

# Foreword

## Women's Health Week 2024

**T**his week is Women's Health Week, which is a national annual event organised by the Jean Hailes for Women's Health Foundation.

This has been a yearly event since 2012 and is the largest national event dedicated to the health and wellbeing of all women, girls and gender-diverse people. Women's Health Week focuses on aspects of women's health, providing an opportunity to gain and share knowledge and empower people to advocate for their health.

Each year, more than 200,000 people gather at organised women's health events in communities, at workplaces and in healthcare centres to talk about their issues and discuss and share evidence-based information. Each day of the Women's Health Week has a different theme and Jean Hailes releases resources and information in various forms such as podcasts. The website provides another site for interaction and knowledge with an audience of over 5 million people.

This year's themes for each day of the week include information on health checks, tips and tools for patients to talk to their doctor about health issues (e.g. heavy periods, menopause), discussion of symptoms that are difficult to talk about because of shame or stigma (e.g. bladder leakage, vulval irritation), the individuality of symptoms for conditions such as pelvic pain and migraine and, finally, nutrition and how to have a healthier relationship with food.

Here are some relevant articles from the Medicine Today Group Journals to mark this occasion.

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