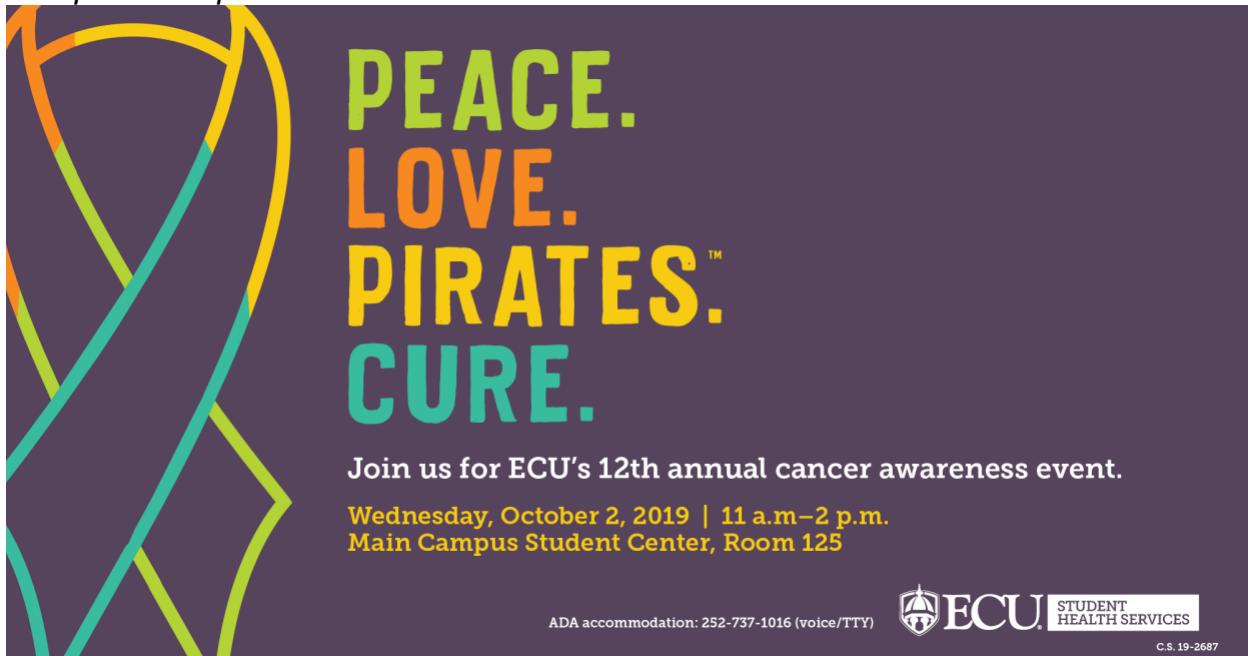
handouts to assist them in informing other students about the severity of reproductive conditions. The team was able to participate and had great success in an on-campus event in partnership with Student Health Services. This event was called Peace Love Pirates Cure, which was a cancer awareness event. Health 1000 students at ECU were encouraged to go in preparation for their midterm, so there was a large amount of traffic by young students. At this event, the team handed out their flyers and brochures and interviewed students in attendance about PCOS and treatment. Additionally, the team explained how PCOS could cause ovarian cancer if not diagnosed and treated at a young age. The team educated patients about the signs and symptoms while handing out teal ribbons that signify PCOS and ovarian cancer awareness. Most students had never heard of PCOS or Endometriosis and were intrigued at some of the symptoms that could show if they were to have either condition. Some females stated that they had previously had some of these symptoms, however, starting an oral contraceptive helped - which happens to be one of the treatment methods of PCOS. Some males were intrigued as well when they recognized some of the symptoms and took information cards to give to their loved ones.

The Ovary-Act team also enjoyed participating in an ongoing event with the Student Health Services called Prize Patrol. Every month, before Covid, the Student Health Services chose a topic that is health related and would create questions based on the topic. The Prize Patrol GEM golf cart would be driven by Student Health Services members to pick students up and drive them to classes while asking and informing them about the chosen health topic. The students would get prizes, or candy, for answering questions and participating. The Honors team conducted Prize Patrol several times and

received positive feedback from students. This strategy was great because it gave the group a chance to chat one-on-one with both female and male pirates. During these conversations, the group asked trivia style questions, but also asked for feedback from students that seemed interested in the project. This gave students the opportunity to voice their ideas on how the group could reach even more students.

