



Your women's health care team

Easy Read fact sheet



About this fact sheet



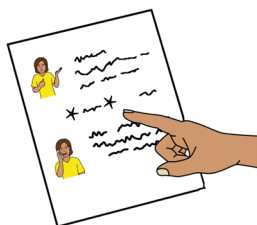
This fact sheet is from
Jean Hailes for Women's Health.



You can read more information about women's health on the [Jean Hailes website](http://www.jeanhailes.org.au).
www.jeanhailes.org.au



This fact sheet is written in a way that is easy to understand.



We add a star before and after ***hard words***.
Then we explain what the words mean.



You can ask someone to help you read and understand this fact sheet.



Contact information is at the end of this fact sheet.

Your women's health care team



There are many types of ***health professionals*** who can help with your women's health problems.

Health professionals are experts in different types of health care.

General practitioner

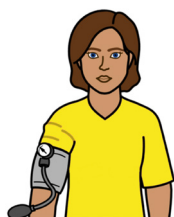
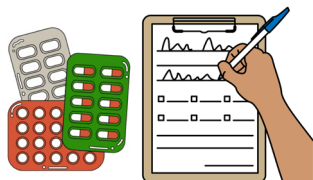


A general practitioner or GP is a doctor who knows about lots of health problems.

You can go to a GP for different reasons.

For example

- to get help for a health problem
- to get a script for medicine
- to do health checks.



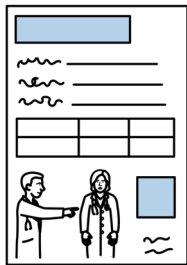


A GP can also

- do tests to learn more about your health problem
 - for example, a blood or wee test



- help you understand test results and what to do next



- write a ***referral*** to another doctor who knows a lot about your health problem.

Referral means a letter asking another doctor to see you.

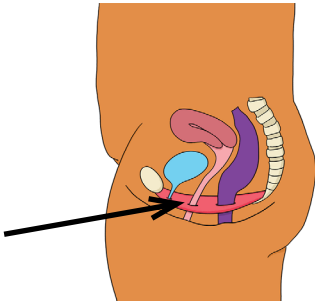


A GP works with your health care team to make sure you get the right care.

Pelvic floor physiotherapist



A pelvic floor physiotherapist can help you to have strong ***pelvic floor muscles***.



Pelvic floor muscles hold your pelvic organs in place.

For example, your bladder, bowel and uterus.



If your pelvic floor muscles are weak or too tight you can have problems.

For example

- weeing when you do not want to



- pain in your pelvis or tummy area.



A pelvic floor physiotherapist can help you

- exercise these muscles to make them strong



- relax these muscles if they are tight.

Pharmacist



A pharmacist is a health professional who reads scripts from doctors and gives medicine.



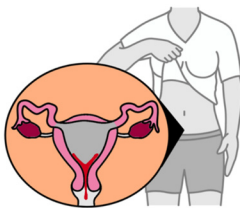
They can also tell you about different medicines and products in the chemist.

Gynaecologist



A gynaecologist is a doctor who knows a lot about female body parts.

For example, the vagina and uterus.



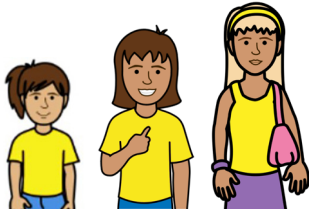
They can find and treat women's health problems.

For example, painful periods.

Endocrinologist

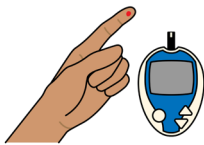


An endocrinologist is a doctor who knows a lot about the ***hormones*** in your body.

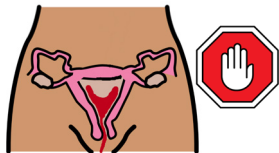


Hormones are messengers in your body that help everything work well.

For example, hormones tell your body when to grow and change.



An endocrinologist can help you manage hormone problems like ***menopause*** and ***diabetes***.



Menopause is when you have your final period. It can cause problems like hot flushes and poor sleep.



Diabetes is a health problem where there is too much sugar in the blood.

Dietitian

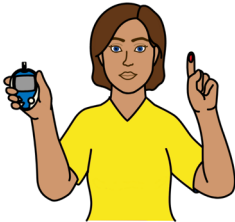


A dietitian is a health professional who knows a lot about healthy food.



They can help you choose food that

- keeps you healthy



- helps you manage health problems
 - for example, diabetes or heart disease.

Psychologist



A psychologist is a health professional who knows a lot about how people think, feel and act.



You can see a psychologist if you have mental health problems.

For example, ***anxiety***.

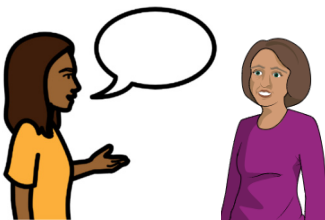


Anxiety is what happens to your body and mind when you feel stressed.



A psychologist can also help you cope with problems that last a long time.

For example, pelvic pain.



Psychologists can help you

- talk about your feelings

- learn healthy ways to think and act.



Psychologists cannot write a script for medicine.



 **Jean Hailes**
for Women's Health



More information

For more information contact
Jean Hailes for Women's Health.

Call 03 9453 8999



Website www.jeanhailes.org.au



Help to speak and listen

If you need help to hear or speak, the National Relay Service can help you make a call.



Call 1800 555 660



Website

www.accesshub.gov.au/about-the-nrs/nrs-helpdesk



Help in your language

If you need help with other languages, contact the Translating and Interpreting Service.



Call 131 450



Website www.tisnational.gov.au

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Visit www.wwda.org.au or visit the new website that is easy to read called Neve www.neve.wwda.org.au

