



# PARSEMUS FOUNDATION

# Impact Report

---

## OUR MISSION

The Parsemus Foundation works to create meaningful improvements in human and animal health and welfare by advancing innovative and neglected medical research.

## 2024 A YEAR OF PROGRESS

The year was highlighted by significant progress on the new women's health program, Hormonally, as well as completion of a study on hormone restoration in dogs. Efforts to increase exposure to our work have resulted in growing traffic to our website, newsletter signups, excellent reviews, and engagement on social media. Finally, we continue to assist NEXT Life Sciences in moving the Vasalgel male contraceptive technology forward, with clinical trials expected to start next year.

## IMPACT SNAPSHOT

165,000

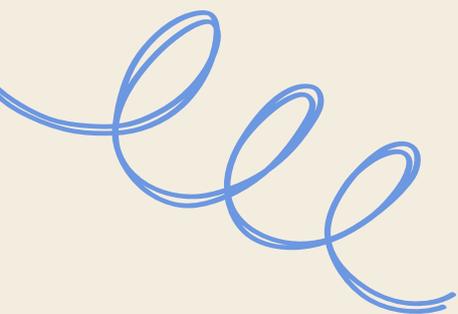
Website visits

180

5-star reviews

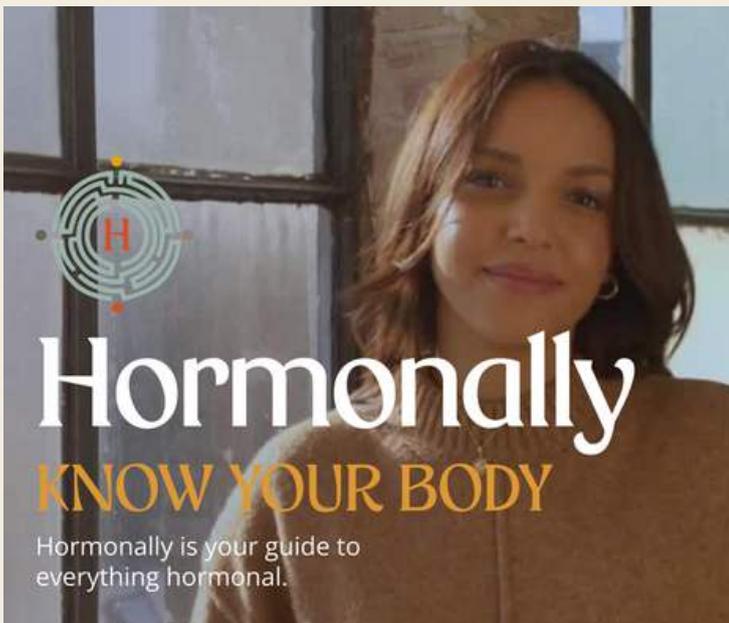
148,500

Social media views



# Major Program Achievements

The Parsemus Foundation is a resource for information on innovative health topics, including male contraception, pet sterilization, breast cancer, menopause, COVID-19, and nonsurgical tumor treatment for dogs. Our work in 2024 was particularly noteworthy for two programs dealing with hormonal health.



## Hormonally - launching a new woman's health nonprofit

In 2023, we had a goal to counter misinformation about menopause treatment. This program grew under the direction of Lauren Redfern to include women's hormonal health throughout the lifespan. [Hormonally.org](https://www.hormonally.org) is a premier educational website launched in February, 2024. Hormonally also held a contraception education event and a webinar on health equity this year. Hormonally recently applied to become an independent nonprofit organization.

## Hormone-sparing sterilization - hormonal health in dogs

Parsemus has been at the forefront of hormone-sparing sterilization options for dogs. We were joined this year by veterinary influencers - including Drs. Peter Dobias and Karen Becker - with coordinated public education efforts. We are also the only organization conducting research on hormone restoration for spayed and neutered dogs. This year we completed the first safety and dosing study on the use of testosterone replacement in dogs.



# Recognition

Parsemus Foundation was included in a review paper in *Andrology*, recognizing the decades-long support and investment of Elaine Lissner in male contraception advocacy, research, and development.



## PARSEMUS FOUNDATION

The Male Contraception Information Project was formed by the Parsemus Foundation in the early 1990s and served as a clearinghouse for information related to new methods of male contraception. Eventually, this project was succeeded by MCI, a nonprofit established with initial support from the Parsemus Foundation.

The Parsemus Foundation also has a history of advocacy and financial support for non-hormonal male contraception. The foundation supported and promoted work on several contraceptive targets as well as allocating funding and efforts toward the development of Vasalgel, a hydrogel material injected into the vas deferens that acts as a LARC for men. The foundation has now partnered with NEXT Life Sciences to bring the Vasalgel product to market as Plan A. In addition to supporting the development of Vasalgel, the Parsemus Foundation has provided advocacy support through sensitizing and educating the public on the need for new methods of male contraception, primarily through web-based educational content.

