



Australian Federation of Medical Women CSW65 Parallel Event

“COVID-19 Changed everything - Australian Women
Doctors as Gender Equity Advocates”

PROGRAMME

3.30pm	Welcome, and Acknowledgement of First Nations Custodians of the Land	Dr Magdalena Simonis President, AFMW Dr Tanya Schramm President of AIDA
	Opening Welcome	Dr Eleanor Nwadinobi President, MWIA Prof Dr Padmini Murthy Secretary-General, MWIA
	MWIA Welcome	Prof Gabrielle Casper Past President, MWIA and AFMW
	Introduction to the yAFMW Segment	Dr Marissa Daniels AFMW

20 March 2021
3.30pm – 5pm AEDT

Virtual Forum

HOSTS

AFMW


Dr Magdalena Simonis
President AFMW
afmw.org.au

yAFMW


Dr Marissa Daniels



Australian Federation
of Medical Women
the voice of Australian medical women





Children and youth and the COVID-19 pandemic in Australia

Dr Emily Horan, Dr Nethmi Wijesekera, Hanh Nguyen, Jessie Binns & Dr Marissa Daniels

COVID-19, mental health and women in Australia

Dr Skye Kinder

COVID-19 and Interruption to Cancer Screening Services

Dr Helena Franco

Born into a Pandemic: The Impact of COVID-19 on Maternity Care and Outcomes

Dr Shiva Sridhar

Introduction to the AFMW Segment

Dr Lydia Pitcher
Vice President, AFMW

COVID-19, alcohol consumption and Fetal Alcohol Syndrome (FAS) – the perfect storm

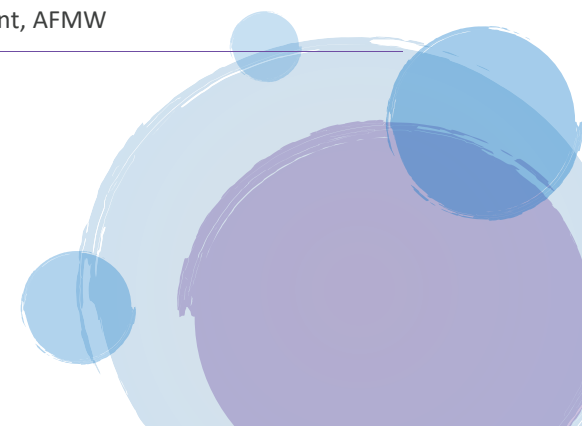
Dr Magdalena Simonis
President, AFMW

Women, Climate and COVID-19: the role of the small NGO

Dr Liz Rickman & Dr Sarah Burrowes

Women Doctors Leading in COVID-19

Associate Professor Deborah Colville
Past president, AFMW





COVID and Domestic Violence

Dr Marjorie Cross OAM,
Professor Amanda Barnard,
Dr Anita Hutchison,
Dr Anna Jacobs,
Professor Amanda Barnard'
Dr Melanie Dorrington
Australian Capital Territory (ACT) and Regional
Medical Women's Society

**"SLIP SLOP SLAP AND TAKE VITAMIN
D" - The impact of Vitamin D
deficiency on women during the
COVID-19 Pandemic**

Dr Lydia Pitcher
Vice President, AFMW

4.55pm **Closing Remarks**

Dr Magdalena Simonis
President, AFMW





PROGRAMME – yAFMW Speakers & Abstracts

Children and Youth in the COVID-19 Pandemic in Australia.

Dr Emily Horan, Dr Nethmi Wijesekera, Hanh Nguyen, Jessie Binns and Dr Marissa Daniels

Biography – Dr Emily Horan

Dr Emily Horan is a junior doctor currently working as a senior house officer in the field of dermatology and emergency medicine with a special interest in plastic and reconstructive surgery. She holds a Bachelor of Biomedical Science, Bachelor of Medical Studies, a Doctor of Medicine from Bond University and is currently completing her Masters of Public Health and Tropical Medicine from James Cook University.

She has experience working in plastic and reconstructive surgery, dermatology and in emergency and rural health. She is an active member on the Queensland Medical Women's committee, and the Young Australian Federation of Medical Women. She is passionate about raising awareness of for skin cancer and furthering her education and skill set in skin cancer surgery.

