



# CME: Story in Women's Health

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## **DISCLOSURE OF RELEVANT FINANCIAL RELATIONSHIP(S) WITH INELIGIBLE COMPANIES**

- Nothing to disclose

## **REFERENCES TO OFF-LABEL USAGE(S) OF PHARMACEUTICALS OR INSTRUMENTS**

- Nothing to disclose

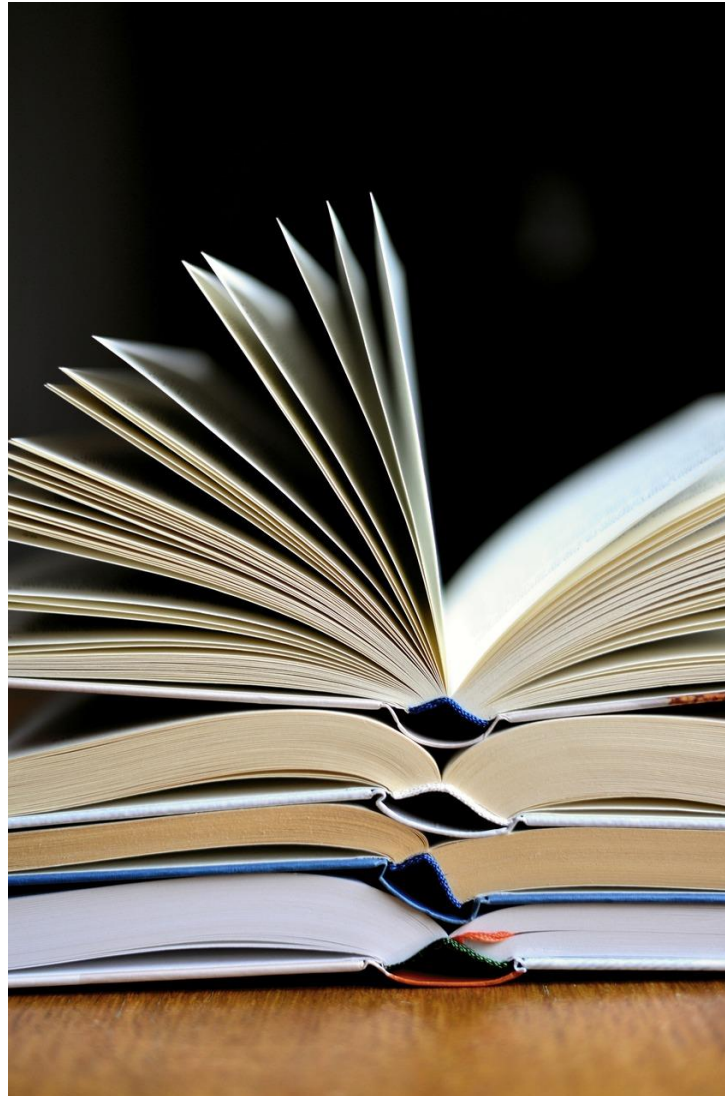
*All relevant financial relationships have been mitigated.*

# Learning Objectives

- Understand narrative medicine and bibliotherapy
- Construct a variation on narrative medicine involving story to explore and increase understanding of health conditions through books.
- Present information about a podcast education innovation utilizing story for women's health.







58 y/o with widely metastatic breast cancer

Dx 5 years prior. Completed treatment.

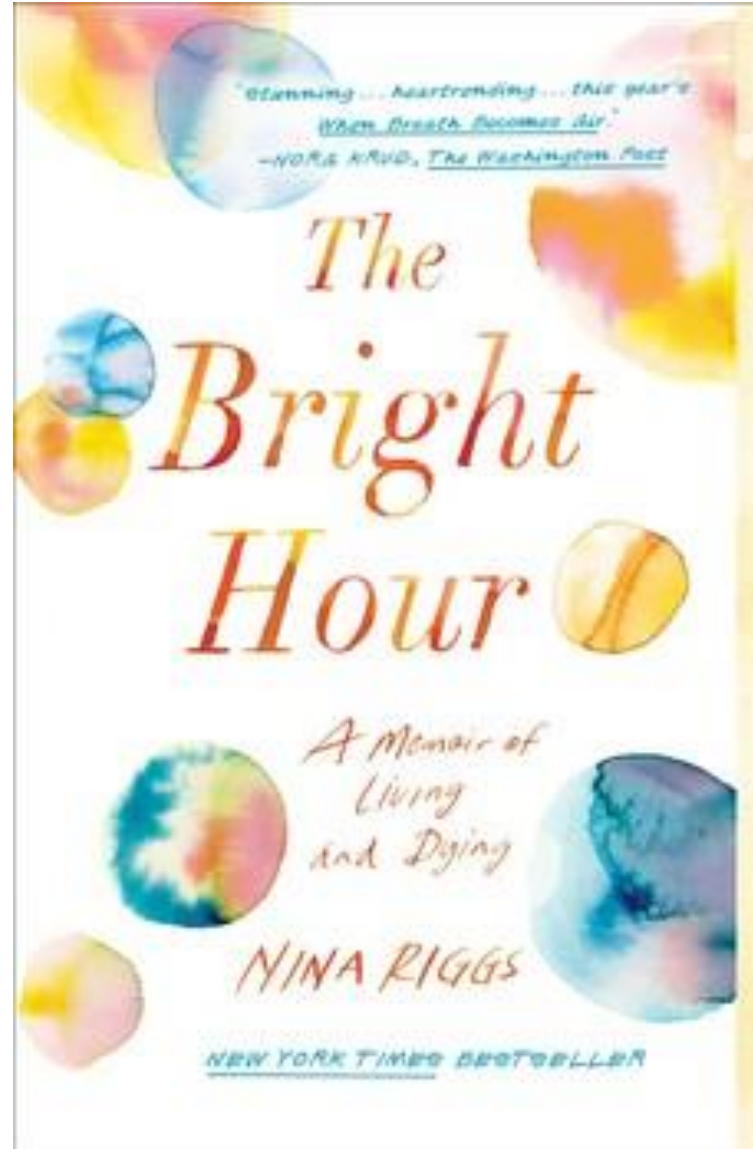
Now recurrent disease not responding to 1<sup>st</sup> line treatment on next therapies.