The 2014 breast cancer study funded by Parsemus was cited in a new review article in *Oncology Letters*



Arumugam A, Lissner EA and Lakshmanaswamy R: The role of hormones and aromatase inhibitors on breast tumor growth and general health in a postmenopausal mouse model. *Reprod Biol Endocrinol* 12: 66, 2014.



# Program *Impact* Human Health

## PROJECTS

## OUTCOMES

**Male  
Contraception  
and Family  
Planning**

- NEXT Life Sciences attracted investors to build out staff and programs to develop Plan A (Vasalgel) male contraceptive
- Grant to the Male Contraceptive Initiative Youth Advisory Board
- Sponsorship of Male Contraceptive Conference
- Past investments in a medication abortion manufacturer, with an outside donor, is supporting women's reproductive rights

---

**Women's Health**

- Support (financial and organizational) for Hormonally - women's hormonal health initiative
- Launch of Hormonally.org including outreach and webinars
- Posts and ads to help increase traffic to Hormonally.org
- New webpage on hormones for menopause plus infographic

---

**Infectious  
Disease**

- Completion of contract with communications firm for metformin for Long-COVID study announcement
- National publications about the benefits of metformin for COVID treatment and reduction in Long COVID

---

**Alzheimer's  
Disease and  
Dementia**

- Completion of funded study of lithium for dementia prevention
- New webpages on Alzheimer's prevention, including focus on testosterone, fish oil, hearing aids, and lithium
- New hearing aid maintenance handout

---

**Iron Deficiency**

- Webpage on iron deficiency with infographics and quiz
- Educational posts and ads about iron deficiency, anemia, and effectiveness of iron transfusions



# Program

# *Impact*

# Pet Health

## PROJECTS

## OUTCOMES

How Spaying and Neutering Affect Health

- Publicity for new World Small Animal Veterinary Association publication on reproductive control in animals and informed veterinarians on our Directory about this work
- Posts and social media on new studies related to spay and neuter, such as hemangiosarcoma in Golden Retrievers

Hormone-Sparing Sterilization

- Participation in video podcasts and Facebook meetings on dog sterilization alternatives with veterinary influencers
- Maintenance of the Parsemus Veterinary Directory
- Assist pet parents with decisions about hormone-sparing sterilization and finding practitioners

Canine Hormone Restoration

- Completion of target safety and dosing study of testosterone for hormone therapy in dogs
- Submission of publication on testosterone study
- Assist Dr. Peter Dobias with hormone restoration for his dog, and coordinate outreach about this approach to the public

Enlarged Prostate in Dogs

- Provide information about the pulsed electromagnetic field therapy device to those interested in using it
- Need for awareness raising among veterinarians, who may offer the device to clients, as cost is prohibitive for most pet parents.

Nonsurgical treatment for tumors

- Answer questions from the public about methods to treat dog tumors and assistance with finding practitioners
- Need for additional studies in pets, given advancements in human medicine

**Vasalgel post:** I am curious about how it's administered, what the daily protocol is. But all around, THANK YOU!!

**Medical misinformation post:** Great information. I came across this as a 62 year old woman recently reintroduced to HRT and just wanted more information.

**Alzheimer's post:** Thank You 🙏 Excellent Information on Processed Foods and the dangers of eating them.

**Cancer in neutered Golden Retrievers post:** Please insist that veterinarians give this joint/spay information to new owners.

**Treatment for enlarged prostate page:** Outstanding information, well presented with associated technical data. TY.

# What readers are saying...

**Alzheimer's post:** thx for the info about lithium and Alzheimer's

**Vasalgel post:** It is really important for all people, give people just one right to choose in this world. I hope that technology can bring to the market, despite the resistance of corporations.

**Iron deficiency page:**  
Thank you for sharing

**Shrinking dog tumors page:** Keep going in this direction

**Hormone-sparing sterilization post:** Agree 100% with ovary sparing spay and vasectomy.

**Hormone restoration post:** Wonderful information. Thank you!

**Treatment for enlarged prostate page:** Many urologists have no knowledge of PEMF. I have full body PEMF mat, I have been lying on the mat for 30 minutes per day, in three weeks I have noticeable improvement in my BPH symptoms, reduced my bathroom visits by 50%.

**Pashto page:** Hi, I have found your information excellent and most helpful for the Afghan Pashto speaking refugees I work with.

**Hormone-sparing sterilization page:** I am so thankful for this site. I have referred people to you for years.

# Parsemus projects in the news and online

Hormone therapy for menopause became a major topic of discussion in 2024, in news pieces from PBS, CNN, NY Times, Bloomberg, Vogue, Politico, The New Yorker, etc.