Biography – Dr Nethmi Wijesekera

I am a second year basic physician trainee and an aspiring cardiologist and cardiac electrophysiologist. I am currently based at The Caboolture Hospital in Queensland, Australia. I have a keen interest in cardiac research, and I am currently an assistant investigator in the Infective Endocarditis Queensland Research Collaborative, an initiative of The Prince Charles Hospital. I have been passionate about women's health (particularly with regards to cardiovascular disease) and advocating for women in medicine since I was a medical student.

In particular, I am interested in advocating for greater female representation in male-dominated specialties and discussing key issues pertaining to female doctors in training. Being





on the committee for the Young Australian Federation of Medical Women has given me a wonderful opportunity to discuss these issues.

Issues of particular interest:

- The impact of the COVID pandemic on chronic disease management.
 - I was working on the stroke team at the time, and saw first-hand the impact of reduced access to allied health care post-discharge from hospital.
- Delayed presentations of acute illness
 - I was working on the hepatology team when the pandemic broke out, and I saw the impact of delayed presentations to hospital with decompensated cirrhosis.

Biography – Hanh Nguyen

Hanh Nguyen is a radiation therapist and current 2nd year medical student at the University of Notre Dame in Fremantle, Western Australia. She has worked clinically as a radiation therapist looking after cancer patients across Westmead and Blacktown Hospitals in NSW as well as the Sunshine Coast University, Princess Alexandra, and Wesley Hospitals in QLD, Australia. Outside her clinical role, she has strong interests in contributing to initiatives and projects pertaining to improving patient care and outcomes, doctor's health and wellbeing and social justice in society. She is the current Independent Representative to the Australian Federation of Medical Women (AFMW) and the WA representative for the young AFMW committee. Hanh is also the founder of Cedar Nest Productions (www.cedarnestproductions.com) where she serves as a videographer and hopes to use film to bring forth a message, instigate change and make a positive difference in society.

Biography – Jessie Binns

Jessie Binns is a third-year medical student, currently based at the Toowoomba Hospital in rural Queensland. She is the Policy Project Lead for Young AFMW and was previously a member of the Australian Medical Students' Association's Gender Equity Project team. Jessie has extensive experience advocating for her colleagues and has worked with her university's



medical faculty to improve representation of marginalised groups in the pre-clinical curriculum.

Her advocacy interests include improving the accessibility of medical education and breaking down barriers for women in medical leadership. Jessie believes that gender equity cannot truly exist until we have equity for all marginalised groups, and that we cannot serve a diverse group of patients without an equally diverse medical workforce.

Biography – Dr Marissa Daniels

Marissa Daniels is a paediatric intensive care medicine trainee, γAFMW co-Chair and past Treasurer for AFMW.

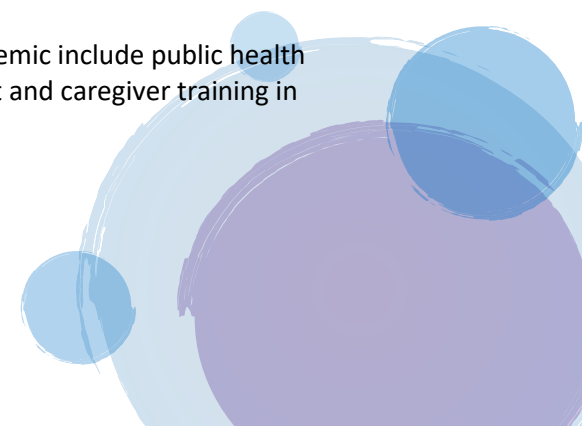
Abstract

The COVID-19 pandemic has had enormous impact on the world both directly from the infection itself and from restrictions that attempt to contain and slow down the spread of the virus. These effects have changed daily life in all aspects including working and schooling from home, higher rates of unemployment, restrictions to travel, social distancing and gatherings leaving many people feeling isolated and vulnerable. While children and young people have lower rates of infection by COVID-19 than adults, the impact of the pandemic on their development, wellbeing and environment has been substantial.

Studies reviewing outcomes from previous epidemics have demonstrated increased rates of acute stress disorder, post-traumatic stress, anxiety disorders, and depression among children that can persist into adulthood.