The Honors team was also able to hand out the flyers they had made in partnership with the Student Health Services around campus. However, the Honors team conducted some interviews and observed students after handing them a flyer and they tended to disregard it and sometimes threw it away entirely. The team wanted a strategy that would be more engaging and less wasteful. This is when they began to utilize bathroom stall flyers. They created a flyer that was visually engaging and informative. It was also easier to assess impact with the bathroom stall flyers to see how many strips have been taken off. This has been a strategy that has gotten more popular within the past few years at ECU, and the group had heard that a lot of students enjoyed reading these information sheets while in the restroom. This strategy also allowed us to reach more students with different interests and cultures - not everyone enjoys going to, or has time to attend a tabling event, however, every student has to use the restroom at some point. The flyers were put in strategic and high traffic areas, such as the new student center, the library, and several busy lecture buildings.

*Image 6: Flyer for the educational event on campus that the Ovary-Act team participated in in partnership with student health services*



## Impact Assessment

Throughout the course of this project, the Honors group constantly assessed their impact on the community using various strategies. Interviews were a very common technique early in the project. The Honors team interviewed other Honors students, general students, faculty, and staff members. Question topics included base knowledge about PCOS and other related reproductive health concerns. Additionally, individuals were interviewed and quizzed to determine whether or not they knew the resources available at the Student Health Center or even what treatment options are for PCOS. Eventually, the team had enough feedback on this to form ideas that would focus on the lack of knowledge on campus at ECU about women's reproductive health. This is when the team began to implement the contact work as discussed in full above. After each

event on campus with contact work, the team would discuss which interventions they believed worked best. They would strategize new techniques or new questions to ask students to engage them. A popular topic of discussion was how to best engage the male students. An effective strategy proved to be asking if they had sisters, a girlfriend, female friends, or a mother. When they answered yes to at least one of these questions, the team could follow with an inquiry to see whether or not the males would feel comfortable confronting a female peer about potential symptoms. By educating these males that even simple observation may allow them insight into whether their female relatives could be struggling, unknowingly, with PCOS or other reproductive health issues allowed the Honors team to demonstrate the importance of educating the community as a whole. This is just one aspect of impact assessment that the team discussed during their weekly team meetings amongst the team and with their mentor.

## Covid-19 Impact

The Covid-19 pandemic affected the team's plans to work with the student recreational center and main campus student center. It was preceded by the team's mentor leaving the school, so there was a transition to a new mentor in a similar position. The team only worked with this mentor temporarily before Covid-19. After the pandemic began, their new mentor was overrun with Student Health Services Covid-19 protocol and outreach that she apologetically did not have the time to dedicate to the team, which was understandable. The group was in its second semester of the research project when the world began lockdown. Students were instructed to not return to campus the Spring 2020 semester. Having meaningful contact with ECU students

during the pandemic was difficult, especially since the team had not previously focused on a social media platform. In addition, up until the 2021-2022 school year, ECU's campus was mostly empty, and everyone had online classes. Most students stayed home and only left their dorms to go to classes, in which they had to wear masks and distance from each other. By the Spring of 2020, the team had also shrunk from a group of five to only two individuals, since some students had to begin working on their capstone projects and were graduating early.

During the Spring of 2020, the team made a contingency plan for the pandemic. Their definition of success in the social environment at the time was as follows:

"In the current state of the world, an emphasis is already on health. Now, more people are exercising and being aware of washing their hands than before. This provides an opportunity for our project to emphasize reproductive health in light of keeping ourselves healthy. During this time, we are able to keep up communication with people that we know. Starting with these people, we may be able to begin encouraging people to have a holistic approach to medicine. Currently, everyone wants to avoid the virus, but we can also encourage people to analyze any other underlying medical issues or unresolved symptoms that could be affecting their health in different ways. Though we are unable to continue our project on campus, we may continue to reach out to East Carolina University students and encourage them to seek medical advice."

The team communicated and decided that the following aspects of the project were still continuable.