**Want To Prevent Long Covid?  
Should You Take Metformin  
Or Paxlovid?** - [Forbes 9/25/24](#)

**Why Doctors Are Calling This Common  
Medication a "Wonder Drug"**  
- [Good Housekeeping 10/2/24](#)

**Health experts at national consultation  
pitch for intravenous single-dose  
iron use** - [Healthworld 4/10/24](#)

**Common Diabetes Drug Metformin  
Might Help Fight COVID-19**  
- [Everyday Health 5/9/24](#)

**The tech entrepreneur working  
on a reversible male  
contraceptive**  
- [The Times 3/28/24](#)

Healthy and Happy Dog [website](#)

Dr. Dobias Natural Healing [website](#)  
including podcasts with  
Linda Brent and others

1. How do I find a veterinarian who is willing to perform tubal ligation, ovary sparing spay (OSS), or vasectomy?

Although they can sometimes be hard to find, there are vets out there who perform tubal ligation, ovary sparing spay (basically a hysterectomy) and vasectomy. The first stop we recommend is the Parsemus Foundation. They maintain a list of vets who do alternative sterilization procedures, and vets are placed on the list by their own request. Their page on ovary-sparing spay (hysterectomy) is also informative if you have a female dog.

<https://www.parsemus.org/projects/veterinarian-list/>  
<https://www.parsemus.org/projects/ovary-sparing-spay/>



Example of vet clinic using our handout on their [website](#)

## Spay and Neuter

At South Side Animal Clinic, our veterinarian performs feline spays and canine and feline neuters for established clients. For more information on how spaying and neutering can affect your pet's health, please refer to Parsemus Foundation's article, "How Spaying and Neutering Affect Health." <https://www.parsemus.org/pethealth/how-spaying-and-neutering-affect-health>



## Saturday Night Live: Weekend Update Covers New Male Contraceptive Plan A™

Feb 2, 2024

# Outreach and Engagement



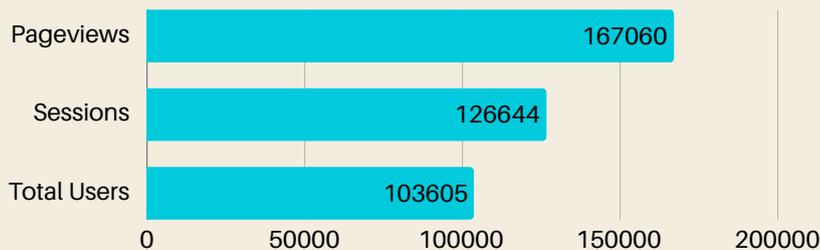
## Website

The Parsemus Foundation website is our main educational resource for outreach and engagement. Many of our pages rank highly on searches, and the site received over 160,000 visits in 2024. Some of the statistics that we monitor are listed below.

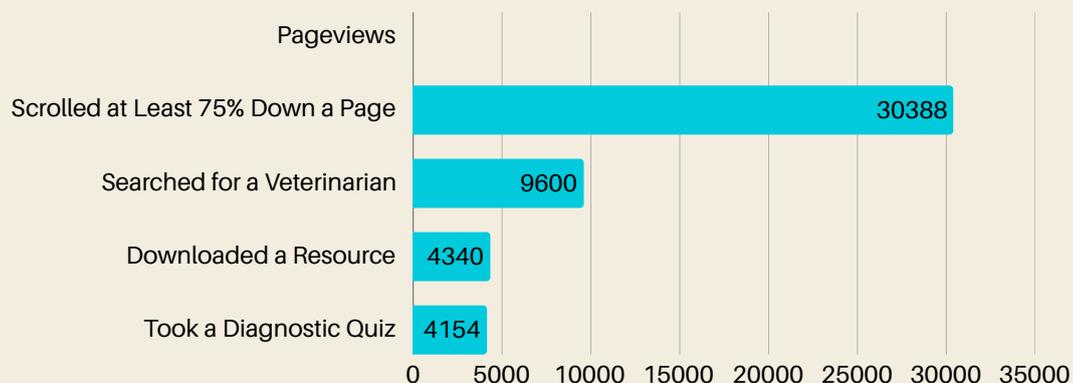
We also receive direct communication from the public and healthcare practitioners. In 2024, we received 195 contacts and questions from the public. We also initiated a review system to obtain more feedback on what people find interesting on our website. This year we received 164 submissions to the "Tell Us What You Think" form with an average ranking of 4.6 out of 5 stars.