Vulnerable groups of young people are disproportionately impacted by the pandemic. These at-risk group include those living in rural and remote communities; Aboriginal and Torres Strait Islander children; those with pre-existing health condition; homeless and poverty-stricken youth; as well as those living in unsafe and violent homes.

Initiatives to support healthy development through the pandemic include public health education, and strategies to support families including parent and caregiver training in





organising play and physical activities, healthy diet, school learning, appropriate screen time, building healthy relationships, coping with stress, and seeking specialised treatment when required.

Priority must be given to provide ongoing tailored support to children and young people with particular attention to the vulnerable groups during this crucial time in their development.

The pandemic has disproportionately affected training and career progression opportunities for women doctors. Workplace initiatives to restrict the spread of the pandemic have also had secondary beneficial consequences for women and families. However, the burden of community caring is disproportionately borne by women. Financial pressures imposed on workplaces by the pandemic have, anecdotally, reduced flexible work and training practices, with significant impacts on women in the profession.

Specific examples of issues to be discussed include:

- Maternity and neonatal care changes including separation from family, impacts on attachment / bonding / breastfeeding
- Acute illness: reduced RSV/flu last year and current increased rates of resp viral infections, delayed presentations
- Chronic illness: reduced clinic care resulting in increased complications requiring emergency management, reduced access to allied health care (speech path, audiology, physio, OT, psychology)
- Stress in families, changes in social experiences impacting on cognitive, emotional and social development
- Innovations in provision of telehealth and the coordinated effort required to make this happen (can we continue to use these rapid mechanisms to make other systematic changes).





COVID-19, mental health and women in Australia

Dr Skye Kinder

skye.kinder@icloud.com

Biography

Dr Skye Kinder is a psychiatry trainee with an interest in the mental health and wellbeing of women. Dr Kinder was the Junior Doctor of the Year (VIC) in 2017. She was named Young Australian of the Year (VIC) in 2019 and recently named by the Australian Financial Review as one of the country's top "100 Women of Influence".

Abstract

This 10-minute presentation will provide a snapshot of issues relating to and intersecting with mental health for women in the Australian context, secondary to the COVID-19 pandemic. Whilst not intended to be exhaustive, gender inequities relevant to dialogue pertaining to women's mental health will be highlighted. Specifically, attention will be drawn to the following topics:

- Women working on the frontline
- Girls and young women
- Women as carers
- Women as victim/survivors of violence





COVID-19 and Interruption to Cancer Screening Services

Dr Helena Franco
ms.helena.franco@gmail.com

Biography

Dr Helena Franco is an Orthopaedic Principal House Officer working at Cairns Hospital in North Queensland, Australia, and has a strong interest in global health and equitable surgical access. Dr Franco was previously the Vice Chair of the International Student Surgical Network (InciSioN), a global team of medical students and junior doctors conducting advocacy, research and education in the field of Global Surgery. She currently serves on the Australian Federation of Medical Women as a Recent Graduate Councillor.

Abstract

Coronavirus disease 2019 (COVID-19) is the most significant public health emergency our generation has encountered to date. The pandemic has necessitated a fundamental and systematic restructuring of healthcare delivery worldwide. Medical workforce, resources and infrastructure have been reallocated to accommodate the immediate needs of the COVID-19 patient population, thereby maintaining only essential services for other patients.

These changes in healthcare delivery have resulted in suspension of screening, delayed diagnosis and altered treatment for cancer cases, due to a multitude of factors. This presentation will summarise the published literature to assess the impact of the COVID-19 pandemic on surgical oncology cases, particularly breast cancer. As a consequence of delayed presentations, there is an expected increase in the volume of patients with later stage disease and an increase in the number of avoidable deaths due to the pandemic.

Finally, this presentation will comment on strategies discussed in the literature to change health-seeking behaviour, policies to mitigate the effects of the pandemic on surgical oncology patients, focussing specifically on breast cancer and strategies to prevent these consequences



in the event of a COVID-19 resurgence or another global health catastrophe.

