
THE GENERAL ASSEMBLY OF PENNSYLVANIA

SENATE RESOLUTION

No. 218 Session of
2023

INTRODUCED BY CAPPELLETTI, SCHWANK, COLLETT, SAVAL, STREET,
HAYWOOD, SANTARSIERO AND BREWSTER, DECEMBER 18, 2023

REFERRED TO RULES AND EXECUTIVE NOMINATIONS, DECEMBER 18, 2023

A RESOLUTION

1 Designating December 13, 2023, as "Period Positivity Day" in
2 Pennsylvania.

3 WHEREAS, Not all women go through manageable menstruation and
4 a number of women suffer from physically, mentally or
5 emotionally taxing menstruation cycles; and

6 WHEREAS, Heavy bleeding, or menorrhagia, is one of the most
7 common problems women report to their doctors; and

8 WHEREAS, According to the Centers for Disease Control and
9 Prevention, menorrhagia affects more than 10 million American
10 women each year, meaning that one in every five women suffers
11 from menorrhagia; and

12 WHEREAS, Approximately 5% of women experience premenstrual
13 dysphoric disorder (PMDD), a more severe condition than
14 premenstrual syndrome (PMS); and

15 WHEREAS, PMDD typically requires medical treatment unlike
16 PMS; and

17 WHEREAS, Premenstrual exacerbation (PME) can intensify
18 symptoms of existing mental and physical health conditions like

1 depression before or during the menstrual cycle; and

2 WHEREAS, Irregular menstruation can be a sign or symptom of
3 pelvic inflammatory disease (PID); and

4 WHEREAS, PID affects more than 1 million women in this
5 country every year and can cause infertility in as many as 10%
6 of infected women; and

7 WHEREAS, Bleeding disorders associated with heavy menstrual
8 bleeding include coagulation factor deficiencies, more commonly
9 referred to as rare bleeding disorders (RBD), clotting factor
10 deficiency, connective tissue disorders, such as Ehlers-Danlos
11 syndrome, inherited and acquired platelet disorders and Von
12 Willebrand disease; and

13 WHEREAS, Menstrual stigma prevents individuals from
14 recognizing, diagnosing and addressing menstrual disorders; and

15 WHEREAS, Menstrual disorders are not recognized enough in
16 this Commonwealth, discouraging menstruators from seeking
17 necessary help and support; therefore be it

18 RESOLVED, That the Senate designate December 13, 2023, as
19 "Period Positivity Day" in Pennsylvania; and be it further

20 RESOLVED, That the Senate recognize the need to destigmatize
21 menstrual disorders and any or all related symptoms here in this
22 Commonwealth and around the world; and be it further

23 RESOLVED, That the Senate recognize the health consequences
24 of menstrual disorders; and be it further

25 RESOLVED, That the Senate recognize the barriers to adequate
26 health care; and be it further

27 RESOLVED, That the Senate recognize the importance of
28 normalizing menstruation as an integral part of sexual and
29 reproductive health and rights.