# Women's Health

## Optimizing Readiness and Well-Being





The Geneva Foundation (Geneva) has a diverse research portfolio focused on addressing the unique physiological and psychological health needs of women, particularly those in the military. This portfolio aims to close gaps in medical research disparities, ensuring comprehensive and effective healthcare delivery tailored to women's specific health profiles.

#### Geneva's Women's Health research explores:

Cardiovascular Health	Maternal Health
Combat Casualty Care	Musculoskeletal Health
Deployment Health	Psychological Resilience
Female Predominant Cancers	Sexual Assault and Trauma
Human Performance	Vaccine Development & Delivery



## GENEVA'S STRATEGIC CONTRIBUTIONS

Geneva delivers operationally relevant, military-unique research that is aligned with DoD requirements, ensuring mission success. We accelerate research to drive deployable solutions that enhance the readiness and capabilities of our armed forces.

- 30+ years advancing complex research programs within the military medical enterprise
- Direct engagement and consultation with military commands
- Expertise in the development / dissemination of knowledge products and emerging technologies
- Experience in the management and utilization of comprehensive databases
- Facilitating tech transfer and commercialization of deployable solutions
- Driving engagement with Congressional leaders to influence policy and resource allocation
- Proven ability to create collaborative spaces of innovation via multidisciplinary partnerships

### RESEARCH PROGRAM HIGHLIGHTS

#### Female Musculoskeletal Injuries

MUSCULOSKELETAL INJURY REHABILITATION RESEARCH FOR OPERATIONAL READINESS (MIRROR)

#### Uniformed Services University

Female service members experience musculoskeletal injuries more frequently than their male counterparts. The MIRROR program has undertaken a comprehensive, 5-year data analysis to document the incidence, prevalence, and types of MSKIs among female service members, along with the costs and rates of healthcare utilization associated with treatments. This research will enable DoD leaders to fully address the impact of these injuries.

### Gender-Specific PTSD Biomarkers

OMICS CHARACTERIZATION OF COMBAT-RELATED PTSD: EARLY ONSET AND FEMALE STUDIES

#### Walter Reed Army Institute of Research

This study aims to identify gender-specific biomarkers that will improve clinical assessment of PTSD for female service members, including how changes in the brain, blood, and major organs characterize the illness. The research is anticipated to be useful in helping medical providers select appropriate therapeutic interventions to reduce the severity of PTSD.

#### Sexual Assault and Trauma

#### SAFEPOST PROJECT

#### Womack Army Medical Center

The SafePost project rigorously explores the prevalence, risk factors, and prevention strategies of Intimate Partner Violence (IPV) within the military community, specifically among female service members, veterans, retirees, and their partners. This study aims to dissect the complex dynamics that contribute to IPV, analyzing patterns that may predispose this demographic to higher risks. SafePost seeks to develop targeted interventions that could significantly diminish the occurrence of IPV.

#### Psychological Health in Expectant Mothers

#### MOMS PROGRAM

#### Uniformed Services University

Since 2011, the M-O-M-S™ early pregnancy support program on expectant mothers has been examining how prenatal maternal anxiety and depression correlate with changes in immunological markers, oxidative stress levels, and hormonal biomarkers in maternal serum and placental tissue. The program seeks to unravel the physiological interplay between maternal mental health and pregnancy outcomes.

### **GENEVA'S COMMITMENT TO WOMEN'S HEALTH**

Since 2010, Geneva has been at the forefront of leading-edge research dedicated to advancing women's health. Through collaboration with the DoD, academia, and industry, Geneva has been instrumental in integrating gender-specific healthcare programs informed by robust, evidence-based research tailored to the needs of female service members.

Our commitment extends to broader women's health initiatives, ensuring that findings from our military-focused research also benefit women in civilian populations. Geneva aims to improve military readiness, foster gender equality, and enhance the overall health and effectiveness of our armed forces while contributing to the wider field of women's health.

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Geneva is spearheading research initiatives to enhance human performance and operational readiness for female service members. The research agenda includes the development and deployment of female-specific body armor enhancement and addressing postpartum impacts on risk assumption, with the aim of informing policies for effective reintegration of new mothers into active duty.

