



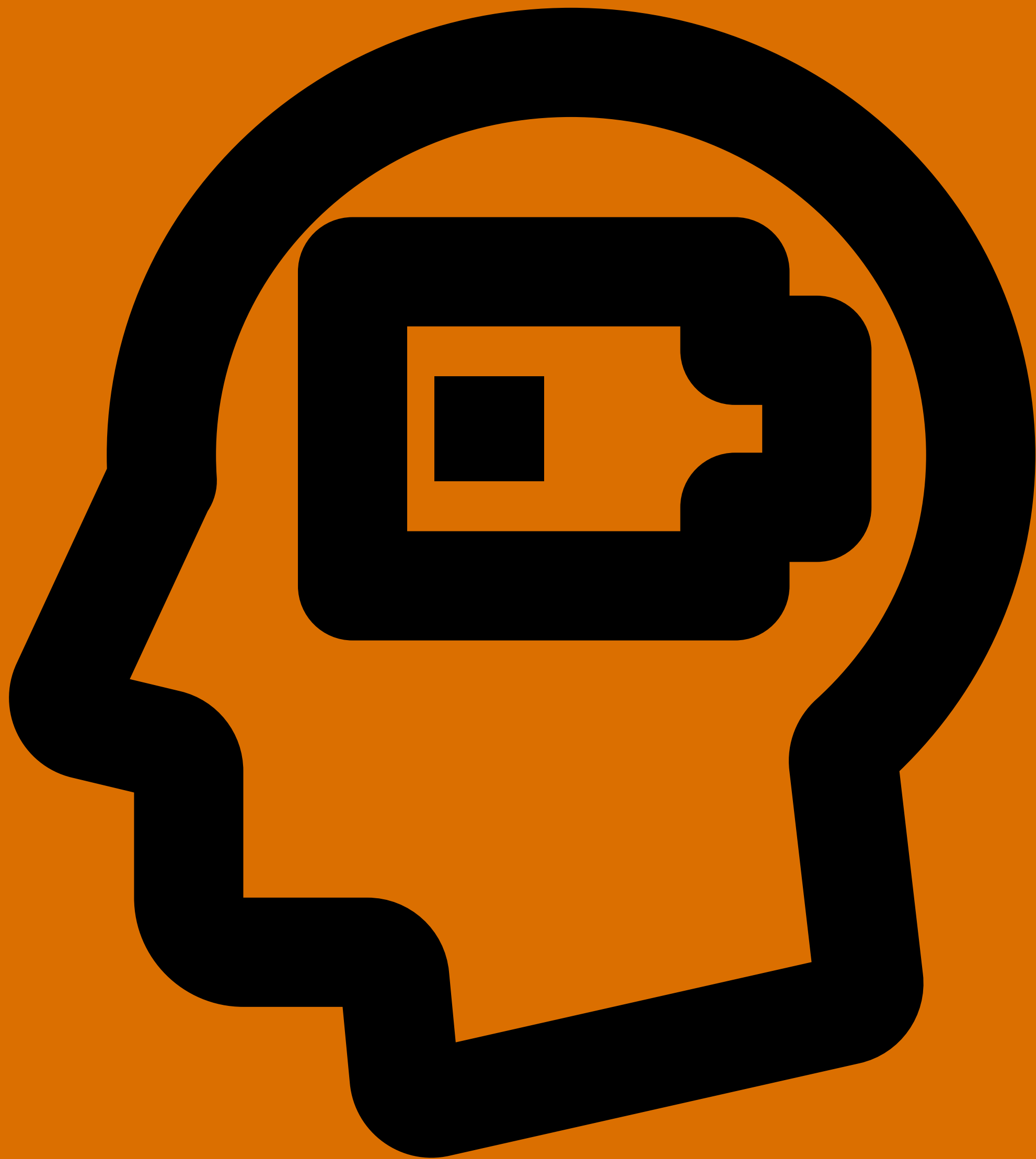
OCTOBER NEWSLETTER

The Women's Health Advocacy Club aims to raise awareness and break the stigma surrounding health issues faced by individuals who are female-identifying.

**INTERESTED IN WOMEN'S
HEALTH ADVOCACY?**

Stay tuned to learn about
how to get involved!

**THIS MONTH QWHA
PROMOTES**



Chronic Conditions

POLYCYSTIC OVARIAN SYNDROME (PCOS)

- Scotland offers FREE menstrual products to all female citizens

Characteristics include:

- Chronic anovulation (no ovulation during menstrual cycle)
- Higher level of androgens (male sex hormones)
- Polycystic ovaries (multiple follicles on the ovaries)

Symptoms include:

- Irregular menstrual cycles
- Pelvic pain
- Hirsutism (excessive, dark, coarse hair in a male-like pattern)
- Alopecia (hair loss)
- Acne

Common co-morbidities

- Infertility
- Endometrial Cancer
- Mood Disorders



CHRONIC PAIN

- Affects more women than men
- Women are more likely to experience recurrent chronic pain
- Women often experience chronic pain for more than one condition
- Healthcare providers are more likely to downplay chronic pain in women
- Viable and accessible treatments for chronic pain are not available to women unaimously
- Women of colour often do not have access or are denied access for chronic pain medication
- Most women with chronic pain report experiencing stigma and thus prefer not to share their health-related information, even with medical professionals
- Chronic pain in women costs approximately \$635 million/year
- There is a recent push in greater research pertaining to chronic pain treatments in women



TREATMENT

- Caloric
- Oral Contraception
- Metformin



Disclaimer: this is not an all-encompassing list of treatment options for PCOS. Please consult a health-care professional if you are interested in learning more.