Considering her mortality.

Husband and her mother are supportive – but will not discuss her death









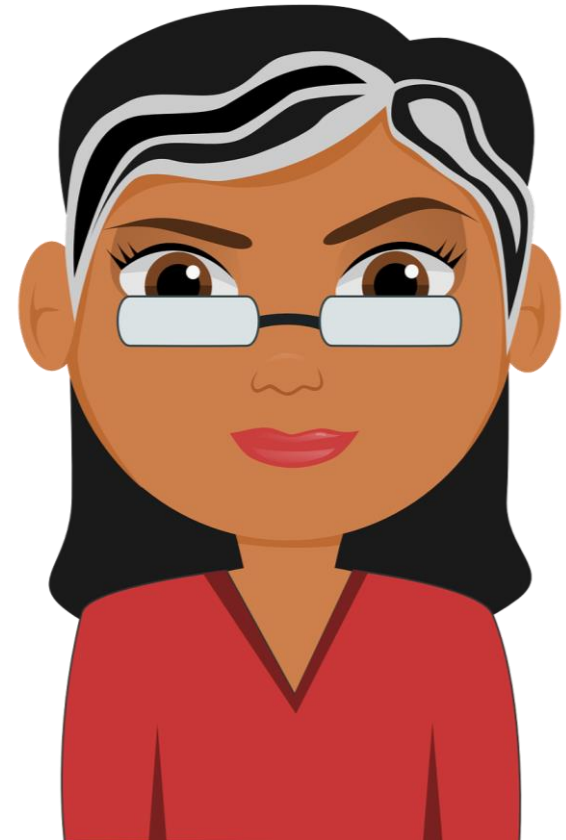


# Narrative medicine - Meaning

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“a commitment to understanding patients’ lives, caring for the caregivers, and giving voice to the suffering through story”

– Rita Charon





# Narrative medicine- Meaning

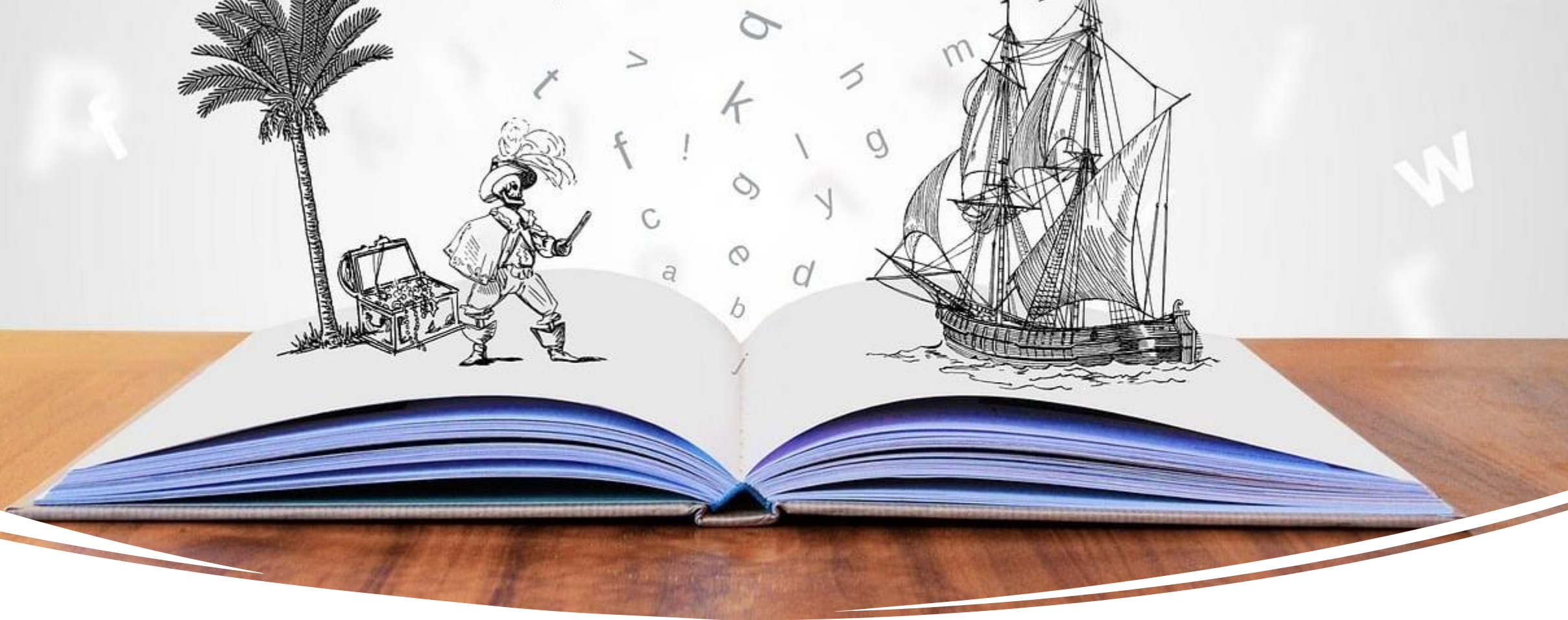
- Use of story in the practice of medicine and healthcare education
- Includes the capacity
  - to recognize,
  - absorb,
  - metabolize,
  - interpret,
  - and be moved by stories of illness



