

[Second Reprint]

SENATE, No. 3393

STATE OF NEW JERSEY
220th LEGISLATURE

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Sponsored by:

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District 29 (Essex)

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District 13 (Monmouth)

Co-Sponsored by:

Senators Cruz-Perez, Burgess and Pou

SYNOPSIS

Establishes menstrual health public awareness campaign.

CURRENT VERSION OF TEXT

As reported by the Senate Budget and Appropriations Committee on March 16, 2023, with amendments.



(Sponsorship Updated As Of: s3393)

1 AN ACT establishing a public awareness campaign on menstrual
 2 disorders and ¹~~maternal health,~~ menstruation-related health
 3 conditions and¹ supplementing Title 26 of the Revised Statutes
 4 ¹~~], and making an appropriation]~~¹ .

5
 6 **BE IT ENACTED** *by the Senate and General Assembly of the State*
 7 *of New Jersey:*

- 8
 9 1. The Legislature finds and declares that:
 10 a. Menstrual disorders such as endometriosis and polycystic
 11 ovarian syndrome affect many women and can have a negative
 12 effect on fertility and overall maternal health;
 13 b. According to the United States Department of Health and
 14 Human Services' Office on Women's Health, endometriosis may
 15 affect more than 11 percent of American women between the ages
 16 of 15 and 44, which is approximately 6.5 million women in the
 17 United States alone ²; endometriosis may also occur in pre-
 18 menarcheal and post-menopausal individuals² ;
 19 c. According to the Mayo Clinic, endometriosis is an often
 20 painful disorder in which tissue similar to the tissue that normally
 21 lines the inside of a woman's uterus, called the endometrium, grows
 22 outside the uterus;
 23 d. In patients who have endometriosis, the endometrial-like
 24 tissue thickens, breaks down, and bleeds ²~~with each menstrual~~
 25 ~~cycle]~~² . However, since this tissue has no way to exit the body, it
 26 becomes trapped;
 27 e. When endometriosis impacts the ovaries, cysts called
 28 endometriomas may form. Surrounding tissue can become irritated,
 29 eventually developing scar tissue and adhesions that can cause
 30 pelvic tissues and organs to stick to each other;
 31 f. The primary symptom of endometriosis is pelvic pain.
 32 ¹~~While]~~ Although¹ many women experience cramping during their
 33 menstrual periods, those with endometriosis typically describe
 34 menstrual pain that is much worse than ¹~~typical and]~~ normal
 35 cramping,¹ which ¹pain¹ may increase over time;
 36 g. Symptoms of endometriosis include: painful periods
 37 ¹~~[(called dysmenorrhea),]~~ known as dysmenorrhea,¹ pain with
 38 intercourse ¹~~];~~¹ ¹ pain with bowel movements or urination ¹~~];~~¹ ¹
 39 excessive bleeding ¹~~];~~¹ ¹ infertility ¹~~];~~¹ ¹ fatigue ¹~~];~~¹ ¹ diarrhea
 40 ¹~~];~~¹ ¹ constipation ¹~~];~~¹ ¹ bloating ¹~~];~~¹ ¹ and nausea;
 41 h. Ovarian cancer ¹~~occurs at higher than expected rates]~~ is
 42 more common¹ in those who have endometriosis ¹as compared with
 43 the general population¹ ;

EXPLANATION – Matter enclosed in bold-faced brackets **[thus]** in the above bill is not enacted and is intended to be omitted in the law.

Matter underlined thus is new matter.

Matter enclosed in superscript numerals has been adopted as follows:

¹Senate SHH committee amendments adopted March 6, 2023.

²Senate SBA committee amendments adopted March 16, 2023.

