



Sherrie Palm *Curriculum Vitae*

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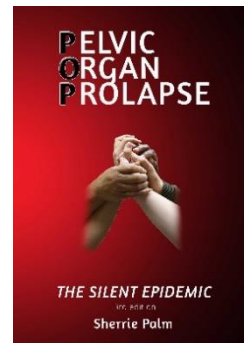
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APOPS Founder/CEO, women's vaginal and intimate health activist, pelvic organ prolapse advocate/KOL, speaker, author.

BIO/SUMMARY

Sherrie Palm is the Founder/CEO of Association for Pelvic Organ Prolapse Support (APOPS), a global pelvic organ prolapse Key Opinion Leader, a multi-published author of the award-winning book *Pelvic Organ Prolapse: The Silent Epidemic*, and has been a national and international speaker on multiple aspects of pelvic organ prolapse quality of life impact since 2011. Sherrie's points of focus are evolution in women's vaginal and intimate health awareness, screening, practice, and policy, igniting global POP awareness, developing guidance and support structures for women navigating POP, and bridge building within POP healthcare, research, academic, industry, and policy sectors toward the evolution of women's health directives.

Sherrie's engagement in POP projects and protocol enables patient voice to be an integral part of women's healthcare and wellness evolution. Sherrie presented APOPS pro-treatment choice stance at the FDA Obstetrics and Gynecology Transvaginal Mesh Advisory Committee Panel meeting in 2011 and again in February 2019, sat on the Pelvic Floor Disorders Stakeholder Advisory Board from 2013-2014, and currently sits on the FDA Medical Device Epidemiology Network (MDEpiNET) committee. Sherrie continues to share patient voice on collaborative projects increasing POP awareness and advancing women's vaginal and intimate health evolution, networking with all sectors engaged in the arena. Additional information about APOPS, pelvic organ prolapse, or Ms. Palm's book or speaking presentations is available on the APOPS website.

HIGHLIGHTS:

* Contributed chapter to *The Innovation and Evolution of Medical Devices: Vaginal Mesh Kits, 1st ed. 2019.*

Chapter 6, *Medical Device Innovation and Errors: The Patient Perspective.*

*Member FDA Medical Device Epidemiology Network (MDEpiNET) committee, 2018-present.

*Presented APOPS pro-treatment choice presentations to the FDA Obstetrics and Gynecology Advisory Committee Panels meeting re transvaginal mesh surgical complications February 2019 and September 2011.

*AARP *I Heart Caregivers* Portraits of Care award, 2015.

**Certificate of Congressional Recognition* from Senator Paul Ryan, 2015.

*Developed Women's Health and Empowerment Network (WHEN) developing zone protocol, 2014-2015.

*Participated in the Pelvic Floor Disorders Registry Stakeholder Advisory Board 2013-2014.

*Spirit of Women Golden Pelvis Award, 2013

*Contributed foreword for Prolapse Repair by Lennox Hoyte, MD, 2012.

PERSONAL MISSION

Provide guidance and support to women navigating the physical, emotional, social, sexual, fitness, and employment quality of life impact of POP.

CAREER OBJECTIVES

- Generate global pelvic organ prolapse (POP) awareness and understanding.
- Educate, guide, and support women through the process of POP awareness, screening, diagnosis, treatment, and lifelong pelvic health balance.
- Advance female pelvic health diagnostic clinician POP educational curriculum.
- Engender pelvic organ prolapse screening protocol inclusion in routine pelvic exams.

PROFESSIONAL ENGAGEMENT HIGHLIGHTS

- March 2020, International Society of Cosmetogynecology (ISCG) Annual Meeting Presentation
- April 2019, Mediterranean Incontinence and Pelvic Floor Society (MIPS) Annual Meeting Presentation.
- May 2019, AUA Scientific Meeting Advocacy Hub.
- February 2019, FDA presentation re transvaginal mesh complications.
- August 2018 – present, Medical Device Epidemiology Network (MDEPINET) Committee.
- May 2018, American Urological Association (AUA) presentations, Advocacy Hub.
- March 2018, AUA Advocacy/Legislative Policy Summit presentation.
- December 2017, Society for Pelvic Research Annual Meeting presentation.
- May 2017, Pelvic Organ Prolapse: *The Silent Epidemic* 3rd Edition published.
- May 2017, AUA Urology Care Foundation presentations & Advocacy Hub.
- December 2016, Mediterranean Incontinence and Pelvic Floor Society (MIPS) Annual Meeting presentation.
- November 2016, American Urogynecologic Society (AUGS) Prolapse Consensus Conference presentations.
- October 2016 - present, AUA Bladder Health Alliance.
- May 2016, AUA Scientific Meeting Advocacy Hub.
- November 2015, Certificate of Special Congressional Recognition, Congressman Paul Ryan.
- November 2015, Citation, Wisconsin Senate.
- November 2015, AARP Caregiver Award.
- December 2015, Mediterranean Incontinence and Pelvic Floor Society (MIPS) Annual Meeting, Academic poster.
- May 2015, AUA Scientific Meeting Advocacy Hub.
- April 2015, Simon Foundation Innovating for Continence Conference, academic poster, patient panel.
- July 2014, AUGS/IUGA Scientific Meeting, Washington, DC, academic poster, advocacy booth.
- May 2014, AUA Scientific Meeting Advocacy Hub.