"Even though we may not all be in the same area, we can post flyers around our own city. As people get out of their houses and walk around neighborhoods and greenways more, we have more opportunities for people to see our flyers, similar to ECU campus during a normal school year. However, we would no longer be able to have the pull-off tabs, since people may avoid them for fear of contamination. During this time of quarantine, we may also decide to emphasize the mental health aspect of women's reproductive health. This hopefully would perk interest in the topic."

The team decided that social media would become a very popular way to communicate during the pandemic, which proved to be true. The team began a social media platform on Instagram at this time, but it was difficult to gain the social following needed to inform individuals in the ECU community. Also, it was difficult to suggest visiting the Student Health Services, since many students had returned home, and most medical offices were overrun with Covid patients. The team attempted an educational day on World Health Day, April 7<sup>th</sup>, 2020. This had some traction on social media, but not the same impact that it would have had on campus. The team acknowledged the effects that social media and technology would have on the social environment during Covid and tried to facilitate engagement through these platforms.

## Individual Reflections

### Brooke

From the beginning of Honors 2000, I have been passionate about this project. As the only remaining member from the start, it has been rewarding to watch as the project gained more success and traction. Although the Covid-19 pandemic set the project back, I hope to gain more traction with this project by mentoring younger Honors students, as well as continuing some level of education and information flyers on the Health Science Campus next year. I have been grateful for the opportunities this project has provided me. I have learned about women's reproductive health and ways to facilitate educating students on campus. These skills will help me in my future career.

I am beyond thankful for the opportunity to travel to Washington D.C. for this project. The experience of meeting with several representatives of U.S. Congressmen was very inspiring and informative. I was thrilled to be a part of this project in its entirety, from the very beginning in Honors 2000. From our initial plans of a phone application and website to the implementation of our tabling events and Prize Patrol, it has been gratifying to discuss and interview with students on campus. This project has deepened my passion for women's reproductive health, which is my intended specialty once I complete my Masters in Physician Assistant Studies here at East Carolina University.

### Rebecca

I joined the group after the initial phases in Honors 2000 and 3000. I have been enthusiastic about our success and outreach in the many events we had on campus. After beginning Honors 2000 in another group, I decided to switch to team Ovary-Act. This Senior Honors Project was nothing short of a challenge for me, especially considering that I was jumping in after progress had already been made, and on top of this, the pandemic taking over the world. During the first semester of completing this project, I felt as though the intervention strategies we were using were very beneficial to the project. The one that stuck out the most to me was when we did Prize Patrol and were able to talk to students one-on-one. Here, we were able to form connections with our peers, and discuss the severity of PCOS and Endometriosis in more casual ways, rather than stating facts over and over again. I also liked the interview process of this project for the same reason.

I do wish that we were able to do more with the project. We had plans of presenting to freshman health classes and doing more events to reach upperclassmen.

When schools closed and we went on lockdown in March of 2020, we had no idea how much Covid would impact us and the project. Events to present our research and efforts to educate others were canceled, and we were unable to keep up with the minor interventions that we were doing. Given the circumstances, I feel as though we did as much as we could and reached as many students as possible. This project not only allowed for me to reach out to my peers at ECU and educate them, but it also made me feel more informed about a serious condition that my loved ones and myself should stay mindful of, due to it occurring more often than we would like.

## Closing Remarks

Due to the pandemic, the Honors team was not able to present their project at any of ceremonies or RCAW, Research, Creativity, and Award Week. This is normally when most Honors students present their research and Signature Projects. Since the Ovary-Act team was hopeful they would be able to present at a research convention, they had compiled their project details in a Power Point presentation, which will be attached to this project paper. Completing this project at East Carolina University under the advising of Honors College faculty has been an honor and privilege.

## References

1. *Polycystic Ovary Syndrome (PCOS)*. Polycystic Ovary Syndrome. Johns Hopkins Medicine. (2017, May 28). Retrieved March 16, 2022 from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/polycystic-ovary-syndrome#~:text=PCOS%20is%20a%20very%20common,%2C%20infertility%2C%20and%20weight%20gain>.
2. *Polycystic Ovary Syndrome*. Polycystic Ovary Syndrome | Office on Women's Health. (2019, April 19). Retrieved April 27, 2022, from <https://www.womenshealth.gov/a-z-topics/polycystic-ovary-syndrome>.