- 1 i. Although rare, another type of cancer called endometriosis-
2 associated adenocarcinoma can develop later in life in those who
3 have had endometriosis;
- 4 j. According to the ¹federal¹ Centers for Disease Control and
5 Prevention, polycystic ovary syndrome (PCOS) is one of the most
6 common causes of female infertility, affecting as many as five
7 million, or six to 12 percent, of women of reproductive age in the
8 United States;
- 9 k. ¹["This life-long"] Polycystic ovary syndrome is a lifelong¹
10 health condition ¹["continues"] that can affect the lives of people
11 who have it¹ far beyond ¹their¹ child-bearing years and involves
12 other serious health complications;
- 13 l. Women with PCOS are often insulin resistant, which means
14 that their bodies can make insulin but are unable to use it
15 effectively, increasing their risk for Type 2 diabetes;
- 16 m. Women with PCOS also have higher levels of androgens,
17 ¹which are¹ hormones ¹["which"] that¹ can stop eggs from being
18 released and cause irregular periods, acne, thinning scalp hair, and
19 excess hair growth on the face and body;
- 20 n. More than half of women with PCOS develop type 2
21 diabetes by age 40. Women with PCOS can also develop
22 gestational diabetes when pregnant, which puts the pregnancy and
23 baby at risk and can lead to type 2 diabetes later in life for both
24 mother and child;
- 25 o. Women with PCOS are at higher risk of heart disease, ¹["and
26 this"] which¹ risk increases with age;
- 27 p. Women with PCOS can also experience: (1) high blood
28 pressure, which can damage the heart, brain, and kidneys; (2) high
29 LDL ¹["(bad)"] or "bad"¹ cholesterol and low HDL ¹["(good)"]
30 or "good"¹ cholesterol, which increases the risk for heart disease;
31 (3) sleep ¹["apneaexternal icon"] apnea¹, ¹which is¹ a disorder that
32 causes breathing to stop during sleep and raises the risk for heart
33 disease and type 2 diabetes; and (4) stroke;
- 34 q. PCOS is also linked to depression and anxiety; ¹["and"]¹
- 35 r. ¹Menstrual toxic shock syndrome is a menstruation-related
36 condition that can lead to serious adverse health symptoms,
37 including death if left untreated. The symptoms of menstrual toxic
38 shock syndrome generally begin with low fever, muscle aches,
39 chills, fatigue, and headaches, but as the condition progresses,
40 symptoms can include high fever, vomiting, rashes, redness of the
41 eyes, lips, and tongue, low blood pressure, and mental confusion;
- 42 s. Menstrual toxic shock syndrome is generally treatable with
43 antibiotics, but treatment relies on identifying the signs of the
44 condition and seeking professional help. Anyone can contract
45 menstrual toxic shock syndrome, but women using tampons and
46 similar devices are at a higher risk; and

t.¹ Given all of the increased health risks associated with menstrual disorders, such as endometriosis and PCOS, ¹as well as the risks of menstrual toxic shock syndrome,¹ and the number of women impacted by these ¹**【disorders】** conditions¹, it is imperative that the Department of Health establish a public awareness campaign about the effects of menstrual disorders ¹and menstruation-related conditions¹ on fertility and overall maternal health.

2. a. The Department of Health shall establish a public awareness campaign to promote awareness among State residents about how menstrual ²and menstruation-related² disorders ¹and menstruation-related conditions¹ affect fertility and overall maternal health. The campaign may provide for the development of print and electronic media in languages including, but not limited to, English and Spanish.

b. The public awareness campaign shall include, but not be limited to, the following:

(1) a comprehensive description of common menstrual ²and menstruation-related² disorders, such as endometriosis and PCOS, including discussion of causes, symptoms, and treatment options;

(2) ¹information on the causes and symptoms of menstrual toxic shock syndrome and the ways in which women may reduce the risk of developing the syndrome;

(3)¹ information about educational resources available to women concerning menstrual disorders ², menstruation-related disorders,² ¹and menstruation-related conditions¹; and

¹**【(3)】** (4)¹ materials encouraging women to schedule routine gynecological examinations ¹**【and】**,¹ consult with their physicians about menstrual ²and menstruation-related² disorders ¹, and seek treatment if they are experiencing symptoms associated with menstrual toxic shock syndrome¹.

c. The department shall make available to the public, electronically on its website, information about common menstrual ²and menstruation-related² disorders, such as endometriosis and PCOS, and their effects on maternal health ¹, as well as informational literature concerning the signs, causes, and dangers of menstrual toxic shock syndrome¹.

¹**【3. There is appropriated from the General Fund \$500,000 to the Department of Health to establish the public awareness campaign pursuant to section 2 of this act.】**¹

¹**【4.】** 3.¹ The Department of Health shall, in accordance with the “Administrative Procedure Act,” P.L.1968, c.410 (C.52:14B-1 et

1 seq.), adopt any rules and regulations as the department deems
2 necessary to implement the provisions of this act.

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4 ¹**[5.]** 4.¹ This act shall take effect on the 30th day following
5 enactment, except that the Commissioner of Health may take such
6 anticipatory action in advance as shall be necessary for its
7 implementation.