

## **Practical Considerations for the Care of Female Astronauts on the International Space Station**

Shannan Moynihan, M.D., M.P.H.

Serena Auñón, M.D., M.P.H.

Jennifer Law, M.D., M.P.H.

### **MOTIVATION:**

Women have been and will continue to be active participants in spaceflight. Practical considerations specific to women's health need to be further refined and emphasized.

### **OVERVIEW:**

Since the Female Astronaut Health Standards Summit in 2014, NASA has been working to strengthen our approach to women's health care in the Astronaut Corps. This includes screening, preventive care, and operational constraints faced on ISS with respect to menstruation, nutritional concerns, and reproductive viability. Other issues include bone health, menopausal status, and unique operational considerations such as radiation exposure.

### **SIGNIFICANCE:**

Practitioners will have a better understanding of the unique issues involved with health care in the female Astronaut Corps. These advances should benefit other operational venues such as the military, extreme environments, and future exploration class missions.