## Visitors

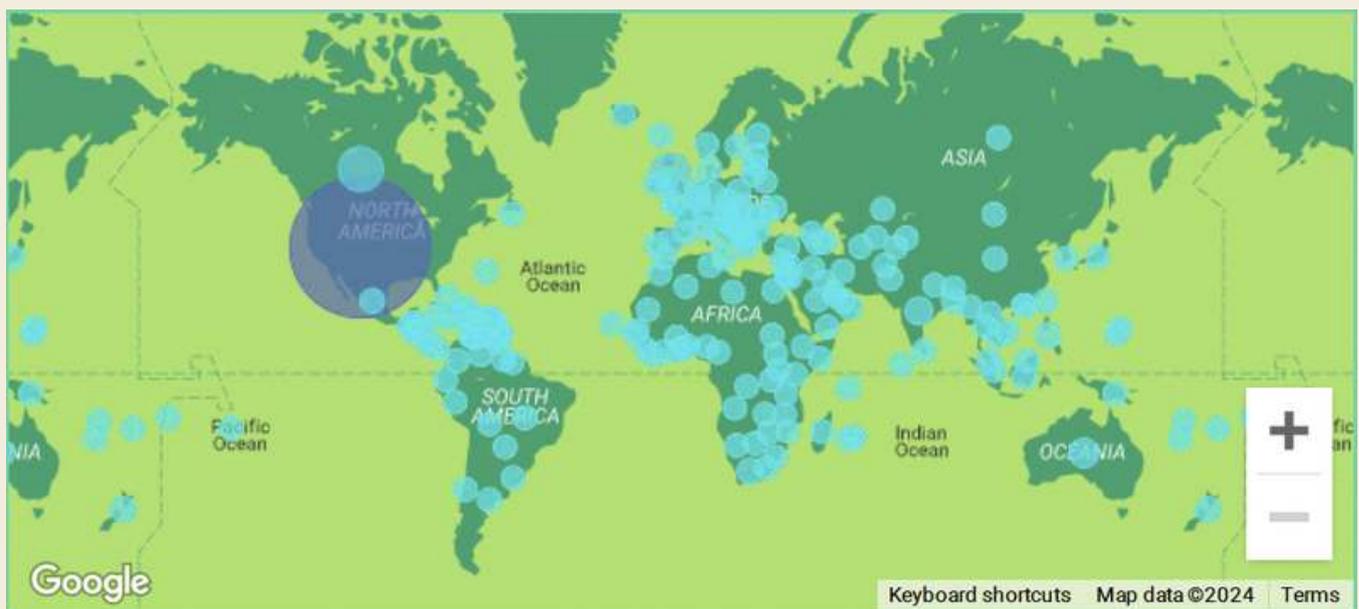
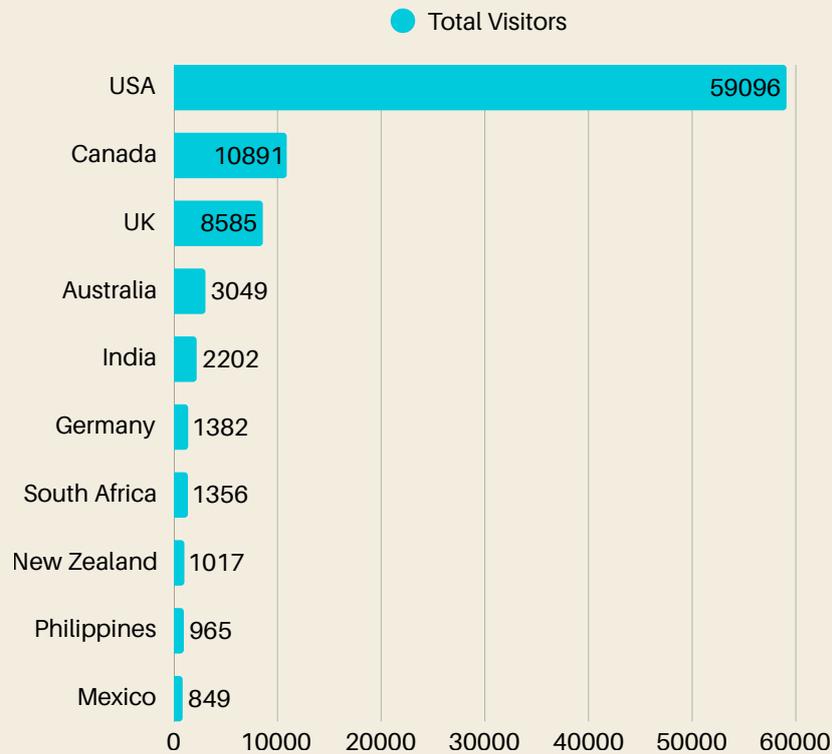