AREAS OF DIAGNOSTIC IMPROVEMENT

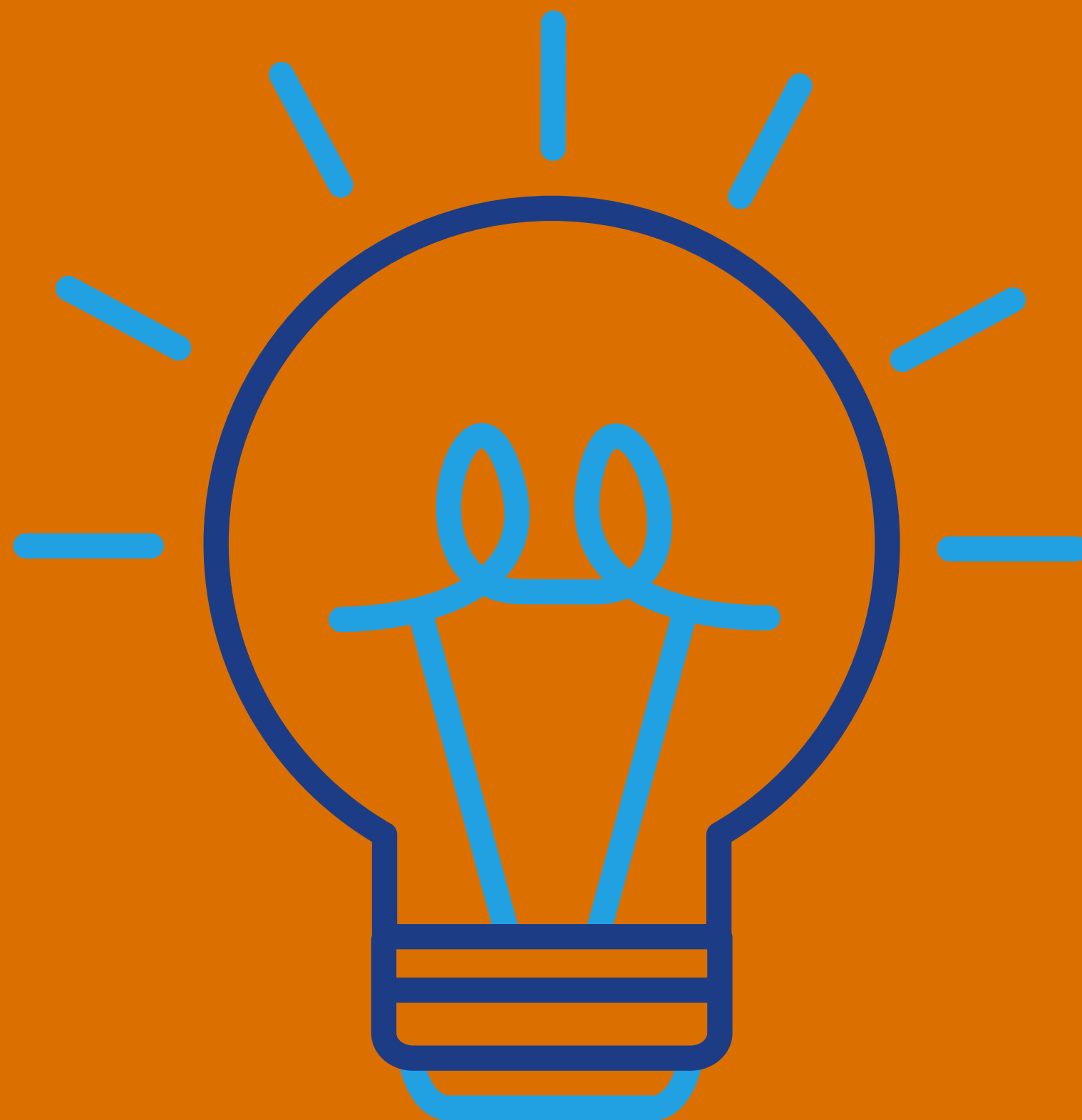
- Diagnosing PCOS and chronic pain with stricter biochemical guidelines rather than a diagnosis of exclusion
- Expanding treatment options for women with chronic pain or PCOS
- Developing treatment options to tackle the root cause of PCOS or chronic pain



Disclaimer: this post is not a substitute for medical advice. Please consult a health care professional if you are experiencing these symptoms or if you have any other questions

MORE LINKS

- <https://www.queensu.ca/gazette/stories/hope-chronic-pain-sufferers>
- <https://www.researchnet-recherchenet.ca/rnr16/vwOpprtntyDtls.do?prog=2155&view=currentOpps&org=CIHR&type=EXACT&resultCount=25&sort=program&all=1&masterList=true>
- <https://www.queensu.ca/gazette/stories/easing-pain>
- <https://dbms.queensu.ca/faculty/ian-gilron>
- <https://anesthesiology.queensu.ca/faculty-staff/ian-gilron>





Stay Tuned for our...

NOVEMBER NEWSLETTER

Featuring interview details!

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