

Foreword

Women's Health Week 2025

This week is Women's Health Week, which is a national annual event organised by the not-for-profit Jean Hailes for Women's Health.

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.

In 2024, more than 300,000 people gathered 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, and more than 6.5 million were engaged in the campaign online. Each day of the Women's Health Week has a different theme and Jean Hailes releases resources and information in various forms.

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), being heart smart, managing pain and, finally, how to care for your mind as well as your body.

This 2025 Women's Health Week, Jean Hailes is also launching 'Her Health Check', a digital tool designed to cut through the confusion about when health checks for women are due. The tool is based on current medical guidelines and government policies and has been reviewed by clinical experts. 'Her Health Check' has been designed to meet the different cultural needs and health check guidelines for First Nationals women.

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



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