HONORS COLLEGE

# Time To Ovary-Act

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Brooke Lindsay and Rebecca Rodriguez

Signature Honors Project



## *Our initial “wicked” problem...*

Lack of education about reproductive health issues that could lead to ovarian cancer



ECU

HONORS COLLEGE

# Why it matters:

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- Ovarian cancer
  - deemed as "silent killer" for women
  - hard to detect due to generality of symptoms
  - caused by underlying reproductive issues easily overlooked in teens
    - Polycystic Ovarian Syndrome
    - Endometriosis

# Honors 2000 Idea

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## Reproductive Health Analysis App

- app with symptom analysis quiz
- if participant has certain symptoms, app will provide informative links to medical professionals/medical practices
- conduct interview with students on campus

### PROBLEMS:

- not licensed to analyze symptoms
- apps sometimes expensive to create and maintain



## THE PROCESS

Originally, our group wanted to focus on informing the female population solely on the symptoms and treatment of Ovarian Cancer. After pivoting though, we decided to expand the focus on other female reproductive disorders including Endometriosis and Polycystic Ovarian Syndrome. These disorders, being way more common than most women initially think, can be sneaky in presenting themselves and if our group can educate the population, maybe more women can receive treatment before irreversible consequences have occurred.

## RESEARCH

### Interviews

Our interviews with ECU students supported that many people don't know the early symptoms and potential severity of the female reproductive illnesses we're targeting. Many of those interviewed also didn't feel confident in describing the illnesses or how they could get tested for them.

### Sources

American Cancer Society  
Endometriosis Foundation of America  
Office on Women's Health

## PROBLEM STATEMENT

*In a perfect world, all women would have the access and initiative to go to the gynecologists for annual checkups. However, this is not the case for most women in America. Not all women are aware of the severity of certain reproductive issues, such as PCOS, endometriosis, and ovarian cancer. Our goal is to give women the knowledge they need to recognize the different types of reproductive issues and to educate them on the many ways they can receive help and treatment. Half of women with PCOS go undiagnosed.*

## STATISTICS



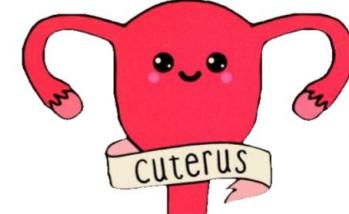
## IMMERSION EXPERIENCES

### Brooke's:

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I went to the Student Health Center booth outside of Dowdy. I talked to the woman running the booth about the process of making an appointment, what you can go to the center for and what kind of insurances are accepted. She was very helpful in explaining what could be expected when making an appointment and what the appointment might consist of.



## THE SOLUTION

- In order to diagnose at-risk women with reproductive issues, we plan to create a website with a diagnostic quiz that asks women about potential symptoms that they have. Based on these symptoms, the quiz will then compile the symptoms, generate possible diagnoses and recommend the woman a list of sources that she can contact for more help.

# Honors 3000

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## Plans

- passport event with guest speakers
- speakers (somewhat famous) talk about their experiences with these reproductive issues
- informative interactive booths at event
- hand out informational cards and engage students in discussion

## Contacts

- SpeakEndo.com
- She ROCKS
- Soul Sisters (SC)
- Sigma Alpha Omega (on campus)
- Student Health Center (on campus)



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# Problems

- No contact from
  - Soul Sisters (SC)
  - Speak ENDO
- Unable to have free screening and tabling event at Student Health Center
- No money for event on campus



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# PCOS Advocacy Day 2019

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- March 6-7 (ECU Spring Break)
- Washington D.C.
- Advocates for more PCOS legislation
  - Support Health Resolution 864 (funding for research, awareness month, etc.)
- Spoke directly with representatives of David Price, David Rouzer, and Senator Richard Burr
- Received helpful symptom cards, feedback, and advice



# Our Goal

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- Increase education on campus about endometriosis and polycystic ovarian syndrome as well as promote early diagnosis and treatment for these conditions to avoid future health issues such as ovarian cancer or diabetes.