- October 2013-2014, Pelvic Floor Disorders Registry (PFDR) Stakeholder Advisory Board.
- October 2013, Himalayan Policy Research Conference (HPRC), Women's Health and Empowerment Developing zone (WHEN program), Academic paper, presentation.
- October 2013-December 2014, AUGS PR and Communications Committee.
- July 2013, Coloplast presentation.
- April 2013, Simon Innovating for Continence Conference, academic poster & patient panel.
- March 2013, Golden Pelvis Award recipient; Spirit of Women Conference, Spirit of Women presentation.
- October 2012, Pelvic Organ Prolapse: The Silent Epidemic 2nd Edition published.
- October 2012, AUGS conference, APOPS Advocacy Booth.
- May 2012-2015, National Association for Continence Project Advisory Council.
- 2011-present, established APOPS international online women's support forum.
- November 2011; PBS Second Opinion segment, pelvic organ prolapse.
- September 2011; Presented to FDA Obstetrics and Gynecology Advisory Committee Panel meeting re transvaginal mesh surgical complications.
- September 2010-present; Founder/Executive Director of Association for Pelvic Organ Prolapse Support (APOPS), 501(c)(3) global POP advocacy nonprofit.
- January 2010-2012; Community Leader, MedHelp.org Urogynecology forum and Pelvic Organ Prolapse forum.
- April 2009; authored Pelvic Organ Prolapse: The Silent Epidemic 1st Edition, a multi-award winning book dissecting the causes, symptoms, treatments, and quality of life impact of pelvic organ prolapse.
- 2009-present: POP presentations and workshops for healthcare, research, academic, and lay community, five minutes to two hours length.
- 2009-present; numerous radio and television interviews.
- 2009-present; numerous articles and blog articles (APOPS website, print, and online magazines).

AWARDS

AARP I Heart Caregivers Portraits of Care, November 2015

Certificate of Congressional Recognition, Senator Paul Ryan, November 2015

Citation by the Wisconsin Senate, November 2015

Spirit of Women Golden Pelvis Award 2013

USA Book News, Health 2010

USA Book News Women's Health 2010

National Best Book Awards 2009

KEY LEADERSHIP QUALITIES

- Excellent communication skills.
- Conscientious, detail oriented.
- Excels at evolving interpersonal relationships.
- Evolved networking skills.
- Highly motivated.
- Intersects well within healthcare, academic, research, industry, policy, and lay communities.

PUBLISHED WORK

BOOKS:

January 2019, Contributed chapter to medical tome *The Innovation and Evolution of Medical Devices: Vaginal Mesh Kits, 1st ed. 2019, Editor Abbas Shobieri*. Chapter 6, *Medical Device Innovation and Errors: The Patient Perspective*.

May 2017, Pelvic Organ Prolapse: *The Silent Epidemic* 3rd Edition.

October 2012, Pelvic Organ Prolapse: *The Silent Epidemic* 2nd Edition.

May 2012, Foreword, Prolapse Repair by Lennox Hoyte, MD.

APRIL 2009, Pelvic Organ Prolapse: *The Silent Epidemic* 1st Edition.

1st edition Book Awards received; 2009 NBBA Best Book Award, finalist in 2010 International Book Awards-Women's Health, finalist in 2010 International Book Awards-Women's Issues.

ABSTRACTS/POSTERS/WORKSHOPS/ACADEMIC PAPERS:

April 2019, Mediterranean Incontinence and Pelvic Floor Society. *POP/EDS Comorbidity: Screening to Improve Treatment Outcome*

August 2018, International Continence Society Poster presentation. *The Transvaginal Mesh Mess: Patient Voice and Global Evolution in a World of Worry*

March 2018, American Urological Association Policy Summit. *POP Comorbid Conditions: When Intersect Complicates Care*.

December 2017, Society for Pelvic Research. *Comorbids, Behaviors, and Lifestyle: The POP Missing Links*.