## Interactions



# Website, cont.

## Visitors from around the world



# Blog posts

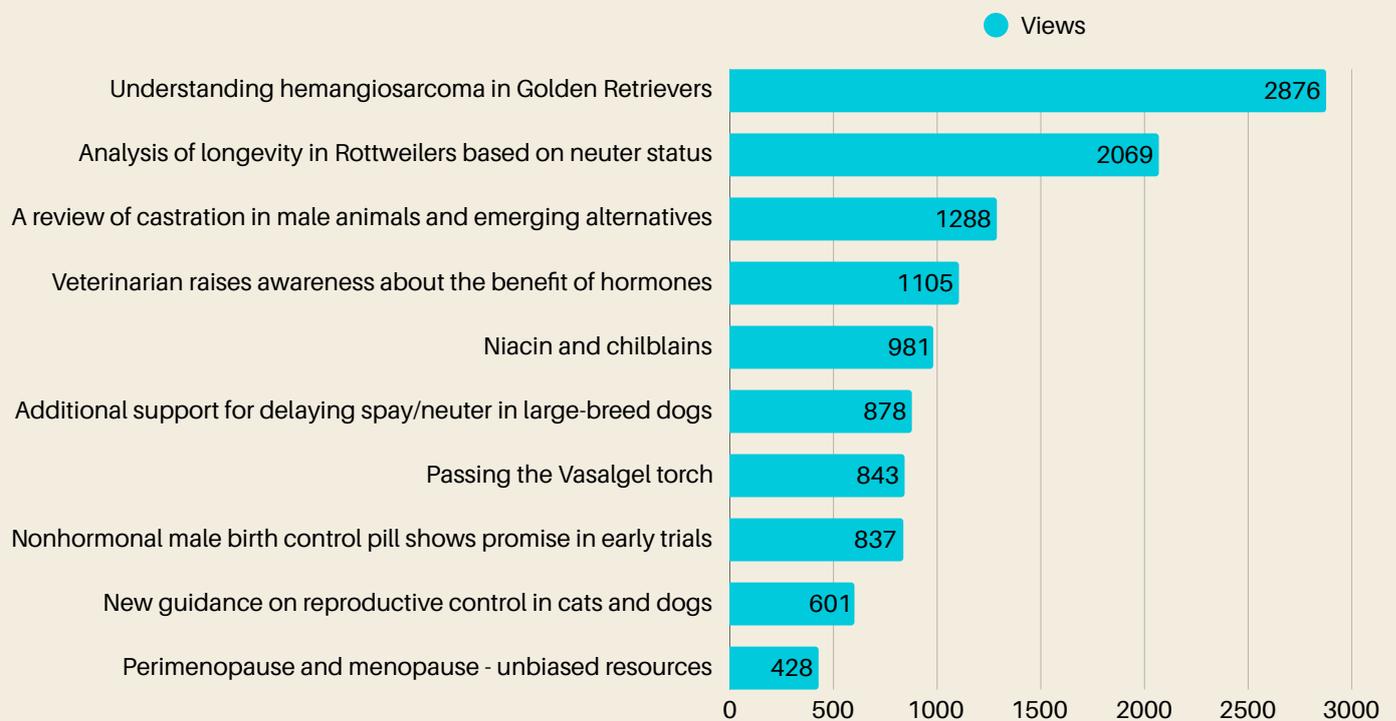
The Parsemus team created 35 blog posts in 2024, 10 more than 2023. The posts highlighted details from our funded projects, new research studies, and innovative medical advancements. A new option allows individuals to sign up to receive notification when new posts are uploaded. In the last six months, 48 people signed up!

## 2024 Posts

- At-home breast cancer monitor on the horizon — January 8, 2024
- Parsemus' work on hormone restoration in dogs featured — January 15, 2024
- Blood tests may be used to detect cancer — January 22, 2024
- Male Contraceptive Initiative: History and accomplishments — January 28, 2024
- COVID-19 treatments and Long COVID outcomes — February 8, 2024
- Niacin and chilblains — February 15, 2024
- Understanding hemangiosarcoma in Golden Retrievers — February 28, 2024
- Hormonally: every woman's ally in understanding hormonal health — March 4, 2024
- Analysis of longevity in Rottweilers based on neuter status — March 13, 2024
- The dangers of low-value healthcare — March 27, 2024
- Nonhormonal male birth control pill shows promise in early trials — May 1, 2024
- Why Apolipoprotein B testing is important for heart health — May 13, 2024
- The latest research on Alzheimer's disease — May 15, 2024
- New guidance on reproductive control in cats and dogs — June 17, 2024
- Intravenous iron therapy improves outcomes for chronic heart failure — June 19, 2024
- Passing the Vasalgel torch — July 8, 2024
- How your smartphone could help detect dementia — July 12, 2024
- A review of castration in male animals and emerging alternatives — August 5, 2024
- Veterinarian raises awareness about the benefits of hormones — August 6, 2024
- Taking insulin by mouth may soon be an option for people with diabetes — August 12, 2024
- Early menopause and respiratory risks: what you should know — August 12, 2024
- Additional support for delaying spay/neuter in large-breed dogs — September 2, 2024
- Links between sleep, Alzheimer's disease, and sex differences — September 18, 2024
- Estrogen and low back pain: what the research shows — September 20, 2024
- Targeting 14 risk factors can cut dementia cases by nearly half — October 2, 2024
- Noninvasive methods to evaluate canine BPH — October 4, 2024
- Hormone therapy is safe for treating menopause symptoms — October 17, 2024
- The spread of dangerous medical misinformation — October 23, 2024
- Ultra-processed foods affect brain health — October 25, 2024
- Cognitive dysfunction syndrome in cats similar to Alzheimer's disease — November 8, 2024
- Shingles vaccine may lower dementia risk — November 12, 2024
- Spreading the message about the importance of hormones to dogs — November 29, 2024
- How Scientists Plan on Eliminating Alzheimer's Disease — December 3, 2024
- Iron deficiency and anemia are hidden ailments in women — December 13, 2024
- Omega-3 fatty acids may protect brain health — December 15, 2024