# Narrative Medicine

- Case based learning
  - “58 y/o woman with widely metastatic breast cancer...”
- Understanding the experience of a disease & creating empathy
  - “The Sick Wife”
- Expressive writing
  - JAMA “A Piece of My Mind”
  - Journaling





## Narrative Medicine + You

- You live your life in stories
- You remember in stories
- You practice in stories



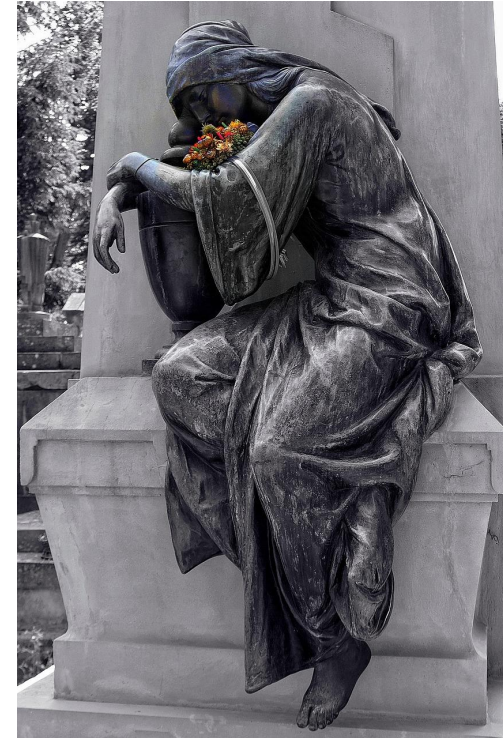
# Bibliotherapy - Meaning

- Uses reading of assigned texts to assist in healing and therapy
- Applications in mental health
  - Anxiety
  - Eating disorders
  - Sexual dysfunction
- Sources: prescriptive nonfiction



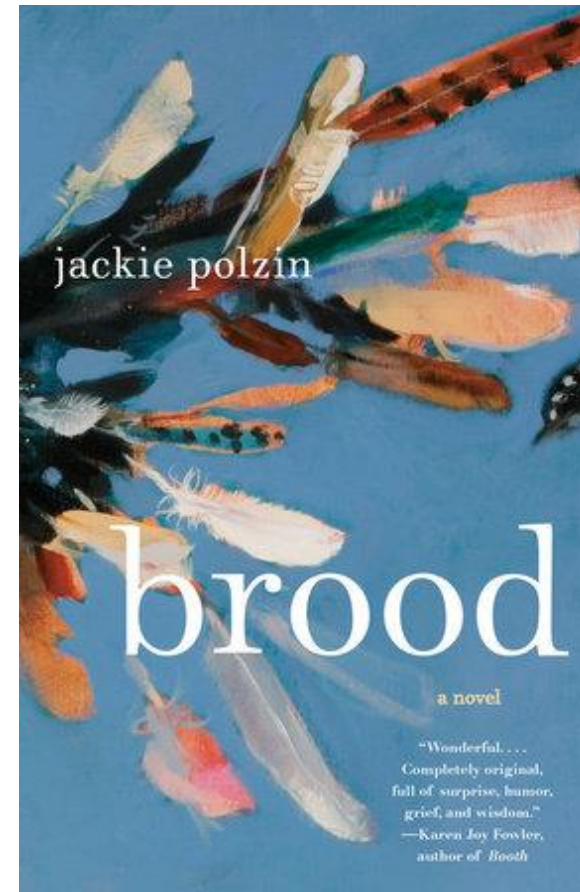


# Miscarriage





# Miscarriage



MAYO  
CLINIC



Read.  
Talk.  
Grow.

Health & Books











# Books are...

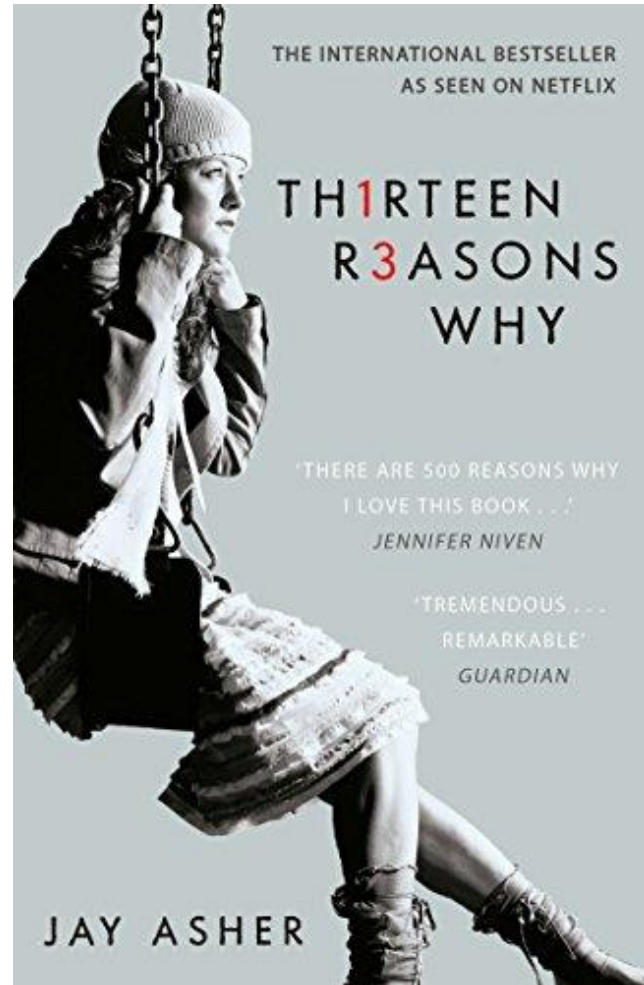
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- Accessible
  - Free
- Intimate
- Experienced alone – or in community
- Slowly digested













