

DES ACTION VOICE 14  
Spring 2014

## A Healthy Baby Girl

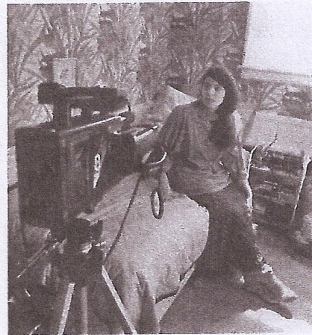
Now Available For Digital Download: <https://itunes.apple.com/us/movie/a-healthy-babygirl/id847565736>

Watch how DES tears at the fabric of a family and strengthens the resolve of a DES Daughter. Emotional and raw—and worth a second look!

Maybe you saw this movie when released in 1997, or have heard about it since then. It's the most talked about DES film and has done more than any other to capture the personal emotional traumas created by the DES tragedy.

Difficult to get for several years, the documentary can now be easily accessed digitally and viewed again, or seen for the first time.

At age 25 and already a filmmaker, Judith Helfand used a video camera and documented the five years of her life following an emergency hysterectomy for DES-related




cervical cancer. To their huge credit her brave family let the camera roll during this wrenching time.

Helfand worked through her overwhelming anger, depression and hurt while her mother wrestled with the added emotion of guilt. Seeing the shattered pieces of their mother/daughter relationship ultimately restored is powerful in light of how the

DES experience strained so many families. DES exposure is much more than a medical issue alone.

About her mom, Helfand says, "I can say with love, respect and the utmost certainty that via this whole experience—from caring for me when I was ill, to letting me film our innermost pain and loss, to laughing with me in the face of heedless corporate power, my mother taught me all I need to know about parenting, motherhood and continuity."

The movie has increased poignancy because Helfand's mom died in September. But then suddenly and joyfully in April the terrible loss was mitigated somewhat when Helfand was able to adopt her own healthy baby girl. We send our best and happiest wishes to both of them!  VOICE