

MEDIA RELEASE 31 August 2018 – Breaking Taboo’s: Gynaecological Health

Kath Mazzella OAM, current Western Australian Senior Australian of the Year 2018 is a Perth-based International Gynaecological Health Awareness Day IGAD visionary/campaigner. Recently returning from London where she met the President of Royal College of Obstetrics and Gynaecology London (her blog) “www.rcog.org.uk/en/blog/gynaecological-health-should-not-be-taboo/”. Also presented to Zonta/Soroptimist International London to share her IGAD message to breakdown taboo’s and stigma’s.

Mazzella's campaign has three goals: to open conversations, create greater community awareness, and change community perceptions of women with Gynaecological, Sexual and associated Mental Health issues.

“She is a voice for millions of women who suffer in silence with debilitating pain; who are isolated, fearful, often left with unanswered questions seeking a diagnosis. Society doesn’t want to talk about things ‘down there’, while they are screaming on the inside and I am asking, ‘Why?’”.

Motivated by her own experience of being one in 12 women diagnosed every day in Australia with a gynaecological cancer, and her daughter's experience of being in the 1 million women in Australia who suffer with Endometriosis and 12-20% of women with Poly Cystic Ovaries. Mazzella confesses she was an ignorant mother who put her daughter's pain down to it just being her 'lot in life as a woman'.

With over 13 awards and a list of accolades, Mazzella says she is still not satisfied because we still haven't done enough to break down the stigmas and barriers associated with this taboo topic and believes it is important to gain a better understanding so we can help to minimise the ripple effect on the community.

“Community organizations such as King Edward Memorial Hospital for Women have celebrated IGAD for six years, Western Australian Quilters, Women’s groups all joining the IGAD celebrations. I want to challenge the men, too. If I can ride a Harley Davidson from Perth to Ravenswood with the Sisters on Steel to raise awareness, then I guess you could say that I am prepared to do just about anything to get conversations going,” says Mazzella. “Educate yourself, to understand fully what may be going on in your loved one’s body and encourage them to seek early intervention.”

"Let's start the conversations, host workshops for community and corporate groups. Grab some cardboard cutout undies, #Undiesforbetterunderstanding decorate them and then place them up as a sign of support. Let's bring together the community and the medical professionals on IGAD, to share our stories and celebrate together," "Change has to come and it starts with us." To get involved, contact <http://kathmazzella.com/kath.mazzella@bigpond.com>. Please call 0402 605 603