## Narrative medicine – with a twist

- Readable book (fiction, memoir, narrative nonfiction) portraying health condition or condition that affects health
- Author + content expert
- Concept: we can use story to teach about health experiences to build understanding, empathy and to be a bridge for starting conversations

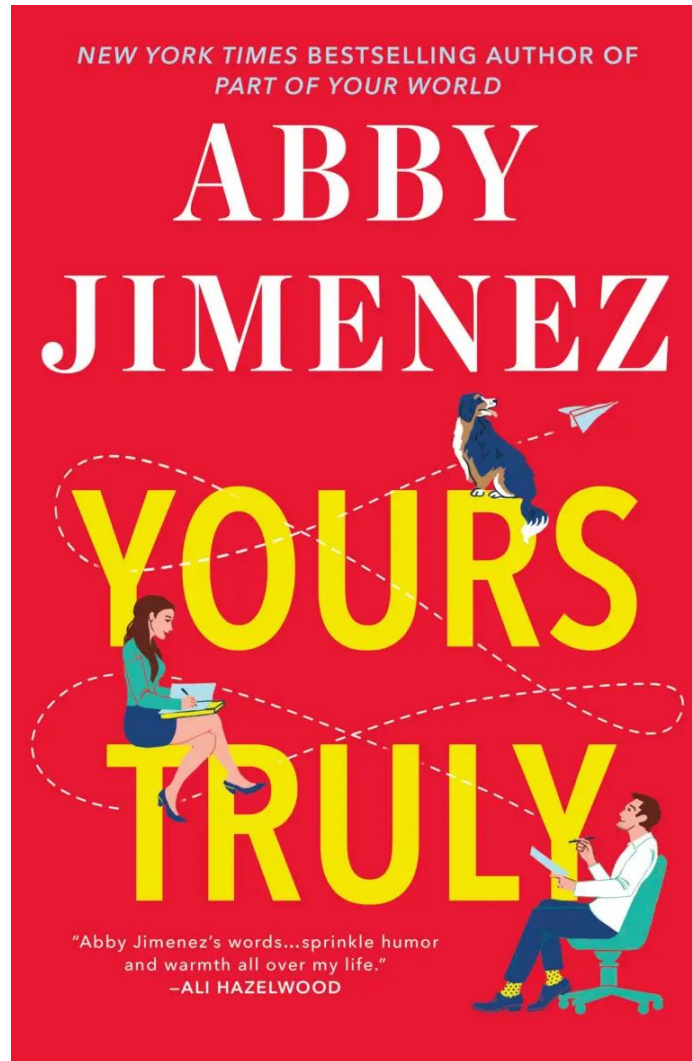
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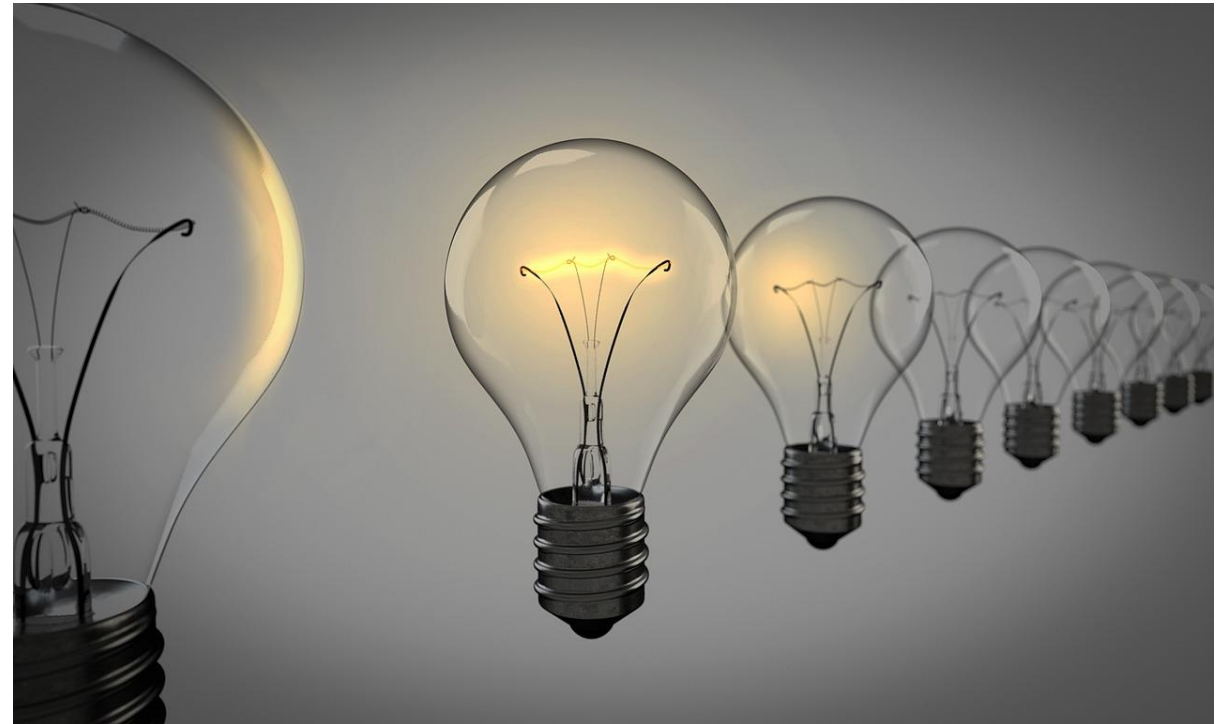
Health & Books