Born into a Pandemic: The Impact of COVID-19 on Maternity Care and Outcomes

Dr Shiva Sridhar
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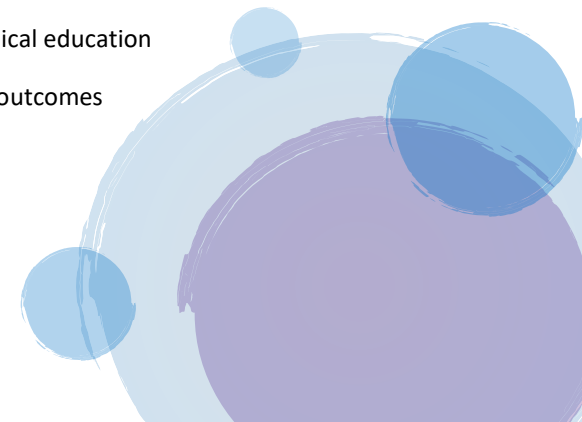
Biography

Shiva is a junior doctor currently working at Monash Health. As a passionate believer in health and gender equity, she strives to involve herself in initiatives where she can make a tangible difference to empower, support and advocate for her community. Shiva has been an active member of the Victorian Medical Women's Society for the last 3 years, currently holding the position of the Women's Health Victoria Representative. She has also served as the Vice Chair for the Women's Health Interest Society of Monash and advocated for greater inclusivity within the medical curriculum at Monash University as a member of the Gender Equity Committee. Shiva has an avid interest in Women's Health and hopes to pursue a career in Obstetrics and Gynaecology.

Abstract

This presentation aims to explore the complex interplay between the socioeconomic burdens exacerbated by COVID-19 on pregnant mothers and the changes to delivery of maternal care as well as the subsequent potential impacts on maternal/foetal outcomes. This includes:

- Highlighting the increased rates of domestic violence, alcohol abuse, social isolation and financial instability experienced by women across the globe
- The changes to maternity care observed in hospitals in Australia in response to the pandemic
- Other changes such as suspension of fertility care and medical education
- How each of these issues may impact maternal and foetal outcomes





Recommendations for care and further research to support our community.

PROGRAMME – AFMW Speakers & Abstracts

COVID-19, alcohol consumption and Fetal Alcohol Syndrome (FAS) – the perfect storm

Dr Magdalena Simonis
magdalena.simonis@mac.com

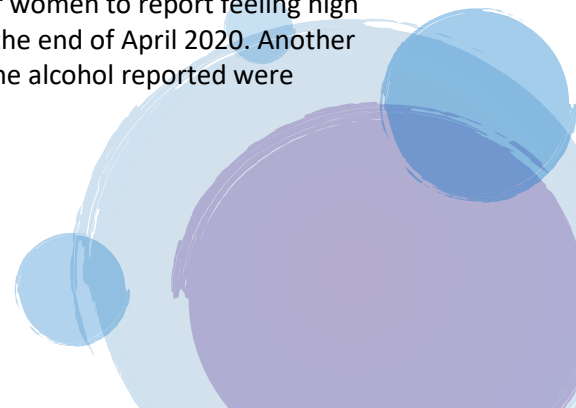
Biography

President, Australian Federation of Medical Women
National Coordinator, Australian Federation of Medical Women
Co-Chair, Medical Women’s International Association Scientific and Research Subcommittee

Magdalena Simonis is a GP, government health advisor, primary care researcher with the University of Melbourne and a leading women’s health expert and advocate. Magdalena holds positions on several not-for-profit organisations bridging gaps across the health sector, whilst informing their health initiatives. She is on the Expert Committee of Quality Care for the RACGP, President and National Coordinator of the Australian Federation of Medical Women, Medical Women’s international Association (MWIA) Scientific and Research Subcommittee co-Chair and chair of the MWIA Mentoring group. Magdalena’s interests are in community health, chronic disease prevention and the development of sustainable, equitable healthcare services. She is the lead investigator in the MWIA Survey on COVID-19 experiences on women doctors.

Abstract

The Australian Longitudinal Study of Women’s Health (ALSW) reported that women in the youngest age group (25–31 years) were more likely than older women to report feeling high levels of stress and anxiety, and experience financial strife at the end of April 2020. Another survey found almost a quarter (22.8%) of women who consume alcohol reported were





drinking more during May 2020 than before the pandemic. Key reasons included spending more time at home and increased stress. The exact prevalence of FASD is not known, but is estimated that as many as 2% of all Australian babies may be born with some form of FASD.

