

AMWA NEWS

2025 Walter C. Alvarez Award Recipient: Jen Gunter, MD

Mary Ellen Shepard, PhD, MWC / 2025 Annual Conference Committee Chair

The Walter C. Alvarez Award is bestowed on a member or nonmember of AMWA to recognize excellence in communicating health care developments and concepts to the public.

As cochairs of the 2025 Annual Conference Committee, Heather Gorby and I have the honor of bestowing this year's Walter C. Alvarez Award upon Jen Gunter, MD, FRCS(C), FACOG, DABPM, ABPMR (pain).

Dr Gunter is an internationally renowned obstetrician-gynecologist (OB/GYN). Dr Gunter, originally from Winnipeg, Canada, graduated from The University of Manitoba School of Medicine and is a board-certified OB/GYN in both Canada and the United States. She is also board certified in pain medicine by the American Board of Pain Medicine and by the American Board of Physical Medicine and Rehabilitation.

Dr Gunter started as a writer when her sons were born prematurely, and she sought information to support their health. She realized there was an overwhelming amount of mis- and disinformation on the Internet, which is a threat to public health and safety. Since then, she has become one of the fiercest advocates for women's health. Her mission is to build a better medical Internet because to be empowered about health, one must have accurate information.

Dr Gunter has been called the Internet's OB/GYN. She runs a blog called *The Vajenda*. She is the host of the CBC docuseries *Jensplaining*, and her TED Talk on menstruation was the third most viewed TED Talk of 2020. In addition to her academic publications, her writing has appeared in various publications, including the *New York Times*, *Dame*, *The New Republic*, and *The Guardian*. She has a medical practice in San Francisco, California.

I really enjoy Dr Gunter's style of presenting evidence-based health information, as well as her debunking of dubious health information. As I was reading her most recent book, *Blood: The Science, Medicine, and Mythology of Menstruation*, I was struck by how detailed yet digestible the information was presented. She is also the author of the 2 *New York Times* bestsellers *The Vagina Bible* and *The Menopause Manifesto*.

Please join me in congratulating Dr Gunter, our Walter C. Alvarez award winner, and listening to her talk on Friday, November 7, at AMWA's 2025 Medical Writing & Communication Conference in Phoenix, Arizona.

Author declaration and disclosures: *The author notes no commercial associations that may pose a conflict of interest in relation to this article.*

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