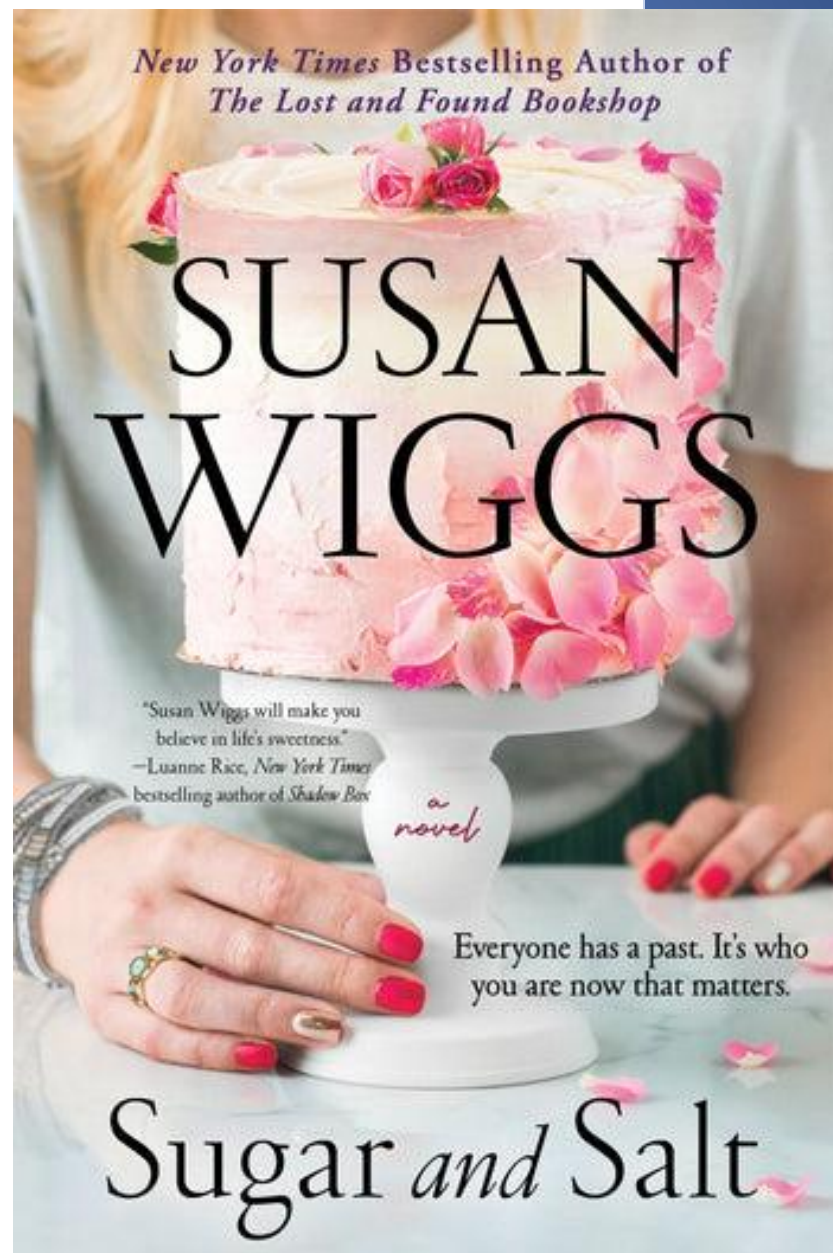






## Romance + Kidney Disease

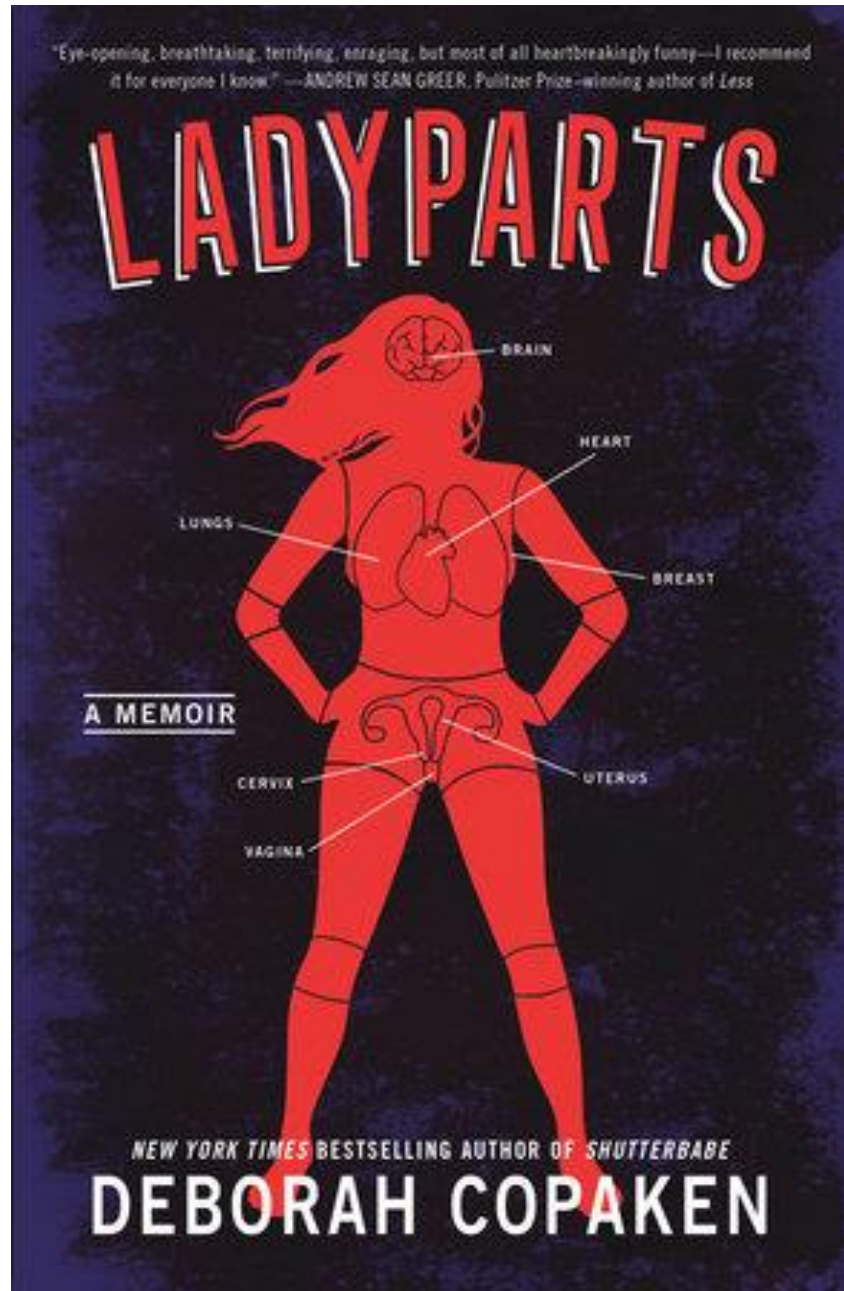












# Navigating Healthcare

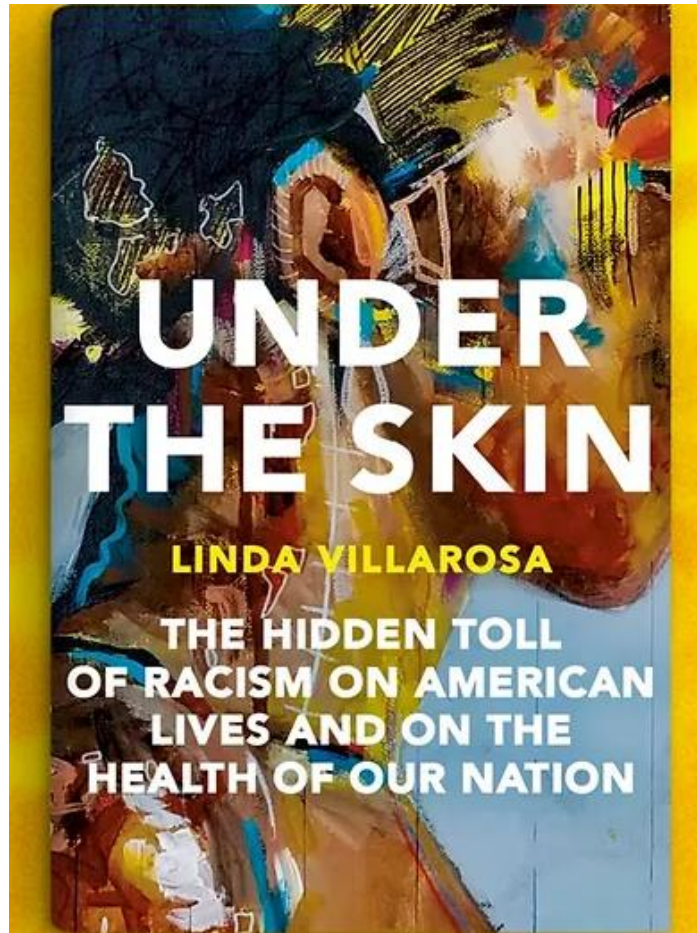