June 2017; International Urogynecological Association Presentation. *Physician Objectives, Patient Perspectives: Bridging the Gap*.

May 2017; American Urological Association Presentations. *Women's Health, Bladder Health, Sexual Health*.

December 2016; Mediterranean Incontinence and Pelvic Floor Society Presentation. *Pelvic Reconstructive Surgeons as Innovators: What is the Patient Expecting?*

November 2016; American Urogynecologic Society Prolapse Consensus Conference Presentations. *Clinical Trials to Optimize Surgical Outcomes; Large-scale and/or Community Based Research: Standardized POP Outcome Measures; Development of Evidence Based Quality Measures for POP Outcomes*.

December 2015; Mediterranean Incontinence and Pelvic Floor Society Abstract/academic poster. *Global Evolution of Pelvic Organ Prolapse Health Directives: Magnifying Patient Voice to Illuminate Diagnostic Development*.

July 2014; Abstract/poster. *The Reality of Life with Pelvic Organ Prolapse: Mobile App Data Capture to Illuminate Direction*.

October 2013; Himalayan Policy and Research Conference Academic paper. *The Value of Sustainable Protocol to Address Uterine Prolapse in Nepal: Healthcamp, Education and Employment Synergy*.

April 2013; Abstract/poster. *The Cryptic Damage of Closet Incontinence: Shifting Recognition to Shrink Stigma*.

MAGAZINE ARTICLES:

March 2019; National Women's Health Network: The Women's Health Activist. *The Biggest Secret in Women's Health*.

March 2015; PositiveHealthOnline. *Stomp Out the Stigma of Pelvic Organ Prolapse: Every Voice Matters*

April 2012; article published UK PositiveHealthOnline. *Pelvic Organ Prolapse: Help and Hope*.

September 2010 - present, Sherrie Palm articles archived on APOPS website Library and Sherrie Palm Articles pages.

APOPS ARTICLES:

Will Orgasm Ever be the Same After Hysterectomy for Uterine Prolapse?

The Evolution of Gynecology: Which Subspecialist is the Most Appropriate for Intimate Wellness Needs?

Colpocleisis: Closing the Vagina to Optimize Quality of Life

Fecal Incontinence: Next Steps When Your Body Detours Romance

The Biggest Secret in Women's Health

Judging the Quality of Healthcare

FDA 2019 Transvaginal Mesh Meeting: Balancing the Rhetoric

The Next Evolution of Women's Wellness Screening: Pelvic Organ Prolapse

Vaginal Tissue Rejuvenation to Treat Pelvic Organ Prolapse Symptoms: FDA Media Blitz, Fear vs Fact

The Evolution of Treatment for Uterine Prolapse

The Toll of Emotional Abuse on Health Recovery: When Pelvic Organ Prolapse Healing Resists Traditional Standards of Care

60 Minute Mesh Expose: One-sided Noise Generates Fear on Mother's Day

The Evolution of Women's Pelvic Health: Pelvic Organ Prolapse Diagnostics, Screening, and Treatment

The Vagina: Will POP Engender the Next Significant Shift in Women's Empowerment?

Pelvic Organ Prolapse: The Constipation Club

Stigma Shrouds the Biggest Secret in Women's Health

Vaginal Tissue Regeneration Therapy (VTR) Part 4: Next Steps

Enterocoele, Rectocoele, or Both?

Pelvic Organ Prolapse Symptoms: Connecting the Dots

Impact to Intimacy: 7 Roadblocks Pelvic Organ Prolapse Creates in the Bedroom

Preaching to the Preacher

Vaginal Tissue Regeneration (VTR) Therapy Part 3: The Next Frontier in Pelvic Organ Prolapse

POP and the Flu: Are You Literally Coughing Your Guts Out?

Vaginal Tissue Restoration (VTR) Therapy for POP; Round One

The Intersect Between Fascial Tissue and Pelvic Health: MFR Therapy for POP

Vaginal Tissue Restoration (VRT): The Next Generation of POP Treatment?

When Advocacy Comes Together, Everyone Wins

Is It IBS or POP?

Health Care Tunnel Vision

Enterocoele, Rectocoele, or Both?

