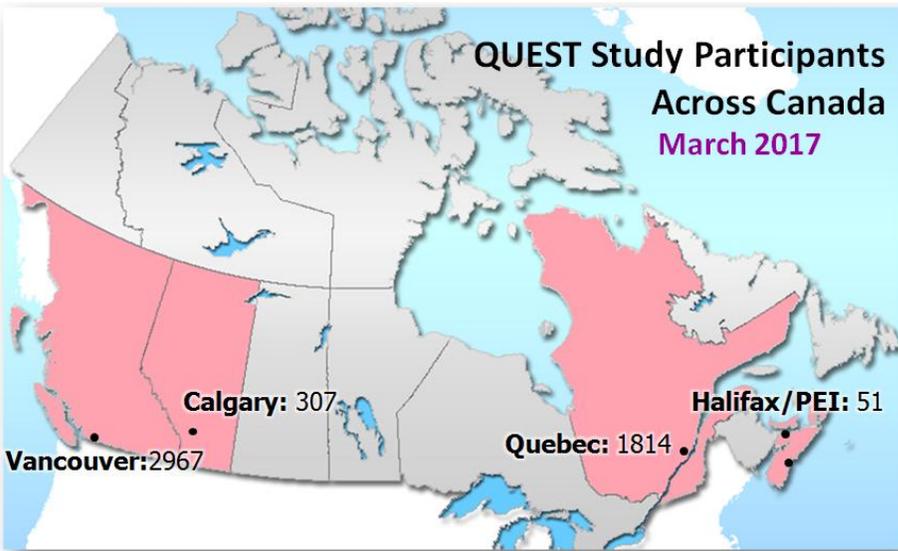




## MARCH NEWSLETTER



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*Refer A Friend* to our [website](#)! When **they** fill out the Contact Us form, **you** will be entered to win a gift card!  
**Cassie** was last month's winner! To thank her for telling her friends about the study, we sent her a Starbucks gift certificate!

### Women's Health – Global Health

By Claire Pitcher, Registered Nurse

The word 'health' can mean many different things to different people. For some people, 'health' means all the things we do to keep ourselves healthy – eating well, exercising, sticking to a regular sleep schedule! How we understand 'health' can also vary depending on where we live. For example, in Canada, people can often get the health care they need if they are sick or hurt or if they want to protect their health by doing things like getting health screening or vaccines. In other parts of the world, people may have very little or no access to health care services including limited access to vaccines or even clean drinking water. Sometimes we hear people refer to 'global health', a catch-all term often used to describe people's health (and sometimes their access to health care services) on a global or international scale. 'Global health' also tends to focus on those people across the world who are the most in need of health care services – whether that's needing vaccines or figuring out ways to

Currently enrolled:  
**5094 GIRLS**

Our target:  
**8666 GIRLS**

screen (look for) and treat signs of illness in affordable, easy-to-use ways. This is especially important for countries that may have very limited (if any) resources to support health care services. Some of the same researchers who are working on the QUEST study (like Dr. Gina Ogilvie) have also been part of bringing health care to women in need in Africa with the Aspire project (Advances in Screening and Prevention of Cervical Cancer.) While the QUEST study is looking at ways to prevent cervical cancer through figuring out the optimal Human Papillomavirus (HPV) vaccine schedule, the Aspire Project is looking for ways to screen for cervical cancer in resource limited countries. It's always neat to learn about how research happening here in Canada may be related to more 'global health' studies such as the Aspire project in Africa!

To learn more about the Aspire project, check out the video and website:

<https://youtu.be/liy5mR7e9RM>  
[www.aspireafrica.ca/aspire/](http://www.aspireafrica.ca/aspire/)



## Contest of the Month

- 1) The Aspire project is recruiting participants in Canada **True or False**
- 2) The QUEST Study and the Aspire project are both contributing to women's health research **True or False**
- 3) There are over 5000 girls participating on the QUEST Study! **True or False**

[Email us](#) your answers for your chance to win a gift certificate!

**Congratulations Amarpreet!**  
**She was our January**  
**Contest Winner!!**

We sent her a  
**Starbucks Gift card!**

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