

ARTICLES, RECENT

Women’s Healthcare: Creating Accessibility & Dignity

Period poverty is a significant concern worldwide, with many women unable to afford or access menstrual products. This issue not only affects women’s health and hygiene but also their education and economic opportunities. To address this pressing issue, an event was held in Loudoun County, where 400 menstrual cups were distributed to marginalized women. These cups, sourced from [couldyou.org](#), offer a sustainable and cost-effective alternative to traditional menstrual products, providing a long-term solution that empowers women and promotes health and dignity.

The menstrual cups distributed at the event cost \$10 each, last for ten years, and can be recycled for energy, making them an environmentally friendly option. This contrasts sharply with disposable pads and tampons, which cost women at least \$10 a month and take 500-800 years to decompose after a single use. Additionally, [couldyou.org](#)’s commitment to donate a cup to a woman in Africa for every cup purchased further extended the impact of this initiative, addressing period poverty on a global scale. The event highlighted the dual benefits of economic savings and environmental sustainability, making a strong case for the adoption of menstrual cups.

Supported by the All Dulles Area Muslim Society (ADAMS) Center, where Imam Magid serves as Executive Imam, the initiative aimed to inspire similar projects across the nation. Esteemed guests, including Imam Magid and Rabbi Holzman, participated in this impactful community event, emphasizing the importance of interfaith collaboration in tackling social issues. The success of this event underscored the potential for community-driven solutions to address period poverty and promote sustainable practices, encouraging other cities to adopt similar initiatives and make a lasting difference in the lives of women.