Taking Care of You: The Empowered Woman's Guide to Better Health

- Mary O'Connor & Kanwal Haq



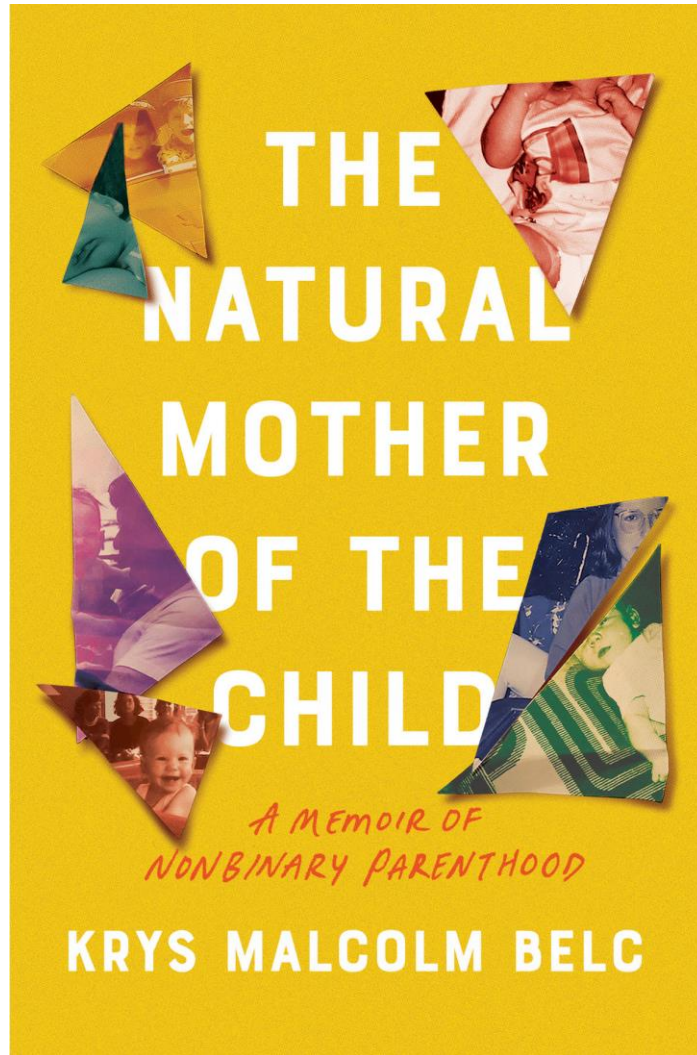