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# Honors 4500/4550



Mentored by Georgia Childs and  
Abigail Hubbard at Student  
Health Center



Prize Patrol with GEM car



Handed out ribbons and informative cards

Engaged and educated students while discussing symptoms



Tabled at Peace Love Pirates Cure  
(cancer awareness event)



# Impact Assessment



- Flyers posted around campus (and closed-door advertising)
  - Pull off tabs
  - Student surveys
  - Engaging in conversations

# Contingency Plan

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## *Continuing Plans*

- Posting flyers
  - Will not be in Greenville area/on campus
- Discuss symptoms when able
- Keep community healthy!

## *New Ideas*

- Social media influence
  - Surveys and educational posts
  - Encourage holistic approach to medicine (mental and physical health)
  - Exercise helps with symptoms of some reproductive disorders
  - Promote Endometriosis Awareness Month (March) and World Health Day (April 7<sup>th</sup>)



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# Pictures





# PEACE. LOVE. PIRATES.<sup>TM</sup> CURE.

Join us for ECU's 12th annual  
cancer awareness event.

Wednesday, October 2, 2019  
11 a.m.–2 p.m.  
Main Campus Student Center, Room 125

ADA accommodation: 252-737-1016 (voice/TTY)

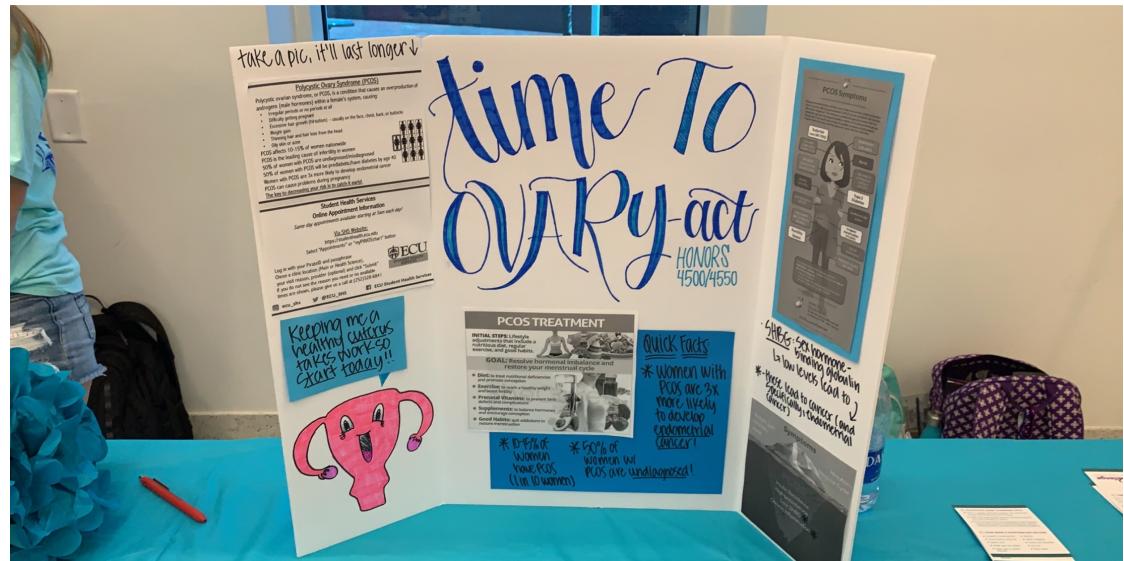


## Tabling event

Promoted on social media (Instagram,  
Twitter)