# Blog posts, cont.

## Most popular blog posts

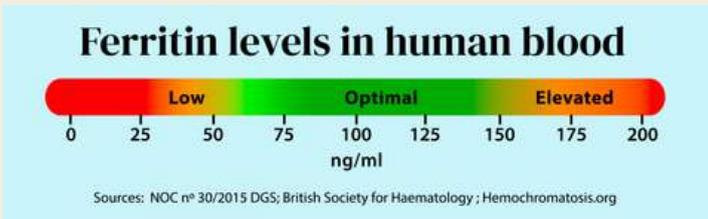


## Most popular pages



# Infographics

## Popular educational materials



### PROSTATE SWELLING IN OLDER MEN: BENIGN PROSTATIC HYPERPLASIA (BPH)

AGE 20-35	AGE 35-50	AGE 50-70	AGE 70+
<b>Walnut</b> Normal size prostate gland	<b>Golf Ball</b> Enlargement starts, urination may be more frequent, erections may be weaker	<b>Tangerine</b> 50% of men have frequent/urgent urination, weak stream, incontinence, pain after ejaculation	<b>Tennis Ball</b> Up to 90% of men have symptoms, like UTIs, bladder & kidney damage, blood in urine, bladder stones

### Hormone Therapy for Menopause

Hormone therapy can improve menopausal symptoms, but what about long-term health? **THE FACTS MAY SURPRISE YOU!**

- Alzheimer's Disease**
  - #5 cause of death in women
  - Studies report that estrogen therapy decreases the risk of dementia by 45-70%
  - Estrogen is the most effective preventive
- Heart Disease**
  - #1 cause of death in women - 7x deadlier than breast cancer
  - Estrogen decreases the risk by 40-50%
- Diabetes**
  - #8 cause of death in women
  - Hormone therapy decreases the risk by 19-35%
- Colon Cancer**
  - Third most common cause of cancer death
  - Hormone therapy decreases risk by 12-21%
- Pulmonary Embolism**
  - Third most common cause of cardiovascular death
  - Oral estrogen doubles the risk of blood clots in a vessel, such as pulmonary embolism (blockage of a lung artery)
  - But blood clot risk from oral estrogen is similar to oral contraceptives and less than for normal pregnancy
  - And never transdermal estrogen (patch or cream) eliminates this risk
- Breast Cancer**
  - #8 killer of women - 15% of cancer cases and 7% of cancer deaths
  - 90% of breast cancers diagnosed can be cured
  - Some estrogen plus progestin formulas may increase risk - but not estrogen therapy alone
- Osteoporosis**
  - Over 20% of women with a hip fracture die within a year
  - Estrogen therapy decreases hip fracture risk by 30-50%

Get the facts: [parsemus.org/menopause](http://parsemus.org/menopause)

BPH affects the urinary tract in older men.

Bladder  
Prostate gland  
Urethra

Treat BPH without surgery: [parsemus.org/prostate](http://parsemus.org/prostate)

PARSEMUS FOUNDATION

### HOW DO VACCINES WORK?

- A vaccine is a weak or inactive form of a virus or bacteria.
- Your immune system responds by making antibodies.
- If you are exposed to the virus or bacteria later, the antibodies quickly fight the disease.

LEARN MORE: [PARSEMUS.ORG/NSE](http://PARSEMUS.ORG/NSE)

PARSEMUS FOUNDATION

### THE RISKS OF SPAY & NEUTER

Dogs that have been spayed or neutered no longer have the natural hormones produced by the testes and ovaries, leaving them more susceptible to:

- Cancer of the prostate, bladder, bone, blood vessel, skin, lymph glands
- Urinary incontinence, bladder and kidney stones
- Hip dysplasia and cranial cruciate ligament rupture
- Diabetes, hypothyroidism, other immune-mediated diseases
- Obesity
- Aggressive and fearful behavior, dementia

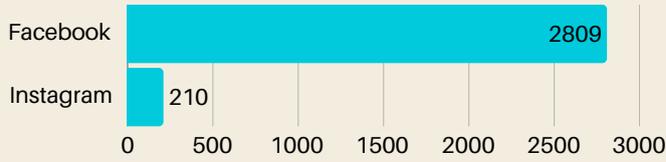
**THE SOLUTION: STERILIZE YOUR DOG WHILE PRESERVING HORMONES!**

Find out more about hormone-sparing sterilization at [Parsemus.org/OSS](http://Parsemus.org/OSS)