# Racism in Healthcare





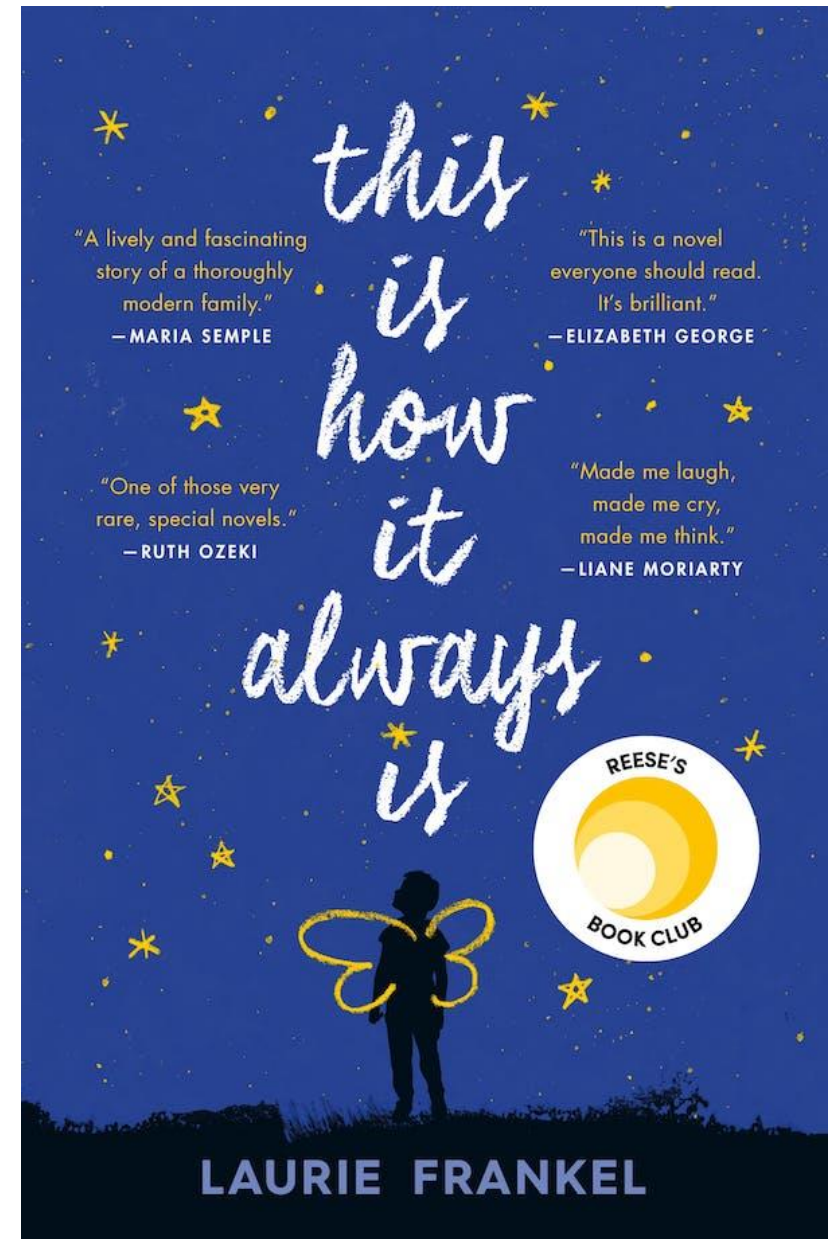


MAYO  
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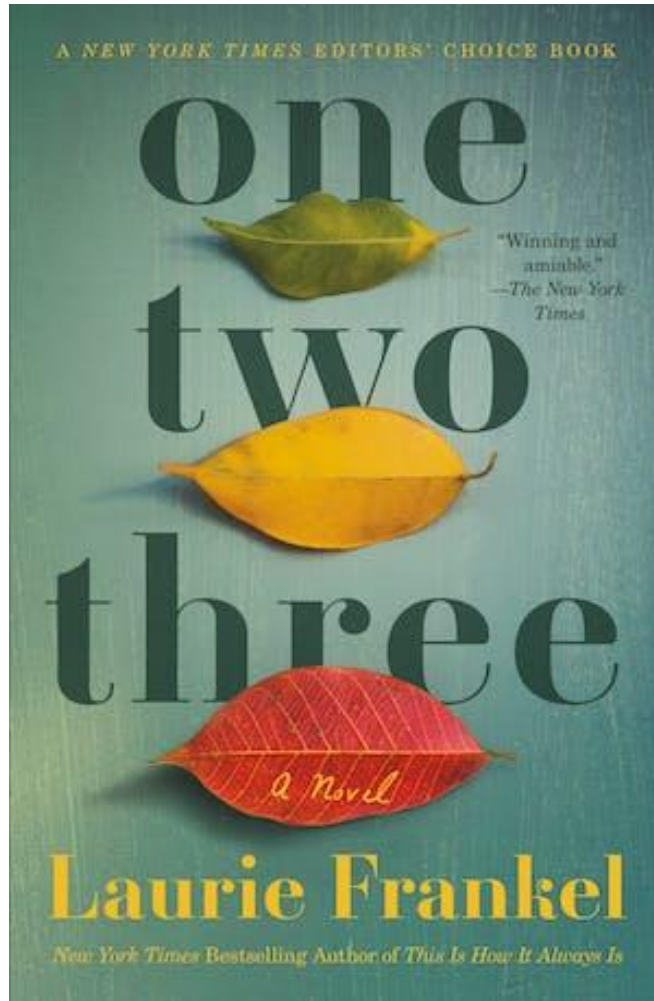


Read.  
Talk.  
Grow.