# Remember to wear teal!

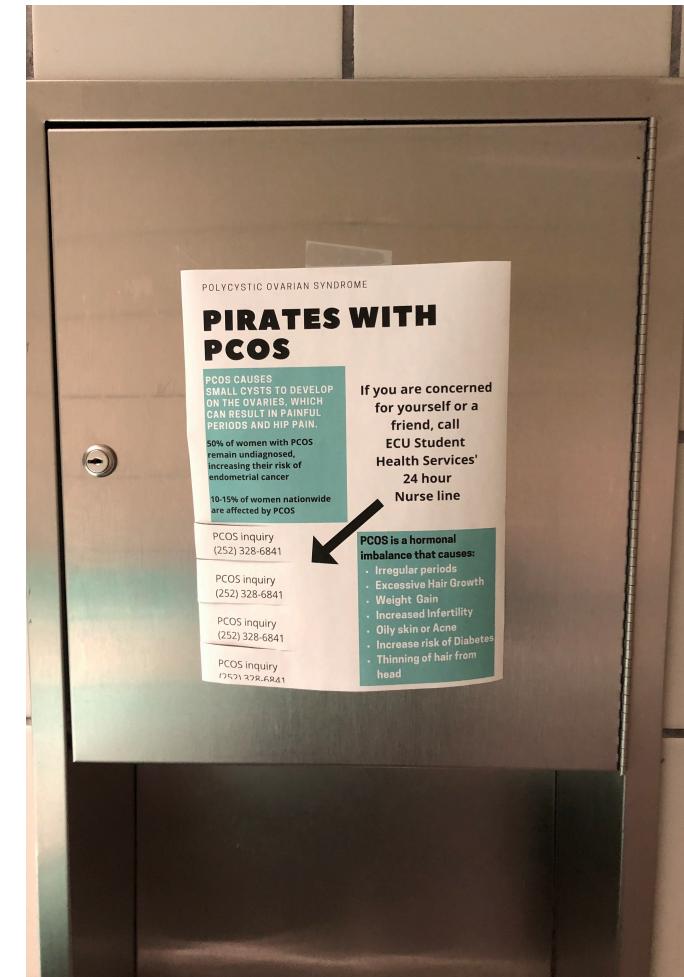
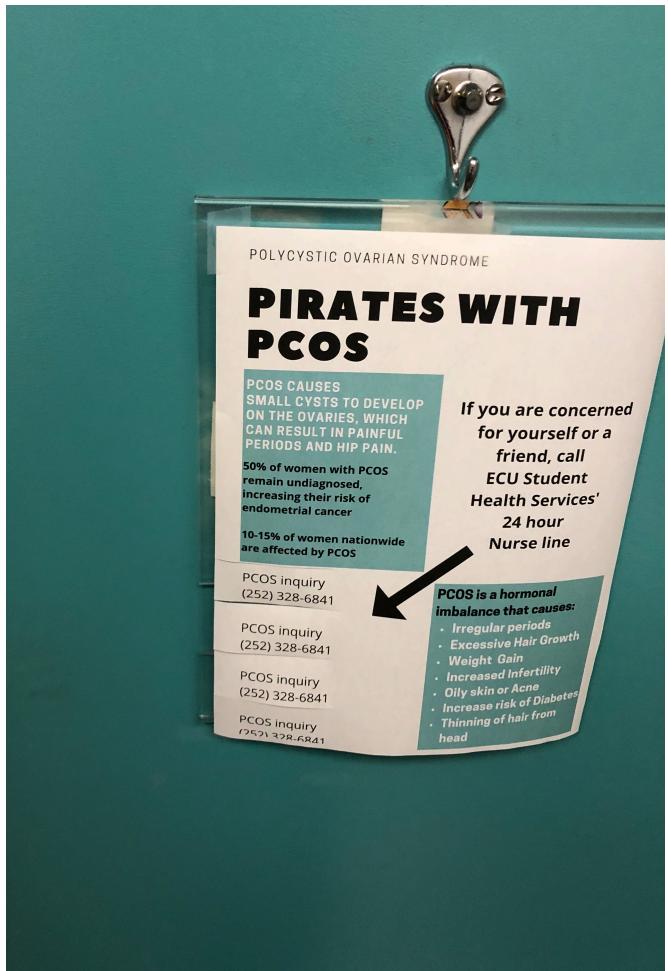
- Poster made was informative and creative
- Handouts with information about scheduling appointment with Student Health Center
- Ribbons handed out promote PCOS awareness (teal)



# Flyers posted around campus

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Tabs were monitored and counted  
as pulled off



# Prize Patrol

- Surveyed students while giving them rides to class
- Inquired about PCOS or endometriosis knowledge
- Both males and females interviewed
- Participants given flyers and candy



D.C. trip for PCOS  
Advocacy Day

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*in front of David  
Rouzer's office with his  
staffer!*





*in between meetings we explored!*



Thank you!