



The Women's Health Study

From Adolescence to Adulthood

ANNUAL NEWSLETTER - 2026

A Note from our Scientific Director

As President of the World Endometriosis Society (WES), I have seen amazing progress in how we understand endometriosis and pelvic pain thanks to research happening around the world. Every two years, WES organizes the World Congress on Endometriosis (WCE), where experts and trainees share new discoveries. At WCE2025, our faculty and students were invited to give nine research and educational presentations and led multiple scientific sessions and discussion panels.



Dr. Stacey Missmer

You, as an A2A participant, are making a real difference. The questionnaires you answer and samples you provide fueled these new insights. Our team is using participants' saliva samples to study microbiome and immune markers. We are using tissue samples to study gene expression. We are using annual questionnaire data to better predict who will have improved overall health and greater pain relief among not only our A2A participants with endometriosis, but also those without.



I am so proud of the global impact the A2A study has made. Because of your contributions, we are coming up with new ideas and innovations, providing strong evidence, and improving awareness of women's health across the lifespan. There are new uncertainties around research funding in general and prioritization of women's health specifically, but the A2A team continues to work every day to keep this meaningful work going.

Although I am no longer President of WES, I am still part of the Senior Board, and A2A Scientists Naoko Sasamoto and Amy Shafir are WES Ambassadors. We will keep amplifying A2A's successes. The contributions you and all A2A participants are making, plus the excellence of the A2A team, are recognized worldwide. Your generosity and dedication set a great example for how research should be done!

With gratitude,

Stacey Missmer

New Faces on the A2A Research Team



Kathy Hasselblatt joined the A2A team in April 2025 as our Laboratory Manager. She brings over 30 years of experience working as a lab manager at Brigham and Women's Hospital. Kathy maintains and organizes the A2A biorepository samples and is responsible for processing samples collected from research participants.

Lily Mai joined our team in July 2025 as a Clinical Research Assistant. Lily works with adolescent and adult women enrolled in the study, processes biological samples, and answers any questions that participants and their families may have. Lily is a recent graduate of Harvard University with a B.A. in Molecular and Cellular Biology.



Madhu Raman joined the team in 2025 as a Research Intern. Madhu is a Master's student at the Harvard T. H. Chan School of Public Health studying reproductive epidemiology. She will be working with the A2A team on creating new research publications as well as helping with the day-to-day running of the study.

Spotlight on Recent Publications

Plasma metabolites associated with endometriosis in adolescents and young adults

Many A2A team members contributed to this article published in the journal Human Reproduction in March 2025. The authors found that teens and young adults with endometriosis had distinct metabolite patterns in their blood, with higher levels of certain fats and inflammation-related molecules. These metabolite patterns shifted after surgery, offering new insight into how endometriosis affects the body and how treatment may help rebalance it.

Lin N, Zeleznik OA, Vitonis AF, Laliberte A, Shafrir AL, Avila-Pacheco J, Clish C, Terry KL, Missmer SA, Sasamoto N. Plasma metabolites associated with endometriosis in adolescents and young adults. Hum Reprod. 2025 Mar 19;deaf040. doi: 10.1093/humrep/deaf040. Epub ahead of print. PMID: 40107296. <https://pubmed.ncbi.nlm.nih.gov/40107296/>

Endometriosis: A Review

Dr. Stacey Missmer was the senior author on this review article published in the Journal of the American Medical Association. In the article, Dr. Missmer and colleagues explore how endometriosis impacts millions of women and why it often takes years to uncover. They highlight how hormone treatments can bring relief for many, while others may need surgery to help manage ongoing pain and symptoms, and suggest opportunities for new pain treatments.

As-Sanie S, Mackenzie SC, Morrison L, Schrepf A, Zondervan KT, Horne AW, Missmer SA. Endometriosis: A Review. JAMA. 2025 May 5. doi: 10.1001/jama.2025.2975. Epub ahead of print. PMID: 40323608. <https://pubmed.ncbi.nlm.nih.gov/40323608/>



Visit the [A2A website](#) to review new visual abstracts, which are short summaries of research papers we think you may find interesting!

Diet and Endometriosis WESinar

A2A leader Dr. Naoko Sasamoto moderated a webinar for the World Endometriosis Society titled “Diet and Endometriosis.” This was a presentation and discussion with Public Health Researcher and A2A collaborator Dr. Holly Harris and Judy Simon, a dietitian who specializes in reproductive nutrition. They highlighted previous studies of diet and endometriosis, including the [SAGE trial](#) which many A2A participants also participated in, as well as a recently completed dietary intervention trial at Fred Hutch Cancer Center in Seattle led by Dr. Harris.



An Update on our Funding

As you may be aware, medical research is facing funding cuts. Despite these difficulties, our team remains fully dedicated to this important work. We are continuing to work with participants like you, analyze data, and publish in scientific journals. The best way to support the study is to continue participating. You are the only person who can contribute your data to this important study. We appreciate the time and effort it takes to participate each year! Please know we are working hard to make meaningful advances in women's health, and we appreciate your partnership in this research study.

Questions about the Study?

If you have questions about your A2A study participation, general study questions, or would like a copy of one of our research papers, please feel free to reach out to us via phone or email. Please also visit our website and Facebook page to stay up-to-date on the research we are releasing throughout the year.

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