Health & Books









IT'S NOT OVER. IT'S TIME.

*"The Change is like a guttural rage scream (and somehow a soft, tearful hug) of a book, and I couldn't have loved it any more."* —EMILY HENRY

# THE CHANGE



KIRSTEN MILLER



# WHAT FRESH HELL IS THIS?

**PERIMENOPAUSE,  
MENOPAUSE,  
OTHER  
INDIGNITIES,  
AND YOU**

Founder of Scarleteen  
and Author of *S.E.X.*

**HEATHER CORINNA**



MOTHER OF HOLISTIC MEDICINE

**Gladys McGarey, MD**

WITH A  
FOREWORD BY  
**MARK  
HYMAN,  
MD**

# The Well-Lived Life

**A 102-YEAR-OLD  
DOCTOR'S SIX SECRETS  
TO HEALTH AND HAPPINESS**

Life

Love

Laughter

Labor

Listening

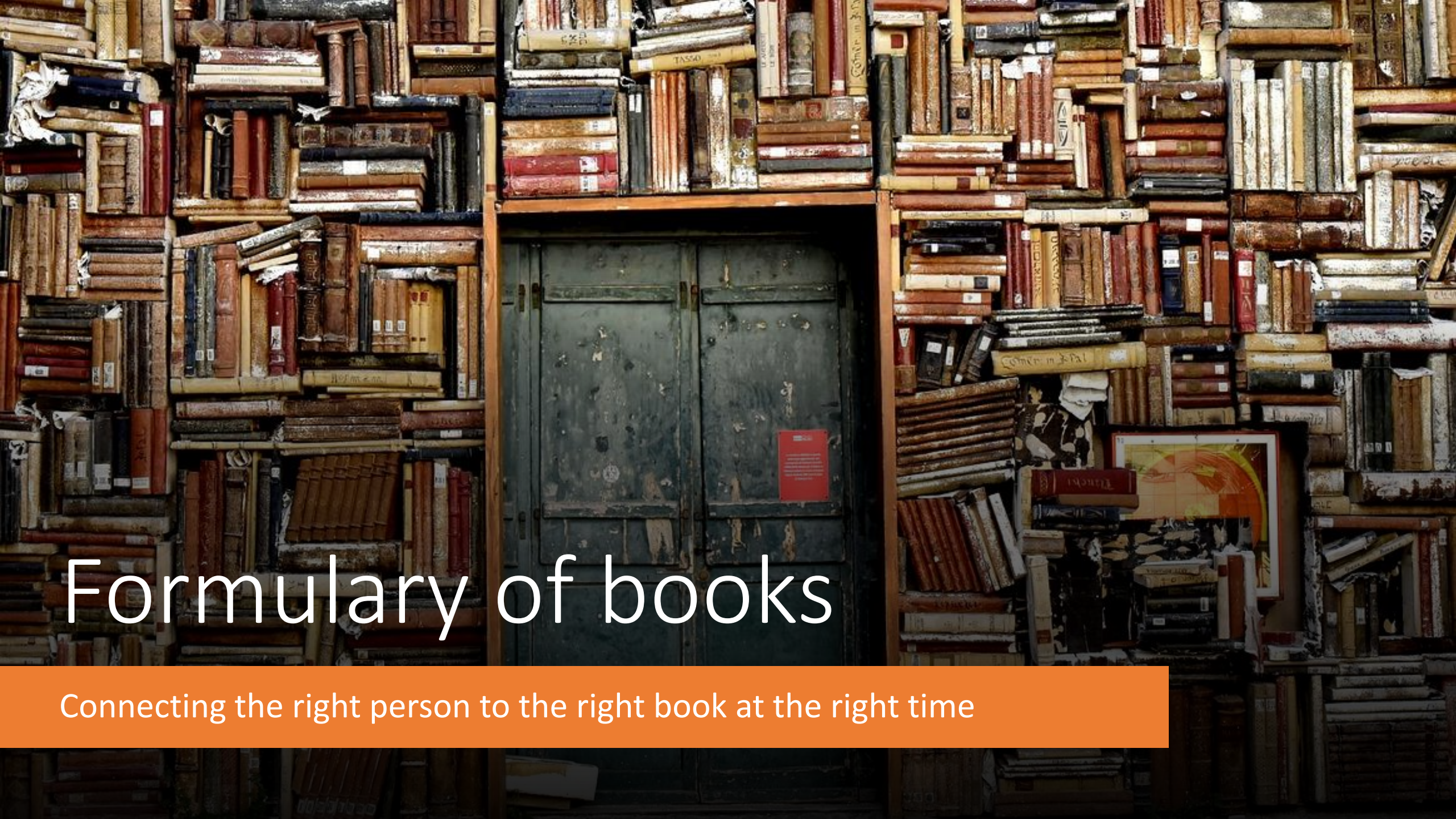












# Formulary of books

Connecting the right person to the right book at the right time



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# Takeaways

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- Story can be used to learn, understand and consider health conditions
- The reach of story is broad
- Story can be used as a bridge to create space to discuss difficult health topics
- You already use narrative medicine – but might not know it



# Women's Health Blog

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[mcpress.mayoclinic.org](https://mcpress.mayoclinic.org)

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post:



## Sexual function after cancer

Women's Health | Shilpa Gajrawala DMSc, MPAS, PA-C and Mayo Clinic Press Editors |  
December 16, 2021

 Listen to article now

Powered by [ReadAlong.ai](https://ReadAlong.ai)





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**Thursday 2:45pm – 3:45pm**

**CME: Story in Women's Health**

Please scan this QR code on you mobile  
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CME: Story in Women's Health