FASD cannot be cured, but it can be prevented if women avoid alcohol during pregnancy.

evidence suggests increases in alcohol consumption combined with unprotected sex will result in more unplanned pregnancies and a spike in children born with FASD.

The fears are as warranted in Australia as they are elsewhere.

We need multi-pronged public health responses to reduce the risk of children being born with FASD. This includes strong public health messages to improve awareness among healthcare providers and the public about the known links between alcohol and FASD. We also need to be creative in managing the disruptions to access to primary healthcare and contraceptive advice caused by the COVID-19 pandemic. To further assist, public health messages issued by government should include warnings of the risks of consuming alcohol when pregnant on alcoholic beverages.

Women, Climate and COVID-19: the role of the small NGO

Dr Liz Rickman & Dr Sarah Burrowes

drlizrickman@gmail.com & sarah.burrowes75@gmail.com

Biography – Dr Liz Rickman

Liz Rickman is a medical practitioner working on Gadigal Land, Sydney Australia, with interests in Environmental Medicine, Women's Health and Climate Change. She is a member of Doctors for the Environment Australia, and has worked with community groups such as Total Environment Centre, Greenpeace and Australian Conservation Foundation, on issues including organochlorine usage, ocean dumping of waste oil products causing contamination of food sources, and Climate. She was involved in the early years of the Leichhardt Women's Health Centre, the first of its kind providing free health services to women in Australia. As a founding member of the Australian Lesbian Medical Association (ALMA), she worked with colleagues to



gain special consultative status with ECOSOC for ALMA. Liz is part of the international Homeward Bound Project, which is involved in increasing leadership and visibility of STEMM women working in environmental issues and is a member of the Australian Federation of Medical Women.

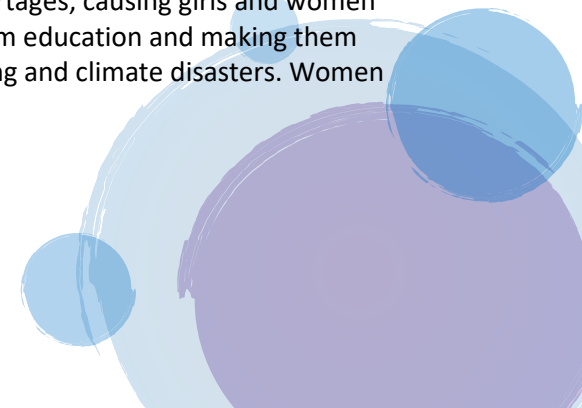
Biography – Dr Sarah Burrowes

Sarah is General Practitioner (GP) from Naam/Melbourne on Wurundjeri Woi Wurrung country. She has worked in youth health/youth mental health at headspace, Australia's National Youth Mental Health Foundation, for the past seven years after initially working in Aboriginal Health. Sarah is a mother, a musician, a vegetarian, and is passionate about taking urgent action on the climate and ecological crises. Sarah is a member of the Australian Lesbian Medical Association's Climate Action Group. Together with this group she designed badges 'Doctor Concerned about Climate Emergency' and 'Concerned About the Climate Emergency' and has distributed many of these to health professionals around Australia since 2019. For ten years she has coordinated ALMA's DoCLIST project, an online list of Doctors Dentists and Mental Health Professionals recommended by lesbian, bisexual same-sex attracted and queer women. Sarah will expand her work in psychological medicine /GP counselling and climate activism in the coming years.

ABSTRACT

As we face the challenges of Covid 19 and the Climate Crisis, it is clear that many of the drivers of Climate Change have also led to the emergence of zoonotic diseases. Practices of intensive farming, deforestation leading to human encroachment into wildlife habitats, high population density causing rapid spread of infections, and increased international travel all contribute to both Covid and the Climate Crisis.

As with Climate Change, so it is with Covid, that the poorest, most vulnerable people, are the most seriously impacted. Women are disproportionately affected by the effects of Climate Change, with increased droughts causing food and water shortages, causing girls and women to walk further distances to find water, disengaging them from education and making them more vulnerable to violence, as does migration due to flooding and climate disasters. Women





and girls due to their social status, are more likely to suffer from malnutrition, compromising health and reproductive outcomes.

