



## Audience Preparation

This living library event centers diverse voices in storytelling and information sharing to enact McGoogan Library's mission of connecting the past, informing the present, and building the future. It is the living library project team's hope that this event sheds light on areas of women's health that the UNMC, Nebraska Medicine and Children's Nebraska communities may not be as familiar with, allows for candid conversations, and provides an opportunity for learning and growth.

## Breakout Room Guidelines when Speaking with a Living Book

Every book has chosen to share their story and point of view about this aspect of their lives. Each book wants you to ask them about their experience and perspective.

Please keep in mind:

- Health is an inherently personal and often private topic. Books may decline to answer a specific question or talk about a certain topic or aspect of their story. Please don't take this personally and respect everyone's boundaries.
- When asking questions, focus on learning about the individual's experience and not questioning their choices or experiences. This is not a forum to share how you would have done something differently or suggest a certain treatment.
- Storytelling is not intended to be diagnostic or for you to come to a value judgement, but for people to share their perspective and you to hear their story.
- Many of the topics today are not frequently discussed and on personal and sensitive topics. This may make you uncomfortable and that's okay. If you find you need to exit a conversation, please feel free to do so.

The following pages contain each book's topic information, background information pertaining to their topic, and some ideas for questions for each book. Feel free to use those to get the conversation going or to guide your questions. You may want to know what they think is most important about their topic, or what they want others to take away from their story, or perhaps what helped them the most.

## **A Researcher's Perspective on Urinary Incontinence in Women**

Abbey Klein

Get the conversation started by asking one of the following questions:

- Are there treatments for urinary incontinence?
- What do other people tell you about their urinary incontinence?
- Is there anything that can be done to address urinary incontinence at the systematic level?
- What resources are there for treating urinary incontinence if I can't afford/don't have time for clinical treatment?
- Why are you interested in urinary incontinence research?



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## Near Death to Bring Life: Hyperemesis Gravidarum During Pregnancy

Andrea Swett

Get the conversation started by asking one of the following questions:

- What is hyperemesis gravidarum?
- What mental/emotional tolls does hyperemesis gravidarum have on your family and spouse?
- Do you still have any effects of hyperemesis gravidarum post-partum?
- Don't you want to have more children?



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## **Pediatric Cancer: Survivor, Physician, Mom**

Ashleigh Kussman

Get the conversation started by asking one of the following questions:

- Was your knowledge on this topic more helpful or harmful?
- How has your experience shaped you as a physician?
- How does this impact your family and your personal life?
- What was it like when getting a diagnosis for your son?



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## One But Also Many: Living Life with Dissociative Identity Disorder

Bronwyn Zitka

Get the conversation started by asking one of the following questions:

- How is it possible to know you have DID? Representation often shows the person as completely unaware.
- Can alters really be anything?
- How do you communicate with one another?



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## Gender-Affirming Care: Health Equity for All

Dominic Gliko

Get the conversation started by asking one of the following questions:

- Why did you choose to go into this type of healthcare?
- When did you know that you were trans?
- What challenges did you face after coming out?
- How can I be a better advocate for trans and gender-diverse individuals/patients?
- How do I handle accidentally misgendering someone?



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## **“Are you sure it’s not all in your head?” A Journey to Diagnose Endometriosis and Adenomyosis**

Georgia Ryba

Get the conversation started by asking one of the following questions:

- How long did it take to find a diagnosis?
- What were your symptoms?
- How can you diagnose something you can't see on imaging?
- What exactly is endometriosis and adenomyosis?
- How common is endometriosis and adenomyosis?



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## **A Triple Negative Breast Cancer Diagnosis during My Pregnancy**

Lauren Sigmon

Get the conversation started by asking one of the following questions:

- How did you discover your cancer?
- Was chemotherapy safe during your pregnancy?
- What was the hardest part of your journey?



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## **You Are Not Alone: Pregnancy Loss and Grief**

Kirsten Hepburn

Get the conversation started by asking one of the following questions:

- Is there special training or certifications for being a Bereavement Nurse?
- Is your job really sad all the time?
- Do you take your work home with you?
- What are the positive parts or best aspects of your job?



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## Gaining Clarity through My Autism Diagnosis

Maggie Thompson

Get the conversation started by asking one of the following questions:

- How did you know you were autistic?
- How do stereotypes around autism result in women being undiagnosed or misdiagnosed?
- What are the best and worst parts about having autism?
- How can we better support people with autism in life and the workplace?



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## **A Journey through Complicated Pregnancies and the Impact of Birth Trauma**

Leigh Cook

Get the conversation started by asking one of the following questions:

- What was difficult about being a patient rather than a provider?
- How has this changed the way that you approach patient care?
- How has this changed the way you approach life challenges?
- What do you wish that medical personnel would have done to help you through this situation?



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