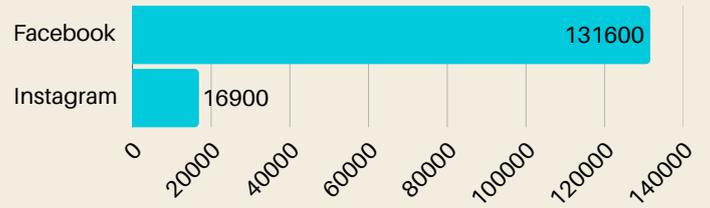
PARSEMUS FOUNDATION

# Social Media

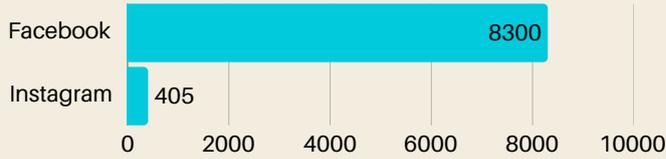
## Followers



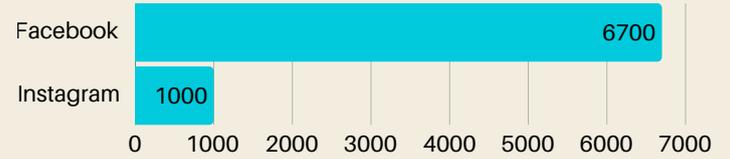
## Views



## Interactions



## Page Visits



# Popular Posts

**Rethinking Pet Sterilization for Healthier Lives**  
How hormones can benefit your dog  
Veterinarian Peter Dobias is on a mission to educate pet owners about the crucial benefits of hormone-sparing sterilization and hormone replacement therapy for dogs.  
PARSEMUS.ORG

**A Safe Solution for Menopause Symptoms**  
Understanding the updated science behind HRT safety  
For years, hormone therapy carried a stigma due to outdated research, but modern studies tell a different story. Today's evidence shows that hormone replacement therapy, when started early and using modern formulations, is safe and effective for managing menopause symptoms.  
PARSEMUS.ORG

**Protect your golden pup's future!**  
The Benefits of Vasectomy & Hysterectomy

**WEARABLE TECH MEETS ONCOLOGY**  
A Leap Forward in Breast Cancer Detection  
Parsemus.org

**Is Your Dog Experiencing Enlarged Prostate?**  
Exploring innovative approaches for better canine health  
Parsemus.org

**IV Iron Therapy Enhances Heart Failure Outcomes**  
IRONMAN trial demonstrates lower hospitalizations and death rates  
Treating iron deficiency in those with heart failure is critical. Intravenous iron is recommended, as oral therapy is ineffective at restoring iron levels.  
PARSEMUS.ORG

# Newsletters

## Subscribers

Another way of reaching our audience with educational resources is through our email newsletter. The Parsemus main audience has 1456 subscribers, 283 of whom signed up this year. The audience for individuals only interested in veterinary topics has 170 subscribers, with 20 joining in 2024.

We sent 9 newsletters in 2024 to our lists. This is up from 2-3 per year in 2022-3. Overall, we sent 7447 newsletters with a very high open rate and low unsubscribe rate.



### Vasalgel Update

#### Progress on Plan A™ Contraception

Hello Linda,

Here's the latest update on the status of the Vasalgel® male contraceptive hydrogel!

Michel Labrecque, M.D., Ph.D., recently conducted a [successful clinical evaluation of the Plan A delivery method](#) among 24 male volunteers at two clinical sites in Quebec City. The entire Plan A system designed by NEXT Life Sciences encompasses both the Vasalgel technology and this proprietary delivery method that was successfully evaluated. Dr. Labrecque is a member of NEXT's Medical Advisory Board and a globally renowned pioneer in the field of no-scalpel vasectomies.

#### NEXT Announces Successful Evaluation of Plan A™ Delivery Method in Men

Novel method represents an evolution for male contraceptive research.

**NEXT** LIFE SCIENCES + **plan A**





### Hello Linda!



#### Targeting 14 risk factors can cut dementia cases by nearly half

A new report from The Lancet Commission on dementia prevention, intervention, and care emphasizes that targeting 14 risk factors could prevent nearly half of global dementia cases. As life expectancy increases, more people are living with dementia, making preventive measures crucial. While physical activity, healthy diet, and cognitive engagement are already known to reduce risks, new research highlights the benefits of managing low-density lipoprotein (LDL) cholesterol and treating vision loss.

The Commission's findings provide new evidence that policymakers can use to implement long-term strategies to lower dementia rates, which could have a significant impact on public health and reduce healthcare costs. Individuals are encouraged to adopt healthier lifestyles to protect their own health as part of the broader effort.

[See the risk factors](#)

#### Hormone therapy is safe for treating menopause symptoms

The Women's Health Initiative (WHI) study in 2002 linked hormone replacement therapy (HRT) to breast cancer, leading to a decline in its use. However, new research, including a recent review in the Journal of the American Medical Association, reverses this conclusion. It highlights that HRT, especially with modern hormone preparations like transdermal estradiol and micronized progesterone, is safe for women under 60 without contraindications, offering benefits