The Vagina: The Most Stigmatized Health Frontier

POP Healthcare Priorities and Global Evolution Insights, with Oscar Contreras Ortiz, MD, FACOG

The Evolution of Women's Pelvic Health Care

Media Planet Interview with Sherrie Palm for USA Today women's health supplement

Sherrie Palm Interview with Incontrol Medical: Next Generation for Pelvic Floor Strength

When Caregiving and Caregiver Health Collide

Successful Pelvic Organ Prolapse Mesh Procedures: How to Choose the Right Physician

The Art of Acceptance; A pivotal Step in Pelvic Organ Prolapse Healing

Let Me Be Your Voice: StigmaStride 2015

Stomp Out the Stigma of Pelvic Organ Prolapse: Every Voice Matters
POP Mesh Surgery: Tips for the Best Outcome
Pelvic Organ Prolapse: With Your Voices, the Puzzle Pieces Fall Into Place
POP Surgery; Do We Ever Get Past The Fear of Mesh Surgery Failure?
Post-Surgical Maintenance: Is Your Pessary Your New Best Friend?
POP Treatment 2015: Every Choice Matters
I'm Guilty Too
What's the Best Treatment Choice?

AUGS/IUGA 2014; POP Change is in the Air
The Stigma of Fecal Incontinence
Every Woman Deserves the Right to Choose or Refuse Mesh
When Advocacy and Healthcare Come Together
Fundraisers; It's Not Just About the Money
Pelvic Floor Awareness; The Other Value of Kegels
POP SURGERY: Damned if We Do, Damned if We Don't
Enterocoele, Rectocoele, or Both?
Let the Ladies Lead the Way
Is POP Surgery Shifting Backwards?
Together We Will Shift POP into the 21st Century
The Constipation Club
The FDA Mesh Agenda; Part Two
POP Presentation to the FDA OB-GYN Committee 9/8/11
The Mesh Monologue
FDA Pelvic Prolapse Mesh Report; The Rest of the Story
You're Past Rectocoele Surgery and Still Can't Poop?
All POP Symptoms Matter To Us
To Pee or Not to Pee; A Runners Guide to Urinary Incontinence
Kegels and Kegel Breathing
It's Time to Take Pelvic Organ Prolapse Out of the Closet
When It's More Than Urinary Incontinence
Coughing Your Guts Out?
It's Time for Global Shift In POP Pandemic
Ever heard of Pelvic Organ Prolapse?
Are You One of The Millions of Women Suffering With POP and Don't Realize It?
January 2010-December 2012, articles published at MedHelp.org.
August 2010-September 2011; articles published at BoomerLiving.com.
November 2010-September 2011; articles published at Womenshealthfoundation.org.

VIDEO & SOCIAL MEDIA PRESENCE

LinkedIn

<https://www.linkedin.com/in/sherriepalm>

YouTube

<http://www.youtube.com/user/sherriepalm>

<https://www.youtube.com/channel/UC3guvUNV5tRmPZ4athaYEug/videos>

Facebook

Closed Facebook "POPS" Support Forum (accessible to members only).

<https://www.facebook.com/sherrie.palm>

<https://www.facebook.com/pelvicorganprolapsesupport.org/>

<https://www.facebook.com/Pelvic-Organ-Prolapse-The-Silent-Epidemic-165882553106/>

Twitter

<https://twitter.com/sherriepalm>

Instagram

<https://www.instagram.com/apops.sherriepalm/>

Pinterest

<https://www.pinterest.com/sherriepalm/>

AFFILIATIONS

- Medical Device Epidemiology Network (MDEPINET) Committee.
- AUGS American Urogynecologic Society
- SUFU Society of Urogynecology, Female Pelvic Medicine, and Urogenital Reconstruction
- IUGA International Urogynecological Association
- ICS International Continence Society
- MIPS Mediterranean Incontinence and Pelvic Floor Society
- AUA American Urological Association/Urology Care Foundation
- Bladder Health Alliance

TV/RADIO

November 2011; TV, *PBS Second Opinion*.

August 24, 2011; Radio, *Real Women on Health*.

August 14, 2011; Radio, *Women's Voice Radio*.

April 7, 2011; Radio, *Unspoken Issues*.

March 8, 2011; Radio, *Creative Health and Spirit Show*.

February 16, 2011; Radio, *Aging Without Limits*.

January 13, 2011; TV, *Dr. Oz*.

June 24, 2010; MedHelp.org Healthchat.

EDUCATION

2010-Ongoing, Nonprofit Center of Milwaukee Continuing Education courses.

1984-2000 MATC, Continuing Education courses; Business Administration.

1983-1984 MATC, Milwaukee, WI, PTA.

1971-1973 UW-Stevens Point, WI, Sociology, Anatomy.

REFERENCES

Roger Dmochowski MD

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Personal references available upon request.

PERSONAL INSIGHTS

“Pelvic organ prolapse is seldom life threatening, but it is always life altering. As we continue to network, guide, and support women experiencing pelvic organ prolapse, POP will soon become common knowledge.”

Sherrie Palm, APOPS Founder/CEO

Updated March 2020