The solutions are embodied in many of the Sustainable Development Goals, and as a small medical association, with a commitment to human rights and women, and the SDGs, the presenters will show how the development of a Climate Sub-committee as part of their NGO structure, ensures that the organization continues to reduce its carbon footprint. As well it educates and encourages its members to reduce their climate impact, networks and cooperates with peak environment NGOs, and with other medical NGOs, and at times initiates actions and advocates larger medical peak bodies to take action on particular environmental issues.

Women Doctors Leading in COVID-19

Associate Professor Deborah Colville
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Melbourne, Australia

Biography

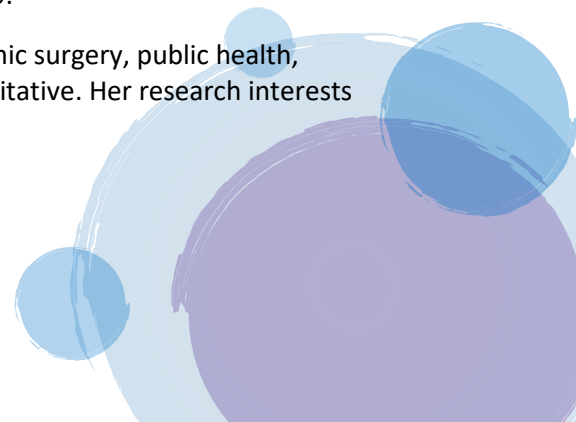
PhD MBBS FRANZCO FRACS Dip Epi MPH Cert Ed GAICD

An ophthalmic surgical educator, Deb works in Melbourne, Australia.

Melbourne is the land of First Nations peoples, the Warundjeri Tribe of the Aboriginal Kulin Nation.

She is a past National Coordinator for Australia of Medical Women's International Association which is an NGO of United Nations, attending CSW63 in 20219.

Associate Professor Deb Colville has qualifications in ophthalmic surgery, public health, governance and research methods both quantitative and qualitative. Her research interests





are in gender, curriculum and medical policy making.

She takes leading roles in Australian medical politics and policy making, such as the Australian Medical Association 'Women in Medicine' Award for mentoring surgical trainees, in post-graduate Australian surgical specialist colleges, and in health services governance.

Abstract

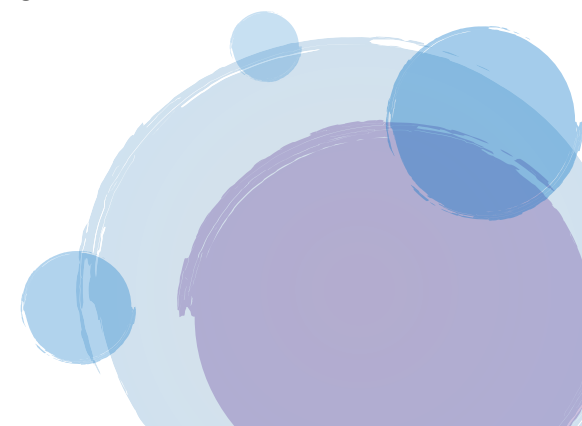
Virtual Networking and Social Media

- Strengthening organizational links
- Cybersecurity risk management

Thematic focus on AFMW Strategy

- 1 Wellbeing of women doctors
 - Women doctors leading as policy makers – Evolving AFMW Statements
 - Preventing infection (PPE, conversion to Telehealth, support for front line health care workers, financial insecurity, vaccines)
 - Wellbeing of women doctors, minimizing workplace stress, broader networking opportunities
 - Wellbeing of women doctors, preventing burnout, enhancing social media skills, cybersecurity
- 2 Health of vulnerable / under-resourced populations in Australian society
 - Women's health
 - Domestic Violence
 - Mental health
 - Incarceration
 - Aboriginal and Torres Strait Islander health

Other major concurrent threats to health, such as climate change, weather extremes





COVID and Domestic Violence

Dr Marjorie Cross OAM, marjoriecross@ozemail.com.au

Professor Amanda Barnard,

Dr Anita Hutchison,

Dr Anna Jacobs,

Professor Amanda Barnard'

Dr Melanie Dorrington

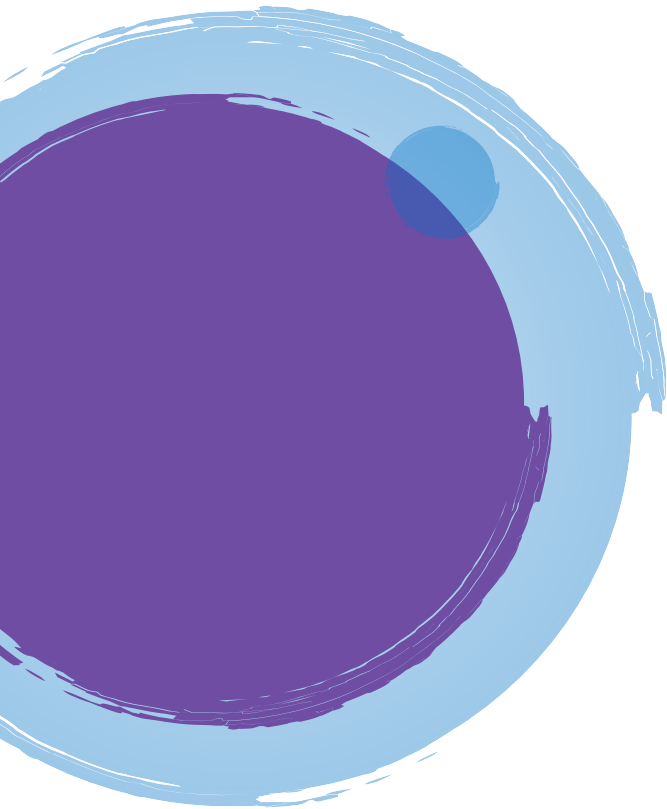
Australian Capital Territory (ACT) and Regional Medical Women's Society

Biography – Dr Marjorie Cross

Dr Marjorie Cross OAM MBBS FRACGP is a general practitioner in New South Wales, and practice principal and owner of a rural general practice. She is a member of Special Interest Groups for the Prevention of Violence against Women for MWIA, RACGP and in WONCA (The World Organization of Primary Care Doctors). She is a Medical Educator and teaches General Practice Supervisors and Doctors-in-Training in NSW. She is a Rural Clinical Teacher of medical students at the Australian National University. She has been on the Executive of Australian Federation of Medical Women and currently represents the Medical Women's Society of the ACT and Region. In 2018, Dr Cross was awarded the Medal of the Order of Australia for services to medicine, particularly to doctors in rural areas.

Biography – Dr Anna Jacobs

Anna Jacobs is a doctor at Westmead Hospital, Sydney. She is also an experienced solicitor and barrister, admitted in the High Court of New Zealand and the Supreme Court of NSW, Australia. Anna previously worked as Crown Counsel to the Attorney-General of New Zealand, providing advice to and representing ministers, chief executives and government ministries at all levels of the judicial system. She has also assisted the Health and Disability Commissioner (NZ) and continues to provide legal advice and advocacy training to several professional



medical groups on a pro bono basis. She is involved in the Medical Women's Society (NSW) and the Medical Women's International Association. Her interests include the health of women and their families and assisting doctors and lawyers with medicolegal issues, policy and strategy.

Biography – Professor Amanda Barnard

Professor Amanda Barnard is an academic GP, currently the Associate Dean Rural and Head of the Rural Clinical School at the Australian National University Medical School,

Amanda has practiced as a General Practitioner in both rural and urban areas, and since 2006 has continued her clinical work in Braidwood in rural NSW

She has a long-held interest in gender equity and issues in women's health. She was a founding member of the WONCA Working Party of Mown and Family Medicine, and its chair from 2009-2013, and helped establish the Wonca Special Interest Group on Family Violence. She has delivered many international workshops in this capacity

An awarded teacher and educator, Amanda currently serves on various state and national education, training, and rural workforce committees and Boards and brings a rigorous primary care perspective to her work.

Biography – Dr Anita Hutchison


MBBS, FRACGP, B.App.Sci (biomedical).

A thriving advocate victim survivor. Solo mother of adult feminists. Primary care doctor in urban Australia and Medical educator. Administrator of a solo doctor mother's group and administrator of NGO Doctors Against Violence Towards Women in Australia. Most recent project –a leader in the campaign to criminalise coercive control in NSW.

Biography – Dr Melanie Dorrington

Dr Melanie Dorrington is a GP in Australia. She works in mainstream general practice, in a small town of Bungendore, as well as providing primary care in a team model to vulnerable





women at a government run Women's Health Service and specialising in sexual & reproductive health at Sexual Health and Family Planning, ACT. Melanie is also on the board of the Women's Centre for Health Matters in the ACT, and a member of the Domestic Violence Crisis Service, and of ACT & region Medical Women's Society and Australian Federation of Medical Women.

Abstract

1. The research on impact of COVID so far
2. FACTs as to incidence & Accurate use of the Stats
3. Impact on Children
4. Voices of Victims
5. Working with perpetrators AND holding them accountable
6. Control and coercion
7. People with Disability
8. Intersection with mental health
9. Migrant and refugee groups
10. ATSI
11. LGBTQ
12. Homelessness and Housing stress /Elders
13. Economic including gambling
14. Technological



“SLIP SLOP SLAP AND TAKE VITAMIN D” - The impact of Vitamin D deficiency on women during the COVID-19 Pandemic

Dr Lydia Pitcher, bloodcare@bigpond.com

Biography

Dr Lydia Pitcher
MBBS (Hons), BMedSc, FRACP, FRCPA, AMusA

Dr Lydia Pitcher is a dual qualified Haematologist/Oncologist (FRACP, FRCPA), and Director of BloodCare Australia. She has a strong commitment to Women, Children’s and Physicians’ Health, with a particular focus on Nutritional and Preventative Haematology. She has been involved in clinical practice, ethics, advocacy, research and teaching for more than 30 years, participating in many national and international committees.

She is currently Vice-President of the Australian Federation of Medical Women and is past President of the Queensland Medical Women’s Society. She graduated with honours in Medicine (M.B.B.S.), interrupting her studies to complete a Bachelor of Medical Science, and an A.Mus.A. She undertook post-graduate training at The Hospital for Children, Great Ormond Street, London in 1998, and on return to Australia was the first female consultant to join in the now global ICON Group.

Dr Pitcher has worked as a consultant Haematologist/ Oncologist, stem cell transplant physician, and laboratory pathologist in Brisbane, and Auckland, New Zealand. She has a keen interest in indigenous health and is a long term board member of the Timor Children’s Foundation.

Abstract

The popular Australian jingle to reduce melanoma risk is enhanced by four more words



particularly during the COVID-19 Pandemic – “and take vitamin D”. This is because vitamin D deficiency has increasingly been recognised as an important influence on both physical and psychological health and well-being during the COVID-19 Pandemic. The prevalence of Vitamin D deficiency correlates with reduced time spent outdoors as well as reduced nutrition. It is now well documented that vitamin D deficiency has increased in many countries due to restrictions to prevent SARS-CoV-2 infection and its health, social and financial impacts, driven by community trends or government policy.

Deficiency of this important fat-soluble vitamin impacts not only on the risk for immune incompetence, COVID-19 infection, and hospitalisation, but also the incidence of mental health problems, cancer and in the long term, reduced bone health including osteoporosis. Vitamin D deficiency is more common in women, in those of colour, and in the socially disadvantaged. Complicating matters, the guidelines and recommendations to reduce sun exposure and ultraviolet radiation contributing to the high rate of melanoma in Australia, can increase the risk for vitamin D deficiency particularly in winter and thereby paradoxically increase the risk of skin cancers and metastatic spread of melanoma when diagnosed.

The treatment and prevention of vitamin D deficiency in pregnancy has been shown to have significant long term health benefits to both the mother and child. It is particularly important in reducing bone loss and preventing depression in lactating mothers.

In Australia’s multicultural society, despite low COVID-19 infection, vitamin D deficiency should be actively sought and treated especially in women, in pregnancy, and in minority groups including our First Nation people.

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Australian Federation
of Medical Women
the voice of Australian medical women