### Monitor performance

Dec 16, 2023 - Dec 15, 2024 • Compared to last 365 days • Includes Apple MPP

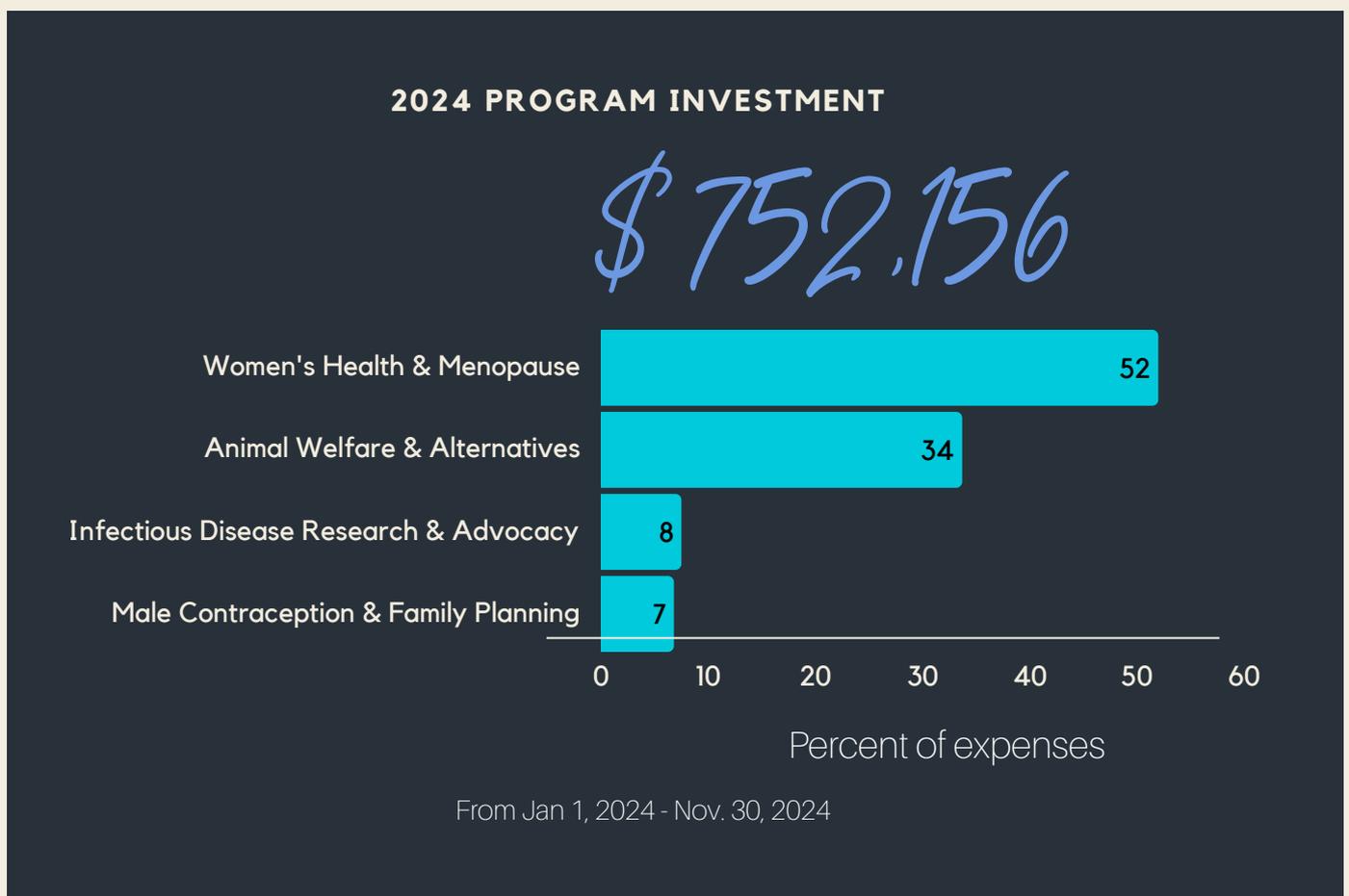
Total sends	Open rate	Click rate	Unsubscribe rate
7,447	37.6%	2.4%	1.0%
↑ 153%	↑ 19.3%	↑ 36.5%	↓ 19.1%

# Finances

**2024  
AND BEYOND**

This past year included significant expenditures to complete the dog testosterone safety study and provide support for Hormonally's development. Staff and contractors also dedicated major effort toward getting the word out about the resources of the Parsemus Foundation, including greatly expanding our social media presence and outreach. We improved our website with new pages, posts, infographics, and quizzes to further engage the public and healthcare professionals.

Our budget has been strained and will continue to be tight in 2025. The foundation's work has benefited from returns on a PRI (project related investment) made possible by another donor. This has supported some of our work. We are also in the process of selling a rental house to help offset expenses. While Parsemus has great plans for supporting innovative health research in 2025, some projects will be on hold until finances are secured.



# Thanks to Elaine Lissner, our Founder and Trustee



Elaine created the Parsemus Foundation with the unique goal to support, educate, and advocate for innovative medical advancements that others ignored because there was little profit potential. This focus grew over the years into a smoothly operating private foundation with significant impact in male contraception, pet sterilization, and women's health.

 [info@parsemus.org](mailto:info@parsemus.org)

 [www.parsemus.org](http://www.parsemus.org)

 2261 Market St #24, San  
Francisco